

Ahmednagar Jilha Maratha Vidya Prasarak Samaj's

**New Arts, Commerce and Science College, Ahmednagar
(Autonomous)**

(Affiliated to Savitribai Phule Pune University, Pune)



Choice Based Credit System (CBCS)

Bachelor of Arts

Syllabus of

T. Y. B. A. PSYCHOLOGY

Implemented from

Academic Year 2023 - 24

Ahmednagar Jilha Maratha Vidya Prasarak Samaj's

**New Arts, Commerce and Science College, Ahmednagar
(Autonomous)**Board of Studies in PSYCHOLOGY

Sr. No.	Name	Designation
1.	Dr. Kiran D. Ahirrao	Chairman
2.	Prof. Rajratna D. Khillare	Member
3.	Dr. Umesh L. Bharte	Academic Council Nominee
4.	Dr. Shashikant H. Khalane	Academic Council Nominee
5.	Dr. Mahendra B. Patil	Vice-Chancellor Nominee
6.	Mr. Mahesh S. Kshirsagar	Alumni
7.	Mr. Shrikant Kulange	Industry Expert
8.	Dr. Yogita M. Khedkar	Invitee Co-Opted

3. Programme Structure and Course Titles: (All academic years)

Sr. No.	Class	Semester	Course Code	Course Title	Credits
1.	F. Y. B. A.	I	BA-PSY 101 T	Foundation of Psychology-I	03
2.	F. Y. B. A.	II	BA-PSY 201 T	Foundation of Psychology-II	03
3.	S. Y. B. A.	III	BA-PSY 301 T	Human Development: Infancy to Late Childhood	03
4.	S. Y. B. A.	III	BA-PSY 302 T	Health Psychology	03
5.	S. Y. B. A.	III	BA-PSY 303 T	Psychology of Abnormal Behaviour-I	03
6.	S. Y. B. A.	III	BA-PSY 304 T	Health Promotion Mind-body	02
7.	S. Y. B. A.	IV	BA-PSY 401 T	Human Development: Adolescence to Old age	03
8.	S. Y. B. A.	IV	BA-PSY 402 T	Psychology of social behavior	03
9.	S. Y. B. A.	IV	BA-PSY 403 T	Psychology of Abnormal Behaviour-II	03
10.	S. Y. B. A.	IV	BA-PSY 404 T	Healthy Life skills	02
11.	T. Y. B. A.	V	BA-PSY 501 T	Industrial Psychology	03
12.	T. Y. B. A.	V	BA-PSY 502 T	Scientific Research	03
13.	T. Y. B. A.	V	BA-PSY 503 P	Psychological Practical: Tests (+ Statistics)	03 (2+1)
14.	T. Y. B. A.	V	BA-PSY 504 T	Basic Counselling Process	03
15.	T. Y. B. A.	V	BA-PSY 505 T	Personality Development	03
16.	T. Y. B. A.	VI	BA-PSY 601 T	Organizational Behaviour	03
17.	T. Y. B. A.	VI	BA-PSY 602 T	Applied Psychology	03
18.	T. Y. B. A.	VI	BA-PSY 603 P	Psychological Practical: Experiments (+ Statistics)	03 (2+1)
19.	T. Y. B. A.	VI	BA-PSY 604 T	Basic Counselling Skills	03
20.	T. Y. B. A.	VI	BA-PSY 605 T	Social Skills	03

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Syllabus of T. Y. B. A. Psychology
under
Faculty of Arts and Humanities**

Semester –V	Paper - I
Course Code: BA-PSY 501 T	Title of the Course: Industrial Psychology
Credits: 03	Total Lectures: 45 Hrs

BA-PSY 501 T: Industrial Psychology

Course Outcomes:

To acknowledge the students with:

1. The emergence of Industrial Psychology
2. The work done in Industrial Psychology
3. An importance of Performance Evaluation in an industrial domain
4. The Role of Work-Motivation in Industrial Psychology

Detailed Syllabus:

Unit 1. INDUSTRIAL PSYCHOLOGY- NATURE AND SCOPE (12)

- 1.1 Industrial Psychology: Meaning, subject matter and functions
- 1.2 I/O Psychology in the present
- 1.3 Future of I/O Psychology
- 1.4 Application: Industry- Academia Connect

Unit 2 PERSONNEL SELECTION AND TRAINING (12)

- 2.1 Job Profile, job analysis and Recruitment techniques
- 2.2 Interviews, psychological testing and Needs assessment for training
- 2.3 Psychological Principles in training and training for knowledge and skill, Evaluation of Training Programme
- 2.4 Application: Bio data, Resume, CV and the importance of reference checks

Unit 3 EVALUATING JOB PERFORMANCE (12)

- 3.1 Uses of performance evaluation: Downsizing, promotion, seniority Intellectual development
- 3.2 Factors affecting job performance: Mental health, occupational stress, family environment, peer pressures, Sources of evaluation: The evaluator and performance appraisal.
- 3.3 Appraisal rating systems: a) Graphic rating scales and rating errors, b) Non-rating evaluation methods: Checklists and comparison methods
- 3.4 Application: 360-degree evaluation, Industrial counselling

Unit 4 MOTIVATION AT THE WORKPLACE (12)

- 4.1 Concept of work motivation
- 4.2 Theories of Work motivation: a) Need theories: McClelland, Herzberg b) Cognitive theories: Goal Setting Theory, Self-Efficacy Theory
- 4.3 Motivation: Self-discipline – seven step process
- 4.4 Application: Using motivation theory at work

Suggested reading:

1. Aamodt, M.G. (2007). Industrial and organizational psychology: An applied approach. US: Thomson & Wadsworth.
2. Berry, L.M. (1998), reprint 2010. Psychology at work: An introduction to Industrial and Organizational Psychology. N.Y.: McGraw-Hill International Editions.
3. French (2015). Organization Development: Behavioral Science Interventions for Organization Improvement, 6th edn., Pearson, Education
4. McShane, et al. (2006). 1st reprint. Organizational behavior. N.D.: Tata McGraw-Hill
5. Miner, J.B. (1992). Industrial-Organizational Psychology. N.Y.: McGraw-Hill
6. Gadekar, Dhormare, Darekar, Rasal (2016), Audyogik va Sanghatanatmak Manasshastra
7. Gadekar, Jamale, Rasal (2013), Audyogik va Sanghatanatmak Manasshastra
8. Pandit, R., Kulkarni, AV. & Gore, C. (1999). Manasashastra: Audyogik aani vyavasayik upayojan. Nagpur: Pimpalpure & Co.

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Semester – V	Paper - II
Course Code: BA-PSY 502 T	Title of the Course: Scientific Research
Credits: 03	Total Lectures: 45 Hrs

BA-PSY 502 T: Scientific Research

Course Outcomes:

After the completion of this course students will be able to:

1. Understand the basic concept of scientific research.
2. Generate ideas for research, as well as develop hypothesis and operational definitions for variables.
3. Conduct small scale research project.
4. Understand Basics of Psychophysics.

Detailed Syllabus:

Unit 1 INTRODUCTION TO SCIENTIFIC RESEARCH (12)

- 1.1 Developing ideas for research: Cultural context, personal experience, literature, Internet
- 1.2 Characteristics of the scientific method & Goals of research
- 1.3 Types of scientific research: Pure Vs. Applied, Descriptive Vs Analytical, Quantative Vs. Qualitative, Conceptual Vs. Empirical
- 1.4 Research approaches: Experimental Inferential and simulation.

