

Choice Based Credit System (CBCS)

**NOWGONG COLLEGE  
(AUTONOMOUS)**



**SYLLABUS**

**DEPARTMENT OF PSYCHOLOGY**

**Learning Outcomes-based Curriculum Framework (LOCF)  
of  
Undergraduate Programme**

**BACHELOR OF ARTS**

**(Effective from Academic Year 2020-21)**

**Syllabus Approved in Academic Council  
Nowgong College (Autonomous)**

## Course Structure of B.A. Psychology (Regular) under CBCS Nowgong College (Autonomous), Nagaon, Assam

The Programme aims to develop a holistic and multidimensional understanding of the topics. It attempts to approach new areas of learning, develop competencies in the students thereby opening various avenues for self-discovery, academic understanding and employment.

**Instruction on Teaching Method:** The classroom transaction of all the papers will be done through lectures, group discussions, experiential exercises, projects, presentations, workshops, seminars and hands on experiences. Students would be encouraged to develop an understanding of real life issues and participate in the programs and practices in the social context. Use of ICT and mass media and web based sources is highly recommended to make the teaching learning process interactive and interesting.

**Evaluation:** The mode of evaluation would be through a combination of external and internal assessment in the ratio of 80: 20 respectively. Equal weightage will be given to all the units while setting of questions papers in external examination. Along with routine examinations, classroom participations, class assignments, project work, and presentations would also be a part of the overall assessment of the student.

### Credits and Marks:

- a. Total credit in Regular Course= 132
- b. Total marks in Regular Course= 2400

### Distribution of Course & Credits

Semester	Regulare Core Course (12 × 6 = 72 Credit)	Ability Enhancement Course (2 × 4 = 8 Credit)	Skill Enhancement Course (4 × 4 = 16 Credit)	Regular Discipline Specific Elective Course (4 × 6 = 24 Credit)	Regular Generic Elective (2 × 6 = 12 Credit)
I	ENGL-CCC-1016 <b>PSYC-RCC-1016</b> XXXX-RCC-1016	XXXX-AEC-1014 (Communicative English/ Communicative MIL)			
II	ENGL-CCC-2016 <b>PSYC-RCC-2016</b> XXXX-RCC-2016	ENST-AEC-2014 (Environmental Studies)			
III	XXXX-CCC-3016 (MIL) <b>PSYC-RCC-3016</b> XXXX-RCC-3016		XXXX-SEC-3014		
IV	XXXX-CCC-4016 (MIL) <b>PSYC-RCC-4016</b> XXXX-RCC-4016		XXXX-SEC-4014		
V			XXXX-SEC-5014	<b>PSYC-RDS-5016</b> XXXX-RDS-5016	<b>PSYC-RGE-5016</b>

VI			XXXX-SEC-6014	PSYC-RDS-6016 XXXX-RDS-6016	PSYC-RGE-6016
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**Abbreviations** :- RCC= Regular Core Course, RDS = Regular Discipline Specific Elective, RGE = Regular Generic Elective, SEC = Skill Enhancement Course, AEC = Ability Enhancement Compulsory Course.

**Note:** Regular Generic Elective (RGE) papers are for students opting Regular Course in subjects other than Education as one of the core course.

**Course Structure of B.A. Psychology (Regular) under CBCS  
Nowgong College (Autonomous), Nagaon, Assam**

**1. REGULAR CORE COURSE (RCC)**

<b>Sl No.</b>	<b>Course Code</b>	<b>Title of the Paper</b>	<b>Credit</b>
1	PSYC-RCC-1016	Introduction to Psychology	4+2=6
2	PSYC-RCC-2016	Social Psychology	4+2=6
3	PSYC-RCC-3016	Psychological Disorders	4+2=6
4	PSYC-RCC-4016	Psychological Research	4+2=6

**2. REGULAR DISCIPLINE SPECIFIC ELECTIVE (RDS)**

<b>Sl No.</b>	<b>Course Code</b>	<b>Title of the Paper</b>	<b>Credit</b>
1	PSYC-RDS-5016	Counseling Psychology	4+2=6
2	PSYC-RDS-6016	Organisational Behaviour.	4+2=6

