Thiagarajar College

(An Autonomous Institution Affiliated to Madurai Kamaraj University)
Re-Accredited with 'A' Grade by NAAC

Board of Studies Meeting
April 2023

Department of Psychology

Dr. Rm. Murugappan
Dean - Curriculum Development

Programme outcome-PO (Aligned with Graduate Attributes)-
Bachelor of Science (B.Sc.,)

Scientific Knowledge and Critical Thinking
Apply the knowledge ofLife Science, Physical and Chemical Science, Mathematics, statistics, Computer science and humanities for the attainment of solutions to the problems that come across in our day-to-day life/activities.

Problem Solving
Identify and analyze the problem and formulate solutions for problems using the principles of mathematics, natural sciences with appropriate consideration for the public health, safety and environmental considerations.,

Communication and Computer Literacy
Communicate the fundamental and advanced concepts of their discipline in written and oral form. Able to make appropriate and effective use of information and information technology relevant to their discipline

Life-Long Learning
Recognize the need for and have the preparation and ability to engage in independent and life-long learning in the broadest context of technological change.

Ethical, Social and Professional Understanding
Commitment to principles, codes of conduct and social responsibility in order to behave consistently with personal respect. Acquire the responsibility to contribute for the personal development and for the development of the community. Respect the ethical values, social responsibilities and diversity.

Innovative, Leadership and Entrepreneur Skill Development
Function as an individual, and as a member or leader in diverse teams and in multidisciplinary settings. Become an entrepreneur by acquiring technical, communicative, problem solving, and intellectual skills.

Thiagarajar College

(An Autonomous Institution Affiliated to Madurai Kamaraj University)
Re-Accredited with 'A' Grade by NAAC

Board of Studies Meeting
April 2023

Department of Psychology

Dr. Rm. Murugappan
Dean - Curriculum Development

B.Sc. Psychology

Programme Code - UPS

Vision:

- Empower the student community to realize their true potential by acquiring core subject knowledge and time relevant psychological skills that enables them to achieve success in their professional careers.

Mission:

- To provide a foundation for the scientific understanding of behaviour and mental processes.

- To foster a conducive environment where students and faculty collaborate in basic and applied research to advance scientific knowledge.

- To inspire the students to resonate and channelize their thoughts and encourage them to choose their areas of interest from the different fields of Psychology.

- To develop sensitivity to psychological dynamics for better individual and societal wellbeing.

Programme Educational Objectives (PEOs)

The objectives of this programme are to equip/prepare the students:

PEO1	To identify a suitable career in the field of Psychology and achieve self-growth with a rewarding professional experience.
PEO2	To realize that they are a part of larger society and it is their rightful duty to serve the community by offering psychological support through proficient counselling and therapy.
PEO3	To comprehend and appreciate the importance of research and to come up with novel concepts and ideations across the fields of Psychology
PEO4	To lead a fulfilling and satisfying personal life by imbibing the true essence of Psychological principles.
PEO5	To be an inspiration to the next generation of growing psychologists.

Program Specific Outcomes (PSOs)

On the successful completion of B.Sc., Psychology Programme, the students will

PSO1	Impart in-depth knowledge and critical thinking in various fields of Psychology
PSO2	Able to collect, analyse and interpret the data in an applied or laboratory setting
PSO3	Analyse the causes and concerns behind the major psychological issues
PSO4	Comprehend the core concepts, methods and practices in Psychology
PSO5	Possess knowledge on vast application and use of psychological concepts through means like advertisement, social media, marketing strategies etc.

THIAGARAJARCOLLEGE, MADURAI-9.
(Re-Accredited with 'A' Graded by NAAC)
Bachelor of Science (Psychology)
Department of Psychology (w.e.f. 2023 batch onwards)
Programme Code-UPS
Semester - I

Course		Code No	Subject	Hrs/ Weeks	Cred.	Total Hrs	Max Mark CA	Max Mark SE	Total
Part-I	Tamil	U23P1TA11B	பொதுத்தமிழ் - I	6	3	90	25	75	100
Part-II	English	U23P2EN11	General English - I	4	3	60	25	75	100
Part-III	Core The 1	UPS23CT11	Introduction to Psychology - I	5	4	75	25	75	100
	Core The 2	UPS23CT12	Biological Psychology	5	4	75	25	75	100
	GElective	UPS23GT11	Health Psychology	4	3	60	25	75	100
Part-IV	SEC1 (NME)	UPS23NT11	Building psychological capital	2	2	30	25	75	100
	Foundation Course	UPS23FT11	Careers in psychology	2	2	30	25	75	100
	AECC1	UEN23AT11	Introduction to Personality Development	2	2	30	25	75	100
TOTAL				**30**	**23**				

Semester – II

Course		Code No	Subject	Hrs/ Weeks	Cred.	Total Hrs	Max Mark CA	Max Mark SE	Total
Part-I	Tamil	U23P1TA21B	பொதுத்தமிழ் - II	6	3	90	25	75	100
Part-II	English	U23P2EN21	General English - II	4	3	60	25	75	100
Part-III	Core The 3	UPS23CT21	Introduction to Psychology - II	5	5	75	25	75	100
	Core Lab 1	UPS23CL21	Experimental Psychology	4	2	60	25	75	100
	GElective	UPS23GT21	Social Psychology	4	3	60	25	75	100
Part-IV	SEC2(NME)	UPS23NT21	Psychological first aid	2	2	30	25	75	100
	SEC3	UPS23ST22 (A/B)	Emotional Intelligence/ Cyber Psychology	2	2	30	25	75	100
	AECC	UEN23AT21	Employability Skills	2	2	30	25	75	100
TOTAL				**30**	**23**				
Extra Credit			**Naan Mudhalvan** Language Proficiency for Employability		**02**				

Course Code	Course Title	Category	L	T	P	Credit
UPS23CT11	**Introduction to Psychology- I**	Core-I	5	-	-	4

Year	Semester	Int. Marks	Ext. Marks	Total
First	First	25	75	100

Preamble

This course comprehends the fundamental processes underlying human behaviors Sensation, Perception, consciousness and Learning.