Unit 2 RESEARCH PROBLEM AND HYPOTHESIS (12)

- 2.1 What is Problem? Definition, Formulation, Origin and selection statement of problem
- 2.2 characteristics of good problem
- 2.3 Hypothesis: Definition, Formulation, Sources
- 2.4 Types of Hypotheses, Criteria

Unit 3 VARIABLES, SAMPLING AND DATA COLLECTION (12)

- 3.1 Variable: Meaning, Types
- 3.2 Sampling Meaning and basic Concepts
- 3.3 Types of Probable and Non-Probable sampling
- 3.4 Methods of Data collection: Observation, Laboratory Experiments, Field experiments, field studies, Questionnaire, interview, Survey, Case study

Unit 4 WRITING RESEARCH REPORT AND A RESEARCH PROPOSAL (12)

- 4.1 General purpose of writing research report
- 4.2 Preparing research proposal
- 4.3 Structure or format of research report (APA Style)
- 4.4 Typing the research report

Suggested reading:

1. Borude, R.R. (2010) Sanshodhan Padhatishatr, Pune vidhyarthi gruha prakashan, Pune
2. Christensen, L. B.; Johnson, R. B.; Turner, L. A (2014). Research Methods, Design and Analysis. Pearson
3. D'Amato, M.R. (2009). Experimental psychology: Methodology, psychophysics and learning. N.D.: Tata McGraw-Hill.
4. Kerlinger, F.N. (1995). Foundations of behavioral research. New York: Rinehart Winston. Inc. Surjeet Publications.
5. Kothari, C.R. (reprint 2009). *Research methodology: Methods and techniques*. New Delhi: Wiley Eastrn Ltd.
6. McBurney, D.H. and White, T.L. (2007). *Research methods*. US: Cengage
7. Singh, A.K. (2006). *Tests, Measurements and research methods in behavioural sciences*. Patna: Bharati Bhavan.
8. Solso, R.L., MacLin, M.K. (2008). *Experimental psychology: A case approach*. N.D.: Dorling Kindersley Pvt. Ltd.
9. Zachmeister, J.E., Zachmeister, E.B., and Shaughnessy, J.J. (2009). *Essentials of research methods in psychology*. N.D.: Tata McGraw-Hill

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Semester – V	Paper -III
Course Code: BA-PSY 503 P	Title of the Course: Psychological Practical: Tests (+Statistics)
Credits: 03 (2+1)	Total Lectures: 45 Hrs

BA-PSY 503 P: Psychological Practical: Tests (+Statistics)

Course Outcomes:

After completing the course, student will be able to:

1. Describe mapping of human behaviour.
2. Explain general ability testing, personality, adjustment and attitude.
3. Identify and classify the intellectual ability and personality patterns.
4. Conduct testing and evaluate intellectual ability, personality traits, adjustment and attitudes of participant.
5. Analyze statistical methods employed in behaviour analysis.

Detailed Syllabus:

I) GENERAL AND SPECIAL ABILITY TESTING (any two)

1. Malin's Verbal OR Performance Scale
2. Standard Progressive Matrices (SPM)
3. Binet Kamath Test
4. Test of Creativity
5. Differential Aptitude Tests (DAT)- Any two sub tests
6. Dexterity test

II) PERSONALITY (any two)

1. Eysenck Personality Questionnaire
2. NEO-FFI
3. Sentence Completion Test
4. 16 PF
5. Introversion-Extraversion Test
6. Interest inventory
7. Type A and Type B personality test.

III) ADJUSTMENT (any one)

1. Family Adjustment
2. School / College Adjustment
3. Marriage Adjustment
4. Expectations from the Life partner Scale

IV) TESTING OF ATTITUDE (any one)

1. Marriage
2. Religion
3. Optimism-pessimism
4. Attitude towards the mother scale

STATISTICS (1 CREDIT)

1. Frequency distribution, Normal Probability curve
2. Measures of central tendency: Mean, Median, Mode for grouped and ungrouped data
3. Measures of variability: Range, Standard Deviation and Quartile Deviation (Q1, Q3 and Q) for grouped data.