**3. REGULAR GENERIC ELECTIVE (RGE)**

<b>Sl No.</b>	<b>Course Code</b>	<b>Title of the Paper</b>	<b>Credit</b>
1	PSYC-RGE-5016	Introduction to Psychology	4+2=6
2	PSYC-RGE-6016	Social Psychology	4+2=6

**Syllabus**  
**B.A. (Regular)**  
**Subject: PSYCHOLOGY**  
**SEMESTER: FIRST**

<b>Name of the Subject: PSYCHOLOGY</b>		<b>Subject Code: PSYC</b>
<b>Name of the Course: Regular Core Course</b>		<b>Course Code: RCC</b>
<b>Name of the Paper: Introduction to psychology</b>		<b>Paper Code: PSYC-RCC -1016</b>
<b>Total Marks: 100</b>		<b>Marks Breakup:60 External, 20 Practicum &amp; 20 Internal</b>
<b>Course Objectives:</b> To provide an overview of the basic concepts in psychology and enhance adjustment in life and work.		
<b>SL No Of Unit</b>	<b>Name of the Unit</b>	<b>Unit wise course content</b>
1	Introduction	<ul style="list-style-type: none"> <li>*Definition , Nature and fields of psychology</li> <li>*Applications of psychology</li> <li>*Method and types – Observation and Questionnaire</li> </ul>
2	Cognitive and Conative processes	<ul style="list-style-type: none"> <li>*Learning ( Definition , Nature and characteristics of learning, Trial and error learning )</li> <li>*Memory – Encoding , Storage and retrieval processes; sensory, short term and long term memories</li> <li>*Forgetting, causes, factors affecting forgetting</li> <li>* Motivation, types of motivation , sociogenic and psychogenic motives,</li> <li>*The need hierarchy model. motives,</li> <li>*The need hierarchy model.</li> </ul>
3	Personality and Intelligence	<ul style="list-style-type: none"> <li>*Personality – Meaning and nature of personality</li> <li>*Psychoanalysis theory, Type theories- Karl Jung, Trait theories- Eysenck</li> <li>*Intelligence – Definition and Theory : Uni factor and two factor</li> </ul>
4	Developmental process	<ul style="list-style-type: none"> <li>*Cognitive Development – Jean Piaget</li> <li>*Morel Development – Kohlberg</li> <li>*Psycho- social Development – Erikson</li> </ul>

5	Practicum	Practicum pertaining to PSYC-RCC/HGE-1016 Preferably – a) Learning b) Memory (Any one practical)
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**Recommended Readings:**

\*Chadha, N.K. & Seth, S (2014). The Psychological Realm: An Introduction. Pinnacle learning , New Delhi.

\*Ciccarelli, S.K & Meyer, G.E. ( 2008) Psychology ( South Asian Edition). New Delhi.

\*Passer , M.W. & Smith, R.E. (2010). Psychology: The science of mind and behavior. New Delhi: Tata McGraw-Hill.

\* Baron, R.A. (2007). Psychology (Fifth edition) New Delhi: Pearson Prentice-Hall of India.

\*Morgan, C.T., King, R.A., Weisz, J.R., & Schopler, J: Introduction to Psychology. McGraw Hill Book Co., 1986.

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**Syllabus**  
**B.A. (Regular)**  
**Subject: PSYCHOLOGY**  
**SEMESTER: SECOND**