Course Outcomes

On the completion of the course the student will be able to

	Course out comes	Knowledge Level	Expected Proficiency %	Proficiency Attainment %
CO1	Define the Basic concepts of Psychology related to Human behaviour.	**K1**	75	70
CO2	Summarize the different areas of Psychology.	**K2**	75	70
CO3	Outline the Modern perspectives in Psychology.	**K2**	70	70
CO4	Create an awareness of the role of Psychologists in Society.	**K3**	75	70
CO5	Identify and apply the Basic knowledge about theories and processes involved In Sensation, Perception, Consciousness and Learning.	**K3**	70	65

K1: Knowledge   K2:Understand   K3:Apply

Mapping of Course Outcomes with Programme Specific Outcomes

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	M	L	S	S	M
CO2	S	L	L	M	M
CO3	M	M	M	M	S
CO4	M	L	M	S	M
CO5	M	S	L	M	L

Mapping of Course Outcomes with Programme Outcomes

	PO1	PO2	PO3	PO4	PO5	PO6
CO1	M	M	L	S	L	L
CO2	L	M	M	M	M	M
CO3	S	S	L	M	S	M
CO4	S	S	M	S	S	L
CO5	M	S	M	L	S	L

Blooms taxonomy: Assessment Pattern

	CA		End ofSemester
	First	Second	
Knowledge	40%	40%	40%
Understand	40%	40%	40%
Apply	20%	20%	20%

Course Title: Introduction to Psychology- I

Unit I: Introduction to Psychology

Definition of Psychology - Nature of Psychology - Origin of Psychology; Philosophical origins: Early Indian and Greek thoughts - Major ideas of Descartes – Locke; Schools of Psychology: Structuralism- Functionalism- Behaviorism –Psychoanalysis- Humanism; Scope of Psychology.

Unit II: Sensation

Sensation– Meaning; Vision: Perceptual properties of light – Structure and functions of the eye – Colour vision; Hearing: Perception of sound - Structure and functions of the ear – Perceiving pitch - types of hearing – Impairments; Other senses: Gustation–Olfaction–Kinesthetic sense.

Unit III: Perception

Perception – Meaning; The perceptual constancies: Size constancy – Shape constancy – Brightness constancy; The Gestalt principles of perception: Figure-ground – Proximity – Similarity – Closure – Continuity – Contiguity; Depth perception: Monocular cues – Binocular cues; Perceptual illusions – Factors influencing perception.

Unit IV: Consciousness

Consciousness – Definition– Two Major Types – Natural State of Consciousness: Biological Rhythms – Circadian Rhythms; Sleep – Necessity and purpose of sleep – Stages of Sleep –Dreams – Freud's interpretation of dreams: Manifest content– Latent content; Hypnosis: Steps in hypnotic induction– myths about hypnosis– Theories of hypnosis - The Influence of psychoactive drugs.

Unit V: Learning

Learning– Meaning – Nature; Theories of learning: Classical conditioning– Elements of classical conditioning – Pavlov's classical experiment, Operant conditioning: Thorndike's law of effect –B.F. Skinner's experiment – Concepts in operant conditioning; Kohler's insight learning - Social and Cognitive Learning–Bandura's observational learning – Tolman's latent learning.

TextBook:

Ciccarelli. K. Sand Meyer, E.G., (2016). Psychology, 5th ed, New Delhi: Dorling Kindersley Pvt, Ltd.

Reference:

S. K. Mangal., (2020). General Psychology, sterling publishers private limited.

Morgan,C.T.,King,R.A.,Weisz, J.R.,& Schopler, J, .(2015). Introduction to Psychology, 7th ed, New Delhi: Tata Mc Graw Hill.

Feldman,S.R.,(2010).Understanding Psychology, 10th ed, New Delhi: Tata Mc Graw Hill.

Mishra, B.K.(2008). Psychology, The study of human behavior, New Delhi: Prentice Hall of India.

Baron, R.A. (2004). Psychology, 5th ed, New Delhi: Pearson Education.

Course Designer: Ms. S. Kavibharathi

Department of Psychology
(For those joined B.Sc. Psychology on or after June 2023)
Programme code: UPS

Course Code	Course Title	Category	L	T	P	Credit
UPS23CT12	Biological Psychology	Core-II	5	-	-	4

Year	Semester	Int. Marks	Ext. Marks	Total
First	First	25	75	100

Preamble

Biological Psychology course provides an in-depth understanding of the biological foundations of behavior and their practical applications in various fields of psychology.

Course Outcomes

On the completion of the course the students will be able to

	Course Outcomes	Knowledge Level	Expected Proficiency in %	Expected Attainment in %
CO1	State the meaning of Biological Psychology and Recall historical views of human behavior.	K1	70	65
CO2	Sketch and Describe the structure and functions of neuron	K2	75	70
CO3	Explain the functions of neurotransmitters	K4	70	70
CO4	Distinguish theories of hormones in determining human behaviors	K5	75	70
CO5	Compare the biology of emotional behavior of normal and impaired brain.	K5	70	65

Mapping of COs with POs

	PO1	PO2	PO3	PO4	PO5	PO6
CO1	M	S	M	S	M	L
CO2	M	M	L	S	M	L
CO3	S	S	S	S	L	M
CO4	S	S	L	M	M	L
CO5	M	M	M	L	L	M

S-Strong   M-Medium   L-Low

Mapping of COs with PSOs

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	L	L	M	L	M
CO2	L	L	M	L	L
CO3	S	M	M	S	M
CO4	S	M	M	L	L
CO5	S	M	L	M	L

S-Strong   M-Medium   L-Low

Blooms Taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
Knowledge-K1	40%	40%	40%
Understand-K2	40%	40%	40%
Apply-K3	20%	20%	20%

Course Title: Biological Psychology

Unit I: Introduction

The Nature of Biological Psychology- Definition of Biological Psychology - Historical views on human behavior - The Modern Era of Brain Imaging Techniques- Neuroscience.