Suggested reading:

1. Anastasi, A. & Urbina, S. (2009). Psychological testing. N.D.: Pearson Education.
2. Broota, K. D. (1989, reprint 2014). Experimental design in Behavioural Research. New Age International Pvt. Ltd., New Delhi.
3. Chadha N.K. (2009), Applied Psychometry, Sage Publication Pvt Ltd. New Delhi.
4. Desai, B. and Abhyankar, S.C. (2001). Prayogik Manasashastra ani Samshodhan Paddhati. Pune: Narendra Prakashan.
5. Garrett, Henry E. (2006). Statistics in Psychology and Education (1st Indian reprint). Surjeet Publications, Delhi-7.
6. Gliner, J. A., & Morgan, G. A. (2000). Research methods in applied settings: An integrated approach to design and analysis. Mahwah, NJ: Lawrence Erlbaum.
7. Kaplan R. M. & Saccuzzo D.P. (2005) Psychological Testing, Principles, Applications and Issues. Sixth Ed. Cengage Learning India, Pvt Ltd.
8. Mangal, S. K. (2009). *Statistics in Psychology and Education* (2nd Edition- 10th printing). PHI learning Pvt. Ltd., New Delhi.

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Semester – V	Paper IV
Course Code: BA-PSY 504 T	Title of the Course: Basic Counselling Process
Credits: 03	Total Lectures: 45 Hrs

BA-PSY 504 T: Basic Counselling Process

Course Outcomes:

After the completion of this course students will be able to:

1. Acquainted with nature and scope of counselling process
2. Familiarized with counselling as helping process
3. Acknowledge ethics in counselling

Detailed Syllabus:

Unit 1 INTRODUCTION OF COUNSELLING (12)

- 1.1 Counselling process: Nature and stages
- 1.2 Goals of Counselling: process goals, outcome goals
- 1.3 Characteristics of effective counsellor
- 1.4 Fundamental precepts of effective counsellor

Unit 2 COUNSELLING PROCESS (12)

- 2.1 Counsellors and helpers: Building Professional, therapeutic alliance
- 2.2 Importance of core conditions
- 2.3 Counsellor's actions that impede communication
- 2.4 The joy of helping

Unit 3 CONSIDERATIONS IN COUNSELLING (12)

- 3.1 Importance of; note taking, record keeping, creating anecdote
- 3.2 Ethical Principles: Respect for Autonomy, Beneficence, Nonmaleficence, Justice, Fidelity
- 3.3 The relationship between ethics and law
- 3.4 Getting support and being supervised

Unit 4 APPROACHES IN COUNSELLING AND PSYCHOTHERAPY (12)

- 4.1 Psychoanalytic approach
- 4.2 Behavioural, Humanistic
- 4.3 Cognitive approach

4.4 Existential Approach: Rollo May, Victor Frankl's logotherapy

Suggested reading:

1. Dalal A.K., Mishra G. (2016) New Directions in Health Psychology, Sage publication
2. Patterson, L.E. and Welfel, E. R. (2005). The Counselling Process (6th Edn). Wadsworth
3. Kumathekar M, Deshpande S., Desle V. et-all (2010); Samupdeshan: shastriya prakriya & upyojan, Unmesh prakashan, Pune (MS) India
4. Richard Nelson-Jones (2012). Basic counselling skills: A helper's manual (3rd edition). Sage

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Semester –V	Paper -V
Course Code: BA-PSY 505 T	Title of the Course: Personality Development
Credits: 03	Total Lectures: 45 Hrs

BA-PSY 505 T: Personality Development

Course Outcomes:

After completion of this course, student should be able to:

1. Describe the concept of personality.
2. Identify and classify various personalities.
3. Correlate real life behavioral patterns with theoretical assumptions.
4. Apply psychological skills in daily life situations.