<b>Name of the Subject: Psychology</b>		<b>Subject Code: PSYC</b>
<b>Name of the Course: Regular Core Course</b>		<b>Course Code: RCC</b>
<b>Name of the Paper: Social Psychology</b>		<b>Paper Code: PSYC-RCC-2016</b>
<b>Total Marks: 100</b>		<b>Marks Breakup: 60 External, 20 Practicum &amp; 20 Internal</b>
<b>Course Objectives:</b> <ul style="list-style-type: none"> <li>• To understand the basics of social psychology and to understand the individual in social world.</li> <li>• To understand social cognition and group processes.</li> </ul>		
<b>SL No Of Unit</b>	<b>Name of the Unit</b>	<b>Unit wise course content</b>
1	Introduction:	*Meaning and nature of social psychology *Scope of social psychology *A brief history of social psychology , Growth and development of Social Psychology in India.
2	Social Cognition	* Introduction to Social cognition and social perception. *Attitude : Formation, Change and resistance to change *Person perception and impression formation. *Theories of attribution – Jones, Kelly and Wiener , biases in a attributional process
3	Interpersonal Processes	*Meaning and concept of interpersonal processes *Interpersonal attraction: Factors of attraction, Triarchic Theory of Love, Gender differences. Prosocial behavior: Meaning, Theories, By-stander Effect. Aggression:

		Meaning, Causes, Management of aggression.
4	Group Dynamics:	<ul style="list-style-type: none"> <li>*Meaning and concept of group.</li> <li>*Key aspects of groups : Structure, function and types of groups.</li> <li>*Stereo-type, Prejudice and Discrimination.</li> <li>*Co-operation, Conflict Resolution and Negotiation.</li> </ul>
5	Practicum	Practicum pertaining to PSYC-RCC/HGE-2016 Preferably – Prejudices, Stereotype, Discrimination, Pro-social behaviour or any other as suggested by teachers. (Any one)

**Recommended Readings:**

\*Chadha, N.K. (2012). Social Psychology. MacMillan : New Delhi .

\*Baron, R.A. Byrne, D.& Bharadwaj. G (2010). Social Psychology (12<sup>th</sup> Ed). New Delhi: Pearson.

\*Myers, D.G. (2008) . Social Psychology. New Delhi: Tata McGraw-Hill.

\*Feldman, R. (1985). Social Psychology. New Delhi: Me. Graw Hill Book Company.

\*Krech, D, Cruchfield, R.S. & Ballachy, E.L. (1986). Individual in Society. New Delhi: McGraw-Hill Book Co.





**Syllabus**  
**B.A. (Regular)**  
**Subject: PSYCHOLOGY**  
**SEMESTER: THIRD**

<b>Name of the Subject: PSYCHOLOGY</b>		<b>Subject Code: PSYC</b>
<b>Name of the Course: Regular Core Course</b>		<b>Course Code: RCC</b>
<b>Name of the Paper: Psychological Disorders</b>		<b>Paper Code: PSYC-RCC-3016</b>
<b>Total Marks: 100</b>		<b>Marks Breakup: 60 External, 20 Practicum &amp; 20 Internal</b>
<p><b>Course Objectives:</b>          *Help students to develop an understanding of the clinical picture.          *To introduce the etiological understand and therapeutic interventions for the various psychological disorders.</p>		
<b>SL No Of Unit</b>	<b>Name of the Unit</b>	<b>Unit wise course content</b>
1	Basic concept and theoretical perspective.	*Concept and criteria of abnormality *Theoretical perspectives – Biological, Familial, Cultural, Behavioral, Cognitive, Psycho-dynamic.
2	Types of disorders:	*Anxiety disorders - Obsessive Compulsive Disorder * Schizophrenia- Disorganized, Paranoid, Catatonic ) , * Mood disorder- Unipolar and bipolar * Learning disability.
3	Substance related disorders:	*Alcoholism- Causes and Prevention. *Drug addiction- Clinical Pictures , Causes and Prevention. *Suicide – Risk factors, Causes and Prevention.
4	Treatment of Disorders :	*Biological Treatment: Pharmaco therapy , Electroconvulsive therapy

		*Psychological Treatment: Psychoanalytic therapy , Behavioral therapy
5	Field visit	Visit to rehabilitation center, psychiatric department, drug/ alcohol de-addiction center. (Any one)

### **Recommended Readings:**

Carson, R.C., Butcher. J.N.. Mineka.S. & Hooley.1.M. (2008). Abnormal Psychology. Delhi: Pearson.

Coleman, J.C. ( 1981): Abnormal Psychology and Modern life, Bombay : Taraporevala/NY: Scott Foreman.