Unit II: Neuroanatomy

Neuroanatomy - The neuron: Structure of the Neuron; Types of Neurons; The Peripheral Nervous system: Structure and function; The Autonomic Nervous System-Structure & function; The Central Nervous System: Spinal cord - Structure and Function; The Brain – Hindbrain; Midbrain & Forebrain.

Unit III: Neurotransmitters

Neural Impulse: Neural impulse Cycle; membrane potential; resting potential; action potential; conduction across the length of a neuron and conduction across the synapse- Neurotransmitters and the nervous system – acetylcholine; dopamine; norepinephrine & GABA.

Unit IV Hormones and Behavior

Hormones and Behavior- Endocrine glands; Functions- Hormone -Functions and Principal effects of the hormones.

Unit V The Biology of Emotions

The Biology of Emotions; Emotional behavior - Visceral factors in emotional behavior- Autonomic nervous system & emotions; brain damage & Impairments of implicit memory; brain damage & experiments of explicit memory; The story of H.M: a man with hippocampal Damage; role of hippocampus; amygdala and frontal cortex.

Text Book

Rosenweig, Breedlov, Leiman(2002): Biological Psychology, 3rd edition, Sinaven Associates, Inc,

Dr. James W. Kalat's. (2014).Biological Psychology, (11thed.). International edition.

References

 Leukel, F.(2005). Introduction to Physiological Psychology. 3rdedCBS publishing company, New Delhi.

Carlson N.R. (2013). Foundations of Physiological Psychology (7 th edition) New Delhi :Pearson Education Pvt . Ltd. Print

Schneider , A.M & Tarshis(2017) , Elements of Physiological Psychology(3rd edition):New York :Random house.

Course Designer: Ms. R.Renisha Jerine

THIAGARAJAR COLLEGE, MADURAI – 625 009.
Department of Psychology
(For those joined B.Sc. Psychology on or after June 2023)
Programme code: UPS

Course Code	Course Title	Category	L	T	P	Credit
UPS23GT11	Health Psychology	Generic Elective: I	4	-	-	3

Year	Semester	Int. Marks	Ext. Marks	Total
First	First	25	75	100

Preamble

The course elaborates the Psychosocial process that influence health and health care delivery.

Course Outcomes

On the completion of the course the students will be able to

	Course Outcomes	Knowledge Level	Expected proficiency %	Proficiency attainment %
CO1	Recognise the basic issues related to human health.	K1	35	40
CO2	Analyze the health issues from biological , psychological and social perspectives.	K2	35	40
CO3	Evaluate the importance of research findings in health psychology in contemporary social living.	K2	35	40
CO4	Analyze and attempt to improve the health care system and health care policy.	K3	35	40
CO5	Focus on health promotion, health prevention and psychotherapeutic interventions.	K3	35	40

K1:"Knowledge K2: Understand K3: Apply

Mapping of COs with PSOs

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	M	L	L	M	L
CO2	S	S	S	M	M
CO3	L	L	M	M	L
CO4	L	L	L	M	M
CO5	M	M	S	S	S

S-Strong   M-Medium   L-Low

Mapping of COs with POs

	PO1	PO2	PO3	PO4	PO5	PO6
CO1	L	M	S	S	S	L

CO2	S	S	S	S	S	S
CO3	S	S	M	S	S	S
CO4	S	S	M	S	S	L
CO5	S	S	M	S	M	M

S-Strong   M-Medium   L-Low

	CA		End of Semester
	First	**Second**	
Knowledge-K1	40%	40%	40%
Understand-K2	40%	40%	40%
Apply-K3	20%	20%	20%

Course Title: Health Psychology

Unit I : Introduction to health psychology

Health Psychology - Definition - Mind body relationship – Bio psychosocial model in health psychology - Need for health psychology - Application of health psychology - Practice and Research.

Unit II: Health Behaviours and Prevention

Healthy Behaviours - Transtheoretical model of behaviour change - Theory of planned behaviour - Health belief model; Behaviour modification - Health compromising behaviours - Smoking - Alcohol and Interventions.

Unit III: Stress and coping

Stress - Theories of stress: Fight or flight theory - Selye's general adaptation syndrome; Sources of stress - Chronic stress and health; Coping with Stress - Personality and coping - Coping resources and interventions: Mindfulness training - Expressive writing - Relaxation training and stress management program.

Unit IV: Health services

Patient provider relationship - Improving communication and reducing non adherence; Management of pain and discomfort: Clinical issues in pain management - Acute and chronic pain - Pain control techniques.

Unit V: Management of Serious Illness

Coping with chronic illness: Strategies and psychological interventions - Psychological management of illness - Alternatives to hospital - Hospice and home care; Psychoneuroimmunology - Negative affect and immune functioning.

Text Books:

1. Taylor S.E. (2012). 'Health Psychology'10th edition , New Delhi :Tata McGraw Hill. Print
2. Ogden , J.(2009) . 'Health Psychology'6 th edition New Delhi:Tata McGraw Hill. Print

References:

Gosh , M. (2014) .Health Psychology :Concepts in Health and Wellbeing .New Delhi :Pearson .print

Marks, D.F.& Murray .M. (2010). 'Health Psychology -Theory , Research &Practice' .New Delhi : SAGE publication .print

Johnston, M. (1994). Current trends in Health Psychology. *The Psychologist, 7,* 114-118.

Rogers, R. W. (1983). Preventive health psychology: An interface of social and clinical psychology. *Journal of Social and Clinical Psychology, 1*(2), 120-127.