Detailed Syllabus:

Unit 1 INTRODUCTION TO PERSONALITY (15)

- 1.1 Personality-Definition and Nature
- 1.2 Misconception of Personality
- 1.3 Determinants of Personality

Unit 2 PILLARS OF PERSONALITY DEVELOPMENT (15)

- 2.1 Relationship
- 2.2 Developing Effective Habits
- 2.3 Emotional Intelligence

Unit 3 DEVELOPMENT PROCESS (15)

- 3.1 Attitude
- 3.2 Communication
- 3.3 Decision making

Suggested reading:

1. Baron R. Byrne D., Branscombe N (2017) Social Psychology, 14th Edn, Pearson, New Delhi
2. Hurlock Elizabeth (1988). Personality Development, McGraw Hill
3. Morga, C., Kind, R. et.al (2017) Introduction to psychology 7th ed. Mc.graw hill
4. Natu, S.A, (2021). Personality Development, Revised Edition, Nirali Prakashan, Pune

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Semester – VI	Paper -I
Course Code: BA-PSY 601 T	Title of the Course: Organizational Behaviour
Credits: 03	Total Lectures: 45 Hrs

BA-PSY 601 T: Organizational Behaviour

Course Outcomes:

After the completion of this course students will be able to demonstrate the following competencies -

1. Understand the significance of training, performance appraisal,
2. Acknowledge significance of leadership models in OB.
3. Understand the importance of Engineering Psychology
4. Acknowledge enhanced importance of OB and OD

Detailed Syllabus:

Unit 1 JOB SATISFACTION (12)

- 1.1 Job satisfaction as a job attitude
- 1.2 Components of job satisfaction: Satisfaction with work, with pay and with Supervision
- 1.3 Theories of job satisfaction: Motivator-Hygiene Theory, Dispositional approach
- 1.4 Measuring job satisfaction: Job Descriptive Index, Minnesota Satisfaction

Unit 2 LEADERSHIP (12)

- 2.1 Leadership: Meaning, nature and styles.
- 2.2 Specific leader skills / styles: Leadership through power, Leadership through vision: Transactional and Transformational Leadership through persuasion Approaches to leadership
- 2.3 Human Relations, Theory X & Theory Y, Fiedler's Contingency Model
- 2.4 Challenges like merger, takeover, diversification

Unit 3 ENGINEERING PSYCHOLOGY (12)

- 3.1 Nature and scope of engineering psychology
- 3.2 Time and Motion Study
- 3.3 Person-Machine System, Work space design
- 3.4 Application- advances in the field

Unit 4 IMPORTANCE OF OB AND OD (12)

- 4.1 Meaning and nature of Organizational Behaviour and Organizational Development
- 4.2 Trends and challenges to OB and OD- globalization, diversity, ethics
- 4.3 Systems theory of OD
- 4.4 Organizational change

Books for Reference

1. Aamodt, M.G. (2007). Industrial and organizational psychology: An applied approach. US:Thomson & Wadsworth.
2. Berry, L.M. (1998), reprint 2010. Psychology at work: An introduction to Industrial and Organizational Psychology. N.Y.: McGraw-Hill International Editions.
3. French (2015). Organization Development: Behavioral Science Interventions for Organization Improvement, 6/e , Pearson, Education
4. Luthans, F. (1995). Organizational behavior (7th ed). New York: McGraw- Hill, inc.
5. McShane, et al. (2006). 1st reprint. Organizational behavior. N.D.: Tata McGraw-Hill
6. Miner, J.B. (1992). Industrial-Organizational Psychology. N.Y.: McGraw-Hill
7. Gadekar, Dhormare, Darekar, Rasal (2016), Audyogik va Sanghatanatmak Manasshastra
8. Gadekar, Jamale, Rasal (2013), Audyogik va Sanghatanatmak Manasshastra
9. Pandit, R., Kulkarni, AV. & Gore, C. (1999). Manasashastra: Audyogik aani vyavasayik upayojan, Nagpur: Pimpalpure & Co.

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Semester – VI	Paper -II
Course Code: BA-PSY 602 T	Title of the Course: Applied Psychology
Credits: 03	Total Lectures: 45 Hrs

BA-PSY 602 T: Applied Psychology

Course Outcomes: After completing the course, student should be able to:

1. Describe the concept of applied psychology, educational psychology, family structure and developmental patterns.
2. Know the clinical psychology related mechanisms, social issues.
3. Classify the intellectual ability, abnormality, criminal behaviour.
4. Identify the problems and solutions in the field of education.
5. Evaluate the interpersonal relations.
6. Apply psychological remedies to assess abnormal behaviour, to tackle the social issues and to rectify the problematic behaviour.