Caw. A. (2004). Positive Psychology: The science of happiness and human Roudedge.

Prude. N. (1998). Understanding abnormal psychology. Oxford: Blackwell Publishing.

**Syllabus**  
**B.A. (Regular)**  
**Subject: PSYCHOLOGY**  
**SEMESTER: FOURTH**

<b>Name of the Subject: Psychology</b>		<b>Subject Code: PSYC</b>
<b>Name of the Course: Regular Core Course</b>		<b>Course Code: RCC</b>
<b>Name of the Paper:: PSYCHOLOGICAL RESEARCH</b>		<b>Paper Code: PSYC-RCC-4016</b>
<b>Total Marks: 100</b>		<b>Marks Breakup: 60 External, 20 Practicum &amp; 20 Internal</b>
<b>Course Objectives:</b> <ul style="list-style-type: none"> <li>• To inform the students about the basics of scientific research in psychology.</li> <li>• To educate students with the process and the methods of psychological research and to develop an understanding psychological testing.</li> </ul>		
<b>SL No Of Unit</b>	<b>Name of the Unit</b>	<b>Unit wise course content</b>
1	<b>Introduction to Psychological Research</b>	*Meaning and nature of Psychological research , Formulation of research problem and hypothesis, Variables. *principles of good research *Types of research –Qualitative and Quantitative. Ethics in psychological research.
2	<b>Methods of data collection:</b>	*Case study method *Observation method *Interview method *Survey method.
3	<b>Sampling Methods and Techniques</b>	Population, sample, need for sampling.

		*Probability sampling and Non probability sampling, sampling errors.
4	<b>Psychological testing:</b>	*Concept and nature of psychological testing *Characteristics of a test –standardization, reliability, validity and norms. Issues in psychological testing.
5	<b>Practicum:</b>	*Students are required to carry Any one practical based on PSYC-RDS-5016 using any of the following : Anxiety, emotional intelligence, self esteem skills, interest inventory

### **Recommended Readings:**

Baron, R. & Misra. G. ( 2013). Psychology. New Delhi: Pearson.

Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian Edition. New Delhi: Pearson.

Bryman, A (2004). Quantity and Quality in Social Research.Routledge.

Chadha, N.K. (2009) Applied Psychometry.Sage Pub: New Delhi

Gregory,R.J. (2006) Psychological Testing: History,Principles and Applications(4<sup>th</sup> Ed.) New Delhi: Pearson Education.

**Syllabus**  
**B.A. (Regular)**  
**Subject: PSYCHOLOGY**  
**SEMESTER: FIFTH**

<b>Name of the Subject: PSYCHOLOGY</b>		<b>Subject Code: PSYC</b>
<b>Name of the Course: Regular Core Course</b>		<b>Course Code: RCC</b>
<b>Name of the Paper: COUNSELLING PSYCHOLOGY</b>		<b>Paper Code: PSYC-RDS- 5016</b>
<b>Total Marks: 100</b>		<b>Marks Breakup: 60 External, 20 Practicum &amp; 20 Internal</b>
<b>Course Objectives:</b> *To orient students to the field of counseling psychology. *To help the students understand the applications of counseling. *To develop an understanding of basic concept, processes, and techniques of counseling.		
<b>SL No Of Unit</b>	<b>Name of the Unit</b>	<b>Unit wise course content</b>
1	Introduction :	*Meaning , Nature and Goals of counseling; *Need and importance of counseling *Counselor effectiveness. Ethical issues in counseling.
2	Counseling process and relationship:	Stages- *Building counseling relationships, Problem Identification, Planning for problem solving, Solution, Application and terminology. *Evaluation of counseling. *Closing counseling relationships. Counseling Skills- Verbal and non-verbal communication, micro-skills.
3	Approaches to Counseling:	*Psychoanalytic approach, Cognitive approach

		*Humanistic approach, *Behavioral approach, *.
4	Applications of Counseling	*Child counseling, *Career counseling, *Family counseling , *Crisis intervention and sexual abuse.
5	Practicum	Role play to demonstrate counseling skills (Group activities and prepare a write up on role played specially focusing on the stages and skills)

### Recommended Readings:

Aguilera, D.C (1998). Crisis Intervention: Theory and Methodology ( 8thEd) Philadelphia: Mosby.