"David F. Marks, Michael Murray & Emee Vida Estacio (2018) *Health Psychology. Theory-Research-Practice* (5th Ed.) Sage"

Course designer: Ms. A. Nancy

Course Code	Course Title	Category	L	T	P	Credit
UPS23NT11	**Building Psychological Capital**	SEC	2	-	-	2

Year	Semester	Int. Marks	Ext. Marks	Total
First	First	25	75	100

Preamble

Students acquire knowledge on the basic concepts, components and importance of environment.

Course Outcomes

On the completion of the course the student will be able to

	Course outcomes	Knowledge Level	Expected Proficiency in %	Expected Attainment in %
CO1	To offer the students a comprehensive overview of positive psychology and Psychological capital	K1	70	75
CO2	The basic of Self efficacy and ways to strengthen individuals Self efficacy to enhance performance.	K2	65	75
CO3	The differentiation of hope and hopelessness and its impact on mental state and strategies to imbibe hope.	K1	60	75
CO4	To understand the various spectrums of optimism and locus of control.	K3	65	70
CO5	To examine Resilience and 7 C's Model of resilience.	K3	70	75

K1:Knowledge   K2:Understand   K3: Apply

Mapping of Course Outcomes with Programme Specific Outcomes

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	L	M	S	S
CO2	S	L	S	S	M
CO3	S	L	M	M	M
CO4	L	L	M	M	M
CO5	M	L	M	S	M

Mapping of Course Outcomes with Programme Outcomes

	PO1	PO2	PO3	PO4	PO5	PO6
CO1	S	M	M	M	M	M

CO2	M	S	M	S	L	M
CO3	M	S	L	M	M	M
CO4	L	M	L	S	S	S
CO5	M	M	L	M	M	S

Blooms taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
Knowledge	40%	40%	40%
Understand	40%	40%	40%
Apply	20%	20%	20%

Course Title: Building Psychological Capital

Unit I: Introduction
Meaning- Psychological Capital as a state- Contributions of positive psychology- Psychological capital in relation to job satisfaction motivation and performance.

Unit II: Psychological capital skills of Efficacy
Definition - Key Ingredients of efficacy - Ways to strengthen efficacy.

Unit III : Psychological capital Hope
Definition of hope - Effects of hope - Hopelessness and depression - Ways to improve Hope.

Unit IV: Psychological capital Optimism
Definition - Optimism in locus of control - Ways to develop Optimism - Dispositional Optimism - Explanatory style.

Unit V: Psychological capital Resilience
Definition - Ways to develop Resilience - 7 C's model of resilience - Qualities of a resilient person.

Text Book:
Fred Luthans., Carolyn, M. Youssef— Morgan. & Bruce, J. Avolio., (20 l5). Psychological Capital and beyond, New York: Oxford University Press.

References:
Snyder, C.R., & Lopez, S.J., (2002). Handbook of positive psychology, (eds.), Oxford University Press, New York.

Carr, A. (2004). Positive psychology, The science of happiness and human strengths, New York: Routledge.

Avolio. (2006). Psychological Capital: Developing the Human Competitive Edge, New York: Oxford University Press.

Singh, A.(2013).Behavioral science: Achieving behavioral excellence for success. New Delhi: Wiley India Pvt ltd.

Course Designer: Ms. S. Kavibharathi.

THIAGARAJAR COLLEGE, MADURAI – 625 009.
Department of Psychology
(For those joined B.Sc. Psychology on or after June 2023)
Programme code: UPS

Course Code	Course Title	Category	L	T	P	Credit
UPS23FT11	Careers in Psychology	FC	2	-	-	2

Year	Semester	Int. Marks	Ext. Marks	Total
First	First	25	75	100

Preamble

This course provides ethical principles in psychology, navigate career challenges, and excel professionally with this comprehensive course.

Course Outcomes

On the completion of the course the students will be able to

	Course Outcomes	Knowledge Level	Expected Proficiency in %	Expected Attainment in %
CO1	Understand the scope and breadth of the field of psychology.	K2	75	70
CO2	Comprehend the nature and purpose of clinical psychology as a specialized field.	K1	70	65
CO3	Identify diverse specializations within counseling psychology and their distinct approaches.	K3	70	65
CO4	Grasp the fundamentals of industrial-organizational psychology and its applications.	K2	70	70
CO5	Explore educational and training requirements for careers in sports psychology, forensic psychology, and school psychology.	K4	75	70

Mapping of COs with POs

	PO1	PO2	PO3	PO4	PO5	PO6
CO1	L	L	M	S	S	S
CO2	S	M	M	L	S	L
CO3	M	L	M	M	L	M
CO4	S	S	S	S	M	S
CO5	M	S	S	S	M	S

S-Strong   M-Medium   L-Low

Mapping of COs with PSOs

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	M	L	M	L	S
CO2	L	L	M	L	S
CO3	L	L	M	L	S
CO4	S	S	M	S	M
CO5	S	S	M	L	M

S-Strong   M-Medium   L-Low

Blooms Taxonomy: Assessment Pattern

	CA		End of Semester
	First	**Second**	
Knowledge-K1	40%	40%	40%
Understand-K2	40%	40%	40%
Apply-K3	20%	20%	20%

Course Title: Careers in Psychology

Unit I: Introduction to Careers in Psychology

Overview on the field of psychology- Common misconceptions about psychology- Strengths of Psychological Careers.

Unit II: Careers in Clinical Psychology

Overview of Clinical psychology- Specializations in clinical Psychology- Roles and responsibilities - Ethical considerations.

Unit III: Careers in Counseling Psychology

Overview of Counseling psychology- Specializations in Counseling Psychology- Roles and responsibilities - Ethical considerations.

Unit IV: Careers in Industrial-Organizational Psychology

Overview of Industrial-Organizational Psychology- Roles and responsibilities- Ethical considerations.

Unit V: Other Psychological Careers

Educational and training requirements: Sports psychology- Forensic psychology- School psychology; Professional organizational resources.