Detailed Syllabus:

UNIT 1 INTRODUCTION APPLIED PSYCHOLOGY (12)

- 1.1 Definition, Nature and Scope of applied Psychology
- 1.2 Fields of Applied psychology
- 1.3 Clinical applications (classification of mental disorders DSM V, ICD 10, therapies – CBT, Clint centered therapy, REBT)
- 1.4 Cognitive Neuro Science (nature and major applications –EEG, MRI, CT, PET etc.)

UNIT 2 APPLICATIONS IN EDUCATION (12)

- 2.1 Definition, Nature and Scope of Educational Psychology
- 2.2 Effective Teaching – Learning Methodologies / Pedagogies (group discussions, projects, presentations, interactive methods)
- 2.3 Issues of Various Categories of Challenged Students – Physically, mentally, economically challenged, Intellectual Disabilities (ID)
- 2.4 Problems and Solutions to Educational Problems – physical environment, Government policies, school and higher education, Ashramshalas

UNIT 3 FAMILY AND DEVELOPMENTAL APPLICATIONS (12)

- 3.1 Definition, Nature and Scope of Developmental Psychology
- 3.2 Issues of Adolescents (stress and strain, identity crisis, adjustment to physiological and psychological changes)
- 3.3 Family and Marital Problems and Solutions
- 3.4 Love, Relationships (dating, live in) and Break Ups

UNIT 4 SOCIAL ISSUES AND NEW TRENDS IN APPLIED PSYCHOLOGY (12)

- 4.1 Role of Psychologists in tackling Social Issues (interventions, research, policy level work)
- 4.2 Psychology of Terror, Psychology of Corruption
- 4.3 Definition, Nature and Fields (correctional, investigative)
- 4.4 4.4Criminal Psychology, Cyber Crimes, Violence (meaning and types), Investigative Procedures (role of the psychologist) Law – contribution of Psychology to law

Suggested Readings:

1. Bayne and Horton (2003). *Applied psychology*, Sage Publications
2. Weiten and Lloyd (2004). *Psychology applied to Modern Life and Adjustment in 21st Century*, Thomas Wadsworth Publications.
3. Sharma, R (2009). *Applied Psychology*, Atlantic Publications
4. Bachhav, A. M. (2012). *Applied Psychology*, Chandralok Prakashan, Basant Vihar, Kanpur-21
5. David F. Marks, Michael Murray, Brian Evans, Carla willing Cailine Woodall & Catherine E Sykes, (2006). *Health Psychology*, Sage Publications
6. Richard H. Cox (2002). *Sport Psychology*, McGraw –Hill Higher Education

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Semester – VI	Paper -III
Course Code: BA-PSY 603 P	Title of the Course: Psychological Practical: Experiments (+ Statistics)
Credits: 03 (02 + 01)	Total Lectures: 45 Hrs

BA-PSY 603 P: Psychological Practical: Experiments (+ Statistics)

Course Outcomes:

After completing the course, student should be able to:

1. Explain psychophysics, various cognitive processes of human being.
2. Classify and compare psychological experiments.
3. Conduct laboratory experiments.
4. Analyse statistical base of human behavior.