Belkin, G.S. (1998). Introduction to Counselling ( 3<sup>rd</sup> Ed.) Iowa: W.C. Brown.

Gladding, S.T. (2012) Counseling : A Comprehensive Profession.(7<sup>th</sup> Ed.) New Delhi: Pearson.

**Syllabus**  
**B.A. (Regular)**  
**Subject: PSYCHOLOGY**  
**SEMESTER: SIXTH**

<b>Name of the Subject: Psychology</b>		<b>Subject Code: PSYC</b>
<b>Name of the Course: Regular Core Course</b>		<b>Course Code: RCC</b>
<b>Name of the Paper: ORGANISATIONAL BEHAVIOUR</b>		<b>Paper Code: PSYC-RDS-6016</b>
<b>Total Marks: 100</b>		<b>Marks Breakup: 60 External, 20 Practicum &amp; 20 Internal</b>
<b>Course Objectives:</b> <ul style="list-style-type: none"> <li>• To develop an awareness of the concepts related to organizational behavior.</li> <li>• Help the students develop connectivity between concepts and practices of organizations .</li> </ul>		
<b>SL No Of Unit</b>	<b>Name of the Unit</b>	<b>Unit wise course content</b>
1	<b>Introduction to Organisational Behaviour</b>	*Meaning, nature and scope of organizational psychology. *Historical antecedents of organizational behavior Challenges and opportunities in industrial /organizational psychology-Changing profile of employees, Globalization and Information Technology , Diversity issues and cultural references.
2	<b>Individual level processes:</b>	*Employee attitude * Work motivation. *Job satisfaction *Organizational commitment

		*Citizenship behavior.
3	<b>Dynamics of organizational behavior:</b>	*Organizational culture *Power and politics ; Influence , empowerment, sexual harassment,
4	<b>Leadership</b>	*Classical and Contemporary approaches to leadership- . *India perspective on leadership.
5	<b>Practicum:</b>	*Students are required to carry any one practical from the following - * Job satisfaction * Organisational commitment * Work motivation. Or any other as suggested by teachers.

### Recommended Readings:

- Robbins.S.P & Judge.T.A. Organizational Behaviour.Persona education Inc.
- Robbins.S.P & Judge.T.A.& Vohara N Organizational Behavior Person education Inc.
- Luthans,F.(2009). Organizational Behavior New Delhi: McGraw Hill.



**Syllabus**  
**B.A. (Regular)**  
**Subject: PSYCHOLOGY**  
**SEMESTER: FIFTH**

<b>Name of the Subject: PSYCHOLOGY</b>		<b>Subject Code: PSYC</b>
<b>Name of the Course: Regular Core Course</b>		<b>Course Code: RCC</b>
<b>Name of the Paper: Introduction to psychology</b>		<b>Paper Code: PSYC-RGE -5016</b>
<b>Total Marks: 100</b>		<b>Marks Breakup:60 External, 20 Practicum &amp; 20 Internal</b>
<b>Course Objectives:</b> To provide an overview of the basic concepts in psychology and enhance adjustment in life and work.		
<b>SL No Of Unit</b>	<b>Name of the Unit</b>	<b>Unit wise course content</b>
1	Introduction	<ul style="list-style-type: none"> <li>*Definition , Nature and fields of psychology</li> <li>*Applications of psychology</li> <li>*Method and types – Observation and Questionnaire</li> </ul>
2	Cognitive and Conative processes	<ul style="list-style-type: none"> <li>*Learning ( Definition , Nature and characteristics of learning, Trial and error learning )</li> <li>*Memory – Encoding , Storage and retrieval processes; sensory, short term and long term memories</li> <li>*Forgetting, causes, factors affecting forgetting</li> <li>* Motivation, types of motivation , sociogenic and psychogenic motives,</li> <li>*The need hierarchy model. motives,</li> <li>*The need hierarchy model.</li> </ul>
3	Personality and Intelligence	<ul style="list-style-type: none"> <li>*Personality – Meaning and nature of personality</li> <li>*Psychoanalysis theory, Type theories- Karl Jung, Trait theories- Eysenck</li> <li>*Intelligence – Definition and Theory : Uni factor and two factor</li> </ul>
4	Developmental process	*Cognitive Development – Jean Piaget