Text Book

Introduction to Psychology: Gateways to Mind and Behavior" by Dennis Coon and John O. Mittere

Career Paths in Psychology: Where Your Degree Can Take You" by Robert J. Sternberg

References

The Insider's Guide to Graduate Programs in Clinical and Counseling Psychology" by John C. Norcross, Michael A. Sayette, and Tracy J. Mayne

Kuther, T. L. (2019). Career counseling for the 21st century. Cengage Learning.

Sternberg, R. J. (Ed.). (2016). Career paths in psychology: Where your degree can take you. American Psychological Association.

Course Designer: Ms.R. Renisha Jerine

Course Code	Course Title	Category	L	T	P	Credit
UPS23CT21	**Introduction to Psychology – II**	Core-I	5	-	-	5

Year	Semester	Int. Marks	Ext. Marks	Total
First	Second	25	75	100

Preamble

Provide further understanding of fundamental processes of human behaviour such as Cognition, Intelligence and Motivation

Course Outcomes

On the completion of the course the student will be able to

	Course outcomes	Knowledge Level	Expected Proficiency in %	Expected Attainment in %
CO1	Define fundamental processes underlying Human Behaviour	**K1**	70	65
CO2	Explore the concept of memory and forgetting	**K2**	75	70
CO3	Explain different theories of motivation and emotion	**K2**	70	70
CO4	Identify the concept of Intelligence	**K3**	75	70
CO5	Apply different orientations to thinking and personality.	**K3**	70	65

K1:Knowledge   K2:Understand   K3:Apply

Mapping of Course Outcomes with Programme Specific Consequences

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	M	S	S	M
CO2	M	M	M	M	L
CO3	M	L	M	M	L
CO4	M	M	L	S	L
CO5	M	S	M	L	L

Mapping of Course Outcomes with Programme Outcomes

	PO1	PO2	PO3	PO4	PO5	PO6
CO1	M	M	S	S	S	M
CO2	M	M	M	S	M	L
CO3	S	M	L	S	M	L

CO4	M	M	L	M	S	S
CO5	M	S	M	M	S	S

Blooms taxonomy: Assessment Pattern

	CA		End ofSemester
	First	Second	
Knowledge	40%	40%	40%
Understand	40%	40%	40%
Apply	20%	20%	20%

Course Title: Introduction to Psychology – II

Unit I: Memory and Forgetting

Definition- Nature of memory: Encoding- storage-retrieval; Memory encoding; Models of Memory: Levels of processing model – PDP model; Stages of memory: Sensory memory – Short-term memory- working Memory – Long-term memory; Retrieval of long-term memory: Retrieval cues - Recall – Recognition; Forgetting - Curve of forgetting – Encoding failure – Decay theory – Interference theory; Neuroscience of Memory.

Unit II: Intelligence

Intelligence – Definition - Nature versus Nurture on intelligence - Measurement of intelligence: Binet's mental ability test – Standford – Binet and I.Q – The Wechsler tests; Theories of Intelligence: Spearman's theory – Gardner's multiple intelligence – Sternberg's triarchic theory; Mental retardation - Thurstone, Cattell.

Unit III: Motivation and Emotion

Motivation – Meaning**;** Types of Motivation: Physical- Psychological**;** Approaches to motivation: Instinct approach –Drive- reduction approach – Arousal approach–Incentive approach–Humanistic approach (Maslow's hierarchy of needs) - Self-determination theory; Emotion: Meaning - Theories of Emotion :James –Lange theory – Cannon Bard theory – Schachter & Singer - Cognitive arousal theory.

Unit IV: Thinking and Language

Thinking – Meaning; Mental imagery: Concepts – Prototypes; Problem solving and decision making: Methods in problem solving – Barriers in problem solving; Creativity – Divergent and convergent thinking; Language – Levels of language analysis – Relationship between language and thought.

Unit V: Personality

Definition – Determinants – Approaches: Psychoanalytic –Freud - Structuring Personality - Psychosexual stages of development - defence mechanism; Type approach: Jung's analytic theory; Trait theory: Allport - Eysenck – Big Five personality; Assessment of personality – Objective, Subjective and Projective.

Text Book:

Ciccarelli,K. Sand Meyer, E. G. (2016). Psychology, 5thed, NewDelhi: Dorling Kindersley Pvt, Ltd.

Reference:

S. K. Mangal (2020). General Psychology, sterling publishers private limited.

Morgan, C.T., King, R.A., Weisz, J. R.,& Schopler, J., (2015). Introduction to Psychology, 7th ed, NewDelhi: Tata Mc Graw Hill.

Feldman, S.R., (2010). Understanding Psychology, 10thed, NewDelhi: Tata Mc Graw Hill.

Mishra, B. K. (2008). Psychology; The study of human behavior, New Delhi: Prentice Hall of India.

Baron ,R.A. (2004). Psychology, 5thed, NewDelhi: Pearson Education.

Course Designer: Ms. S. Kavibharathi.

Departmentof Psychology
(For those joined B.Sc. Psychology on or after June 2023)
Programme code: UPS

Course Code	Course Title	Category	L	T	P	Credit
UPS23CL21	**Experimental psychology**	Core Lab-1	-	-	4	2

Year	Semester	Int .Marks	Ext. Marks	Total
First	Second	25	75	100

CourseOutcomes

On the completion of the course the student will be able to

	Course outcomes	Knowledge Level	Expected Proficiency in %	Expected Attainment in %
CO1	Know about the different tests and experiment used in Psychology	**K1**	70	65
CO2	Develop scientific and experimental attitudes	**K2**	75	70
CO3	Facilitate comprehension of the theoretical concepts through experiments	**K3**	70	70
CO4	Develop the skills of observation and scientific reporting in psychology	**K3**	75	70
CO5	Evaluate the psychological traits of a person	**K3**	70	65

K1:Knowledge   K2:Understand   K3: Apply

Mapping of Course outcome with Programme Specific Outcomes

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	S	L	M	M	M
CO2	S	S	S	S	M
CO3	M	S	S	M	M
CO4	L	M	M	S	M
CO5	M	M	M	S	L

Mapping of Course Outcomes with Programme Outcomes

	PO1	PO2	PO3	PO4	PO5	PO6
CO1	S	L	L	M	M	S
CO2	S	S	L	M	M	S
CO3	M	S	S	M	L	L
CO4	L	M	M	S	M	S

CO5	M	S	L	S	L	S

Bloom Taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
Knowledge	40%	40%	40%
Understand	40%	40%	40%
Apply	20%	20%	20%

Course Title: Experimental psychology

The Students shall complete any **Ten** of the following experiments and submit are cord for the procedure involved at the end of the II Semester.