Detailed Syllabus:

- I) PSYCHOPHYSICS** (any one)
1. Method of Limits- RL or DL
 2. Method of Constant Stimuli- RL or DL
 3. Method of Average Error: PSE and CE
- II) ATTENTION** (any one)
1. Divided attention
 2. Span of attention
 3. Stroop effect
- III) PERCEPTUAL PROCESSES** (any one)
1. Illusion
 2. Size constancy
 3. Retinal color zones
 4. Reaction time
 5. Depth perception
- IV) THINKING AND PROBLEM SOLVING** (any one)
1. Effect of mental set on problem solving
 2. Maze learning
 3. Problems solving- Pyramid puzzle / Wiggly Blocks / Heart-and-Bow puzzle
- V) LEARNING** (any one)
1. Bilateral transfer
 2. Effect of knowledge of results
 3. Habit interference
 4. Serial learning
- VI) MEMORY** (any one)
1. Recall and recognition
 2. Retroactive inhibition / Proactive inhibition
 3. Short Term Memory

STATISTICS (1 credit)

1. Rank Difference Correlation and Chi-square.
2. Product moment correlation

Suggested Readings:

1. D'Amato, M.R. (2009). *Experimental psychology: Methodology, psychophysics and learning*. N.D.: Tata McGraw-Hill.
2. Desai, B. and Abhyankar, S.C. (2001). *Prayogik Manasashastra ani Samshodhan Paddhati*. Pune: Narendra Prakashan.
3. Jalota, S. (1962). *Experiments in psychology*. Asia Publishing House.
4. Mohanthy. *Experiments in psychology*.
5. Mohsin, S. M. (1975). *Experiments in psychology*. Orient Longman.
6. Parameshwaran, E. G. & Rao, B. T. (1968). *Manual of experimental psychology*. Bombay: Lalvani Publishing House.
7. Postman, L. & Egan, J.P. (1949), reprint 2009. *Experimental psychology: An introduction*. ND: Kalyani Publication.
8. Ranjit Kumar (2014). *Research Methodology: A step by step guide for beginners*. Pearson
9. Rajamanickam, M. (2005). *Experimental Psychology: with Advanced Experiments, Volume 1 & 2*. New Delhi: Concept Publishing Company.
10. Tinker, M.A. & Russell, W.A. *Introduction to methods in experimental psychology*. Appleton – Century Crofts.
11. Tiwari Govind and Pal Roma (1985). *Experimental Psychology: A Dynamic Approach*. Vinod Pustak Mandir, Agra
12. Woodworth, R.S. & Schlosberg, H. (reprint 2008, 6th ed.), *Experimental Psychology*. ND: Oxford & IBH Publishing Co. Pvt. Ltd.

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Semester – VI	Paper -IV
Course Code: BA-PSY 604 T	Title of the Course: Basic Counselling Skills
Credits: 03	Total Lectures: 45 Hrs

BA-PSY 604 T: Basic Counselling Skills

Course Outcomes:

After the completion of this course students will be able:

1. To Familiarize with the various counselling skills
2. To acquaint with various approaches & counselling techniques.
3. To develop with various skills

Detailed Syllabus:

Unit 1: COMMUNICATION SKILLS (12)

- 1.1 Introduction to counselling skills
- 1.2 Verbal Communication
- 1.3 Vocal communication
- 1.4 Bodily communication

Unit 2: MIND SKILLS (12)

- 2.1 Creating self-talk
- 2.2 Creating visual images
- 2.3 Creating rules
- 2.4 Creating Perceptions

Unit 3: LISTENING SKILLS (12)

- 3.1 Active listening
- 3.2 Paraphrasing
- 3.3 Reflecting feeling
- 3.4 Listening mistakes

Unit 4 CHALLENGNG AND MONITORING SKILLS (12)

- 4.1 Feedback skills
- 4.2 Disclosing skills
- 4.3 Referral skills
- 4.4 Identifying unhelpful thinking

Suggested Readings:

1. Feltham, C. & Horton, I.E. (ed) (2006). The Sage handbook of Counselling and Psychotherapy (2nd ed.). London: Sage Publication.
2. Gibson, R.L., Mitchell, M.H. (2005). Introduction to counselling and guidance (6thed.) Delhi:Pearson education Pte.Ltd.