		*Morel Development – Kohlberg *Psycho- social Development – Erikson
5	Practicum	Practicum pertaining to PSYC-RCC/HGE-1016 Preferably – a) Learning b) Memory (Any one practical)

**Recommended Readings:**

\*Chadha, N.K. & Seth, S (2014). The Psychological Realm: An Introduction. Pinnacle learning , New Delhi.

\*Ciccarelli, S.K & Meyer, G.E. ( 2008) Psychology ( South Asian Edition). New Delhi.

\*Passer , M.W. & Smith, R.E. (2010). Psychology: The science of mind and behavior. New Delhi: Tata McGraw-Hill.

\* Baron, R.A. (2007). Psychology (Fifth edition) New Delhi: Pearson Prentice-Hall of India.

\*Morgan, C.T., King, R.A., Weisz, J.R., & Schopler, J: Introduction to Psychology. McGraw Hill Book Co., 1986.

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**Syllabus**  
**B.A. (Regular)**  
**Subject: PSYCHOLOGY**  
**SEMESTER: SIXTH**

<b>Name of the Subject: Psychology</b>		<b>Subject Code: PSYC</b>
<b>Name of the Course: Regular Core Course</b>		<b>Course Code: RCC</b>
<b>Name of the Paper: Social Psychology</b>		<b>Paper Code: PSYC-RGE-6016</b>
<b>Total Marks: 100</b>		<b>Marks Breakup: 60 External, 20 Practicum &amp; 20 Internal</b>
<b>Course Objectives:</b> <ul style="list-style-type: none"> <li>• To understand the basics of social psychology and to understand the individual in social world.</li> <li>• To understand social cognition and group processes.</li> </ul>		
<b>SL No Of Unit</b>	<b>Name of the Unit</b>	<b>Unit wise course content</b>
1	Introduction:	*Meaning and nature of social psychology *Scope of social psychology *A brief history of social psychology , Growth and development of Social Psychology in India.
2	Social Cognition	* Introduction to Social cognition and social perception. *Attitude : Formation, Change and resistance to change *Person perception and impression formation. *Theories of attribution – Jones, Kelly and Wiener , biases in a attributional process
3	Interpersonal Processes	*Meaning and concept of interpersonal processes *Interpersonal attraction: Factors of attraction, Triarchic Theory of Love, Gender differences. Prosocial behavior: Meaning, Theories, By-stander Effect. Aggression:

		Meaning, Causes, Management of aggression.
4	Group Dynamics:	<ul style="list-style-type: none"> <li>*Meaning and concept of group.</li> <li>*Key aspects of groups : Structure, function and types of groups.</li> <li>*Stereo-type, Prejudice and Discrimination.</li> <li>*Co-operation, Conflict Resolution and Negotiation.</li> </ul>
5	Practicum	Practicum pertaining to PSYC-RCC/HGE-2016 Preferably – Prejudices, Stereotype, Discrimination, Pro-social behaviour or any other as suggested by teachers. (Any one)

**Recommended Readings:**

\*Chadha, N.K. (2012). Social Psychology. MacMillan : New Delhi .

\*Baron, R.A. Byrne, D.& Bharadwaj. G (2010). Social Psychology (12<sup>th</sup> Ed). New Delhi: Pearson.

\*Myers, D.G. (2008) . Social Psychology. New Delhi: Tata McGraw-Hill.

\*Feldman, R. (1985). Social Psychology. New Delhi: Me. Graw Hill Book Company.

\*Krech, D, Cruchfield, R.S. & Ballachy, E.L. (1986). Individual in Society. New Delhi: McGraw-Hill Book Co.