SENSORYPROCESS
1. Colour Blindness
2. Visual Acuity
3. Kinaesthetic Sensitivity

ATTENTION
4. Division of Attention
5. Distraction of Attention
6. Span of Attention

PERCEPTUALPROCESS
7. Muller-Lyer Illusion
8. Depth Perception

LEARNING
9. Insight Learning
10. Trial and Error Learning
11. Transferof Learning

MEMORY
12. Immediate Memory Span
13. Retroactive and Proactive Inhibition
14. Memory for Meaningful and Meaningless Stimuli

MOTIVATION
15. Level of Aspiration
16. Sensation Seeking

COGNITION
17. Concept Formation
18. Pyramid Puzzle

INTELLIGENCEANDAPTITUDE

19. Differential Aptitude Test
20. Verbal/Non-Verbal/Performance Test

References:

Anastasi and Urbina(2010).Psychological Testing, 7th ed, NewDelhi, PHI Learning Pvt, Ltd.

Rajamanickam (2005).Experimental Psychology,Vol1&VolII,NewDelhi:Concepshing Company.

Parameshwaran, E.G.andRavichandran, R., (2002). Experimental Psychology, Hyderabad: Neelkamal Publication Pvt.,Ltd.

Course Designer: Ms. S. Kavibharathi.

THIAGARAJAR COLLEGE, MADURAI – 625 009.
Department of Psychology
(For those joined B.Sc. Psychology on or after June 2023)
Programme code: UPS

Course Code	Course Title	Category	L	T	P	Credit
UPS23GT21	Social Psychology	Generic Elective:II	4	-	-	3

Year	Semester	Int. Marks	Ext. Marks	Total
First	Second	25	75	100

Preamble

This course will help the students to identify the important concepts, fields, and scope of Social Psychology.

Course Outcomes

On the completion of the course the students will be able to

	Course Outcomes	Knowledge Level	Expected Proficiency in %	Expected Attainment in %
CO1	Define Behaviour in Social Setting	K1	70	70
CO2	Explain the Psychological Aspect of various Social Phenomena	K2	70	70
CO3	Identify the Psychological aspects of Various Social Issues	K3	75	70
CO4	Apply the Concept of Social Psychology into Different fields	K3	75	75
CO5	Create a Sensitivity toward Healthy social well-being	K3	70	65

Mapping of COs with POs

	PO1	PO2	PO3	PO4	PO5	PO6
CO1	M	M	L	L	L	L
CO2	M	S	M	S	S	L
CO3	S	M	S	S	M	L
CO4	M	S	S	M	S	M
CO5	S	S	S	S	S	S

S-Strong   M-Medium   L-Low

Mapping of COs with PSOs

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	L	M	L	L	M
CO2	S	L	M	L	L
CO3	S	S	S	M	L

CO4	M	L	S	M	M
CO5	M	S	M	L	L

S-Strong   M-Medium   L-Low

	CA		End of Semester
	First	**Second**	
Knowledge-K1	40%	40%	40%
Understand-K2	40%	40%	40%
Apply-K3	20%	20%	20%

Course Title: Social Psychology

Unit I: Introduction Definition.

Nature of Social Psychology; Causes of social behavior and thought- Origin and development- Application of Social Psychology; Research Methods in Social Psychology.

Unit II: Social Perception and Cognition

Perceiving others- Non-verbal communication; Attribution - Theories, Basic sources of attribution; Impression formation and impression management; Some Basic Sources of Error;

Perceiving ourselves- self-concept; self-esteem; Self - presentation and Self-expression Social cognition - schemas; Heuristics; error in social cognition; affect and cognition; Contribution of Carl roger's theory –Real self & Ideal self.

Unit III: Attitudes Stereo types and prejudice

Attitude formation - Social learning; Components of attitudes; Acquiring attitudes; Influence of attitude on behavior; Resistance to persuasion; Cognitive dissonance; Prejudice; Stereo types; discrimination - causes; Effects; and cures.

Unit IV: Aggression and Violence

Aggression in the community - Definition; nature; control and prevention of aggression; Theories of Aggresion; Violence – Definition; Different types of violence; Domestic and group violence; Effect; Control and prevention; Crime - Definition; Types; Causes; Rehabilitation of criminals; Crime control; Role of psychologists.

Unit V: Social Influence and Pro Social Behavior

Social influence – Conformity- Asch's Research on Conformity; Sherif's Research on the Autokinetic Phenomenon; group influence; Factors affecting conformity; Resistance-

Compliance - Obedience to authority and Indoctrination- Theoretical explanations of Pro Social behavior.