3. Kumathekar M, Deshpande S., Desle V. et-all (2010); Samupdeshan: shastriya prakriya & upyojan, Unmesh prakashan, Pune (MS) India
4. Patterson, L.E. and Welfel, E. R. (2005). The Counselling Process (6th Edn). Wadsworth
5. Richard Nelson-Jones (2012). Basic counselling skills: A helper's manual (3rd edition). Sage

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Semester – VI	Paper -V
Course Code: BA-PSY 605 T	Title of the Course: Life Skills
Credits: 03	Total Lectures: 45 Hrs

BA-PSY 605 T: Life Skills

Course Outcomes:

After the completion of this course students will be able to demonstrate the following competencies -

Learners

1. Experience self-awareness and develops ways to face demands & challenges of life.
2. Develop competencies to decision making.
3. Develop understanding into techniques of stress coping skills.
4. Develop communication skills for healthy relationship.
5. Develop competencies to understand and handle problems of adolescent and youth.

UNIT 1: SELF-AWARENESS (15)

- 1.1 Self-Awareness
- 1.2 Coping with emotions
- 1.3 Coping with stress

UNIT 2: SOCIAL SKILLS (15)

- 2.1 Communication skills
- 2.2 Interpersonal Skills
- 2.3 Negotiation and Refusal skills

UNIT 3: THINKING SKILL (15)

- 3.1 Creative thinking
- 3.2 Problem Solving
- 3.3 Decision making

Suggested Readings:

1. Baron R. Byrne D., Branscombe N (2017) Social Psychology, 14th Edn, Pearson, New Delhi
2. Galloti, K. M. (2004). *Cognitive psychology in and out of the laboratory*. USA: Thomson Wadsworth.
3. Hurlock Elizabeth (1988). Personality Development, McGraw Hill,
4. Morga, C., Kind, R. et.al (2017) Introduction to psychology 7th ed. McGraw hill
5. Natu, S.A, (2021) Personality Development, Revised Edition, Nirali Prakashan, Pune
6. Taylor, Shelley E. (2018). Health Psychology (10th ed). McGraw Hill Higher Education. Indian Edition

Guideline for Examination and evaluation pattern for the subject
DSEC-06 (Semester-V): Psychological Practical Tests (Statists)
DSEC- 08 (Semester-VI): Psychological Experiments Practical (Statists)

GENERAL GUIDELINES:

1. For the practical subjects, internal practical examination would be conducted for 30 marks and semester end exam for 70 marks.
2. Each batch of practical conduction and practical examination should consist 08 students only.
3. Workload distribution will be based on number of batches (8 students /batch) and credit structure.
4. There will be one demo lecture of each practical and three batches of practical conduction per week.
5. The concerned teacher should verify the completion of practical journal (Tests or Experiments) and issue a completion certificate signed by the head of the department.

GUIDELINES FOR ASSESSMENT (SEMESTER-END EXAMINATION)

1. Head of the department will appoint internal and external examiner panel.
2. While preparing the programme for final examination, the number of students in any given batch should not exceed 8.
3. The examiners should set question papers as per batches (6 tests/ experiments with statistical example) on the spot.
4. Before conducting the examination, the external examiner should confirm that all the guidelines mentioned in the syllabus were strictly followed while teaching and conducting the practical. The examiner should also see whether the numbers of practical are conducted as per the specifications given in the syllabus.
5. While appearing for the final examination, students must produce the fair journal containing the report of the each practical duly completed and signed by the concerned teacher and head of the department.
6. External Examiner should allow students to appear for final examination only on producing the Journal Completion Certificate.
7. **Marks distribution for internal exam:**

Internal (30 Marks)	Attendance of Demo Lecture	Practical Conduction	Practical Report writing	Total Marks
	10	10	10	30

8. Marks distribution for External exam:

External (70 Marks)	Journal Completion	Statistics	Instructions	Report	Oral examination	Total Marks
	10	20	10	20	10	70

9. The duration for practical examination will be of three clock hours per batch.
10. Assessment of statistics and practical report should be done by the external examiner only.
11. Practical Journal, Instructions, Oral examination shall be assessed by the internal and external examiners. Average marks of the two examiners should be considered as final assessment.