Text Books:

Baron, R.A., and Byrne, D. (2003) Social Psychology,, 10th ed. Prentice Hall

Daniel Richardson (2014) Social psychology 1sted. John wiley a sons, Ltd, U.K

References

Baron, R.A., and Byrne, D Bhardwaj (2010). Social Psychology, 12th ed. New Delhi: pearson

Arun Kumar Singh. Social Psychology. Second Edition , PHI Learning Pvt Ltd. 2017

Robert .A.Baron, Nyle. R. Branscombe. Social Psychology, 13 th Edition, 2016

Course Designer: Ms. R. Renisha Jerine

THIAGARAJAR COLLEGE, MADURAI – 625 009.
Department of Psychology
(For those joined B.Sc. Psychology on or after June 2023)
Programme code: UPS

Course Code	Course Title	Category	L	T	P	Credit
UPS23NT21	Psychological First Aid	SEC-1	2	-	-	2

Year	Semester	Int. Marks	Ext. Marks	Total
First	Second	25	75	100

This course will help the students to address the basic needs and empowers the individual by supporting strengths and encouraging existing coping skills.

Course Outcomes

On the completion of the course the students will be able to

	Course Outcomes	Knowledge Level	Expected Proficiency %	Expected Attainment in %
CO1	Understanding the importance of psychological first aid and its scope.	K1	35	40
CO2	Exhibition of applied knowledge of psychological first aid in various areas of practice	K2	35	40
CO3	Acquiring in depth knowledge on psychological first aid procedures	K2	35	40
CO4	Comprehension of detailed guideline of applied practice	K3	35	40
CO5	Professional practice in the real life setting.	K3	40	40

Mapping of COs with POs

	PO1	PO2	PO3	PO4	PO5	PO6
CO1	L	M	S	S	S	L
CO2	S	S	S	S	S	S
CO3	S	M	L	S	S	M
CO4	L	L	M	S	S	M
CO5	M	M	L	S	S	S

S-Strong   M-Medium   L-Low

Mapping of COs with PSOs

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	M	L	L	M	L

CO2	S	S	S	M	M
CO3	S	S	M	S	L
CO4	L	L	L	M	L
CO5	M	L	S	M	M

S-Strong   M-Medium   L-Low

Course Title: Psychological First Aid

Unit I : Introduction to psychological first aid

What is Psychological first aid - Basic objectives of psychological first aid; Seven themes of Psychological First Aid; Concept and approach; Purpose and importance.

Unit II: Rapport and reflective listening

Meaning - Benefits of effective listening - Techniques of reflective listening: BESTT EARS - EARS - RAPID model; Three action principles: Look - Listen and Link.

Unit III: Procedural steps of psychological first aid

Core action: Rapport - contact and engagement - Safety and comfort - Emotional stabilization - Information gathering - Practical assistance - Social supports; Coping stratergy: emotion focused strategies- problem focused strategies.

Unit IV: Intervention and disposition

Basic objectives; Providing emotional support and coping stratergies; Stress management skills: Guided Imagery - Mindfulness - Meditation - Yoga - Excercise; Intervention for People with special needs and disabilities.

Unit V: Self care and wrap up

Self care: Meaning and definition - components of self care - importance and benefits; Termination process: Reducing stress symptom - Assisting health recovery from crisis.

Text book:

Everly G.S. & Laying J. M. (2017). THe john hopkins guide to psychological first aid. Johns Hopkins University Press.

Reference:

Bisson, Jonathan I.; Lewis, Catrin (31 July 2009), *Systematic review of psychological first aid*, World Health Organisation, retrieved 30 May 2017.

World Health Organisation, War Trauma Foundation & World Vision International. (2013). Psychological First aid: facilitator's manual for orienting field workers. World Health Organization.

Allen; et al. (2010). "Perceptions of PFA Among Providers". *Journal of Traumatic Stress*. 23

Vernberg; et al. (2008). "Innovations in Disaster Mental Health: PFA". *Professional Psychology: Research and Practice*. 39

Gray, Matt J.; Maguen, Shira; Litz, Brett T. (2004). "Acute Psychological Impact of Disaster and Large-Scale Trauma: Limitations of Traditional Interventions and Future Practice Recommendations". *Prehospital and Disaster Medicine*. 19 (1): 64–72.

Course designer: Ms. A. Nancy

Department of Psychology
(For those joined B.Sc. Psychology on or after June 2020)
Programme code: UPS

Course Code	Course Title	Category	L	T	P	Credit
UPS23ST22A	Emotional Intelligence	SEC-2	2	-	-	2

Year	Semester	Int. Marks	Ext. Marks	Total
First	Second	25	75	100

Preamble

This course will help the students to identify the important concepts, and regulate one's emotions and understand the emotions the others.

Course Outcomes

On the completion of the course the students will be able to

	Course Outcomes	Knowledge Level	Expected Proficiency in %	Expected Attainment in %
CO1	Understand the foundations and key concepts of emotional intelligence.	K1	35	40
CO2	Develop the individual's emotional intelligence on communication.	K2	35	40
CO3	Enhances individual to understand their roles, responsibilities, tasks and objectives.	K2	35	40
CO4	Improves interpersonal and intrapersonal management skills.	K3	35	40
CO5	Imparts leadership and problem solving skills.	K3	35	40

Mapping of COs with POs

	PO1	PO2	PO3	PO4	PO5	PO6
CO1	M	L	M	S	L	S
CO2	L	M	M	S	S	S
CO3	S	S	S	S	S	S
CO4	S	S	S	S	S	S
CO5	S	S	S	S	S	S

S-Strong   M-Medium   L-Low

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	M	L	L	M	M
CO2	L	L	L	M	M
CO3	L	M	L	M	M
CO4	M	L	M	M	M
CO5	L	L	L	M	M

S-Strong   M-Medium   L-Low

Blooms Taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
Knowledge-K1	40%	40%	40%
Understand-K2	40%	40%	40%
Apply-K3	20%	20%	20%

Course Title: Emotional Intelligence

Unit I: Introduction to emotional Intelligence:

Emotion - Meaning - Fundamentals of Emotional Intelligence - Nature and Significance – Characteristics of emotions; Types of emotions; Development of emotions and emotional maturity; Measures of Emotional Intelligence.

Unit II: Emotional self awareness

Emotional self awareness and self confidence- Definition and meaning - Importance and need; Self Awareness and management- meaning and definition - benefits and uses; Social Awareness and Relationship Management - definition - purpose and need.

Unit III: Emotional Self control

Emotional Self-Control: Meaning and Definition – Developing or improving the ability of emotional self-control; Stress Tolerance - Asertiveness.

Unit IV: Interpersonal Management and Awareness

Meaning and Definition - Empathy and reality testing; Interpersonal management - Management of interpersonal relationships; Communication skills: Verbal - listening - written and non verbal communication.

Unit V: Conflict management and Leadership

Conflict Management: Meaning - Definition - Concepts and Stages; Co-Operation and collaboration: Meaning - Skills and Development of the skill of Co-Operation and Collaboration; Leadership: Meaning - Definition - Leadership style and Traits.

Text book:

Daniel Goleman (1996) Emotional Intelligence. Why it can matter more than IQ. Bantam Doubleday Dell Publishing Group.

References:

Daniel Goleman (2000) Working with Emotional Intelligence. Bantam Doubleday Dell Pubishing Group

Beldoch, Michael; Davitz, Joel Robert (1976). *The communication of emotional meaning*. Westport, Conn.: Greenwood Press. p. 39.

Petrides KV, Furnham A (November 2001). "Trait Emotional Intelligence: Psychometric Investigation with Reference to Established Trait Taxonomies". *European Journal of Personality*. **15** (6): 425–48.

Tolegenova AA, Jakupov SM, Chung C, Saduova M, Jakupov MS (2012). "A theoretical formation of emotional intelligence and childhood trauma among adolescents"

Cherniss, C., The Business Case for Emotional Intelligence, Consortium for Research on Emotional Intelligence in Organizations, published 1999, accessed 14 September 2021

Course designer : Ms. A. Nancy

Thiagarajar College (Autonomous): Madurai – 625 009
Department of Psychology
(For those joined B.Sc. Psychology on or after June 2023)
Programme code: UPS

Course Code	Course Title	Category	L	T	P	Credit
UPS23ST22B	Cyber Psychology	SEC-II	2	-	-	2

Year	Semester	Int. Marks	Ext. Marks	Total
First	Second	25	75	100

Preamble

This course deals with the notion of work in holistic manner with regard to various online and cyber psychological issues.

Course Outcomes

On the completion of the course the student will be able to

	Course outcomes	Knowledge Level	Expected Proficiency %	Proficiency Attainment %
CO1	Define and discuss the term Cyber-psychology and demonstrate the basic terminology, concepts, and principles of the discipline.	K1	75	70
CO2	Investigate the impact of social media and other digital environments on human behavior.	K2	75	70
CO3	Demonstrate an integrated knowledge of selected topics from cyber psychology and how they apply to real world issues.	K3	70	70
CO4	Evaluate the Relationships in Cyberspace.	K3	75	70
CO5	Address mental health issues that arise from cyber bullying, cybercrime and online addiction.	K3	70	65

K1: Knowledge   K2: Understand   K3: Apply

Mapping of Course Outcomes with Programme Specific Outcomes

	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	M	L	M	S	M
CO2	S	M	S	M	S
CO3	S	L	M	M	S
CO4	M	L	M	S	M
CO5	M	L	S	S	S

Mapping of Course Outcomes with Programme Outcomes

	PO 1	PO 2	PO 3	PO4	PO5	PO 6
CO1	M	L	S	S	M	L
CO2	M	S	S	M	M	M
CO3	S	S	S	M	S	M
CO4	S	S	M	S	S	L
CO5	M	S	M	M	S	L

Blooms taxonomy: Assessment Pattern

	CA		End of Semester
	First	Second	
Knowledge	40%	40%	40%
Understand	40%	40%	40%
Apply	20%	20%	20%

Course Title: Cyber Psychology

Unit I: Introduction to Cyber Psychology

Meaning of Cyber Psychology and Cyberspace; Technology Across Lifespan; Role of psychologist in cyberspace; Importance and Application of Cyber Psychology.

Unit II: The Online Self and Personality- virtual self

Concept of Online identity and Multiple selves; Self-Presentation: Definition - Motivation for Managing Self-Impression and its Impact; Unique roles in cyberspace; Integrating Online and Offline Living.

Unit III: Interpersonal Communication and Cyberspace

Online community In-person versus Cyberspace Relationships - Transient and Long Term Online Relationships -The psychology of Text Relationships - Hypotheses about Online Text Relationships.

Unit IV: Social Media Psychology

Social Media: Nature - Opportunities - Online Education; Psycho-Social and Cognitive Effect of Media: Media use across Childhood - Influence of Access - Time - Content - Parental Mediation of Digital Usage; Gender and Media Usage.

Unit V: Cyber Space and Mental Health

Importance of Mental Health in cyber space; Internet-based disorders – Cyber addiction-Gaming - Cyber Bullying – Cyber sickness – Cyberchondriasis - Phantom Effect - Google Effect.

Text Book:

Kent L. Norman. (2008). Cyber Psychology: An Introduction to Human Computer Interaction, University of Maryland, College Park.

Kendrick, D. T., Neuberg, S. L., & Cialdini, R. B. (2010). Social Psychology: Goals in Interaction (5th ed.), Pearson Education Publishing as Allyn & Bacon, Boston.

Reference Books:

John., Sular., (2004). Psychology of Cyberspace Rider University, Lawrenceville, NJ. 08648 – 609-895-5430.

Ravindra Thakur., (2011). Cyber Psychology, New Delhi, Global Vision Publishing House.

Diane J., Schiano., Palo Alto., California (1997). Convergent methodologies in cyber-psychology: A case study - Behavior Research Methods, Instruments, & Computers, 29 (2), 270-273.

Towards Cyberpsychology: Mind, Cognitions and Society in the Internet Age Amsterdam, IOS Press, © 2001, 2002, 2003

Course Designer: Ms. S. Kavibharathi.