

<SUGGESTED TEMPLATE FOR CBCS COURSE DETAILS FOR WEB PORTAL>

DEPARTMENT OF PSYCHOLOGY

Course/Paper Title: **General Psychology (CBCS)**
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Course/Paper Code: PSX1.....
Semester in which offered:First Semester.....
Course/Paper Type (Theory/Practical):.. Theory.....

CBCS Type: (Skill Enhancement/Ability Enhancement etc.):..... Ability Enhancement.....

Max Marks: 1 0 0
No of Credits: 4 c r e d i t s

No. Of Seats: 5 0 s e a t s
Seat allocation policy.....First-cum-First-Serve
Class Timings As per Central time-table slot

Advisor Name & EMail:...Dr. Samina Bano, sbano@jmi.ac.in

Prerequisites
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Expected Learning Outcomes:
To acquaint the students with the processes involved in cognition and to also enrich their understanding of major concepts, theoretical perspectives, and research findings in cognitive psychology. To enable students to develop on insight into their own and other's behaviour and underlying mental processes.

Course Contents

Unit-I: Introduction and Approaches to Cognitive Psychology

- a) Meaning and nature of cognition
- b) Information processing approach c) Connectionism
- d) Ecological approach

Unit-II: Perception and Attention

- a) Meaning and nature of perception
- b) Bottom-up and Top-down processing of perception
- c) Concept of attention: Attention model of attention
- d) Late selection theory of attention

Unit-III: Thinking and Problem-Solving

- a) Nature of insight and insight problems
- b) Problem-solving cycle
- c) Blocks to problem-solving
- d) Techniques of problem-solving

Unit-IV: Memory

- a) Schema theories of memory
- b) Scripts in memory
- c) Levels of processing approach to memory
- d) Tulving and memory systems

Reference Books:

Recommended Readings:

1. Benjafield, J.G. (1992). *Cognition* (2nd Ed.). New Jersey: Prentice Hall.
2. Best, J.B., (1999). *Cognitive Psychology* (5 th Ed.). Belmont, CA: Brooks/Cole.
3. Gallon, K.M. (2004). *Cognitive Psychology: In and Out of the Laboratory* (3rd Ed.). Delhi: Wadsworth, Cengage Learning.
4. Kellogg, R.T. (2007). *Fundamentals of Cognitive Psychology*. New Delhi: Sage Publications.
5. Mattlin, M.W. (1995). *Cognition* (3rd Ed.). Bangalore: Prism Books.
6. Solso, R.L. (2004). *Cognitive Psychology* (6th Ed.). Delhi: Pearson Education.
7. Sternberg, R.J. (2007). *Cognitive Psychology* (4th Ed.). Delhi: Thomson Wordsworth.
8. Robinson-Riegler, B., Robinson-Riegler, G.L. (2008). *Cognitive Psychology. Applying the Science of the Mind* (2nd Ed.). New Delhi: Pearson Education.

<SUGGESTED TEMPLATE FOR CBCS COURSE DETAILS FOR WEB PORTAL>

DEPARTMENT OF PSYCHOLOGY

Course/Paper Title: **Social Psychology., (CBCS)**.....

Course/Paper Code: PSX2.....

Semester in which offered: M.A. Semester II.....

Course/Paper Type (Theory/Practical): Theory.....

CBCS Type: (Skill Enhancement/Ability Enhancement etc.): Ability Enhancement

Max Marks: 1 0 0

No of Credits: 4 C r e d i t s

No. Of Seats: 5 0

Seat allocation policyFirst-cum-First-Serve

Class Timings As per Central time-table slot

Advisor Name & EMail:..... Dr. Samina Bano, sbano@jmi.ac.in

Prerequisites

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Expected Learning Outcomes:

To acquaint students with important social psychological processes, major approaches to social behaviour and factors crucial to human behaviour in social context. To provide opportunities to acquire certain skills which are useful not only in the context of investigating, understanding, and influencing human behavior but are generalizable to other aspects of life.

Course Contents

Unit I: Introduction, Perspectives and Ethical Issues

- a) Nature and brief history of social psychology
- b) Major Perspectives in Social Psychology:
- c) Current trends in social psychology
- d) Ethical Issues in Social Psychology

Unit II: Social Relation, Self and Social Influence

- a) Self Representation and Self Regulation
- b) Conformity: Conformity Attraction, Intimacy and Pro social Behavior
- c) Self concept to Social Norms, factors influencing Conformity
- d) Compliance: Six bases of social power and techniques

Unit III: Social Cognition and Attitude

- a) Social Cognition: Schemas and Heuristics
- b) Impression formation and Management
- c) Attitude: Concept and formation of attitudes
- d) Persuasion and attitude change.

IV: Group Processes, Intergroup Relations, Aggression and Prejudice

- a) Nature of groups, group decision-making and groupthink
- b) Intergroup relations: Social identity and realistic conflict theories
- c) Aggression: Nature, factors and techniques of reducing aggression
- d) Prejudice: Cognitive bases and reduction of prejudice.

Reference Books:

1. Finkel, E.J. and Baumeister R.F. (2019). Advanced Social Psychology The State of the Science (2nd Edition), Oxford Press.

2. Meyer, D.G. (2012). *Social Psychology* (11th ed.), New York: McGraw Hill.
3. Taylor, S.E., Peplau, L.A., & Sears, D.O. (2006). *Social Psychology* (12th ed.). New Jersey: Pearson Education.
4. Baron, R.A. & Byrne, D. (1997, 2001) (8th & 9th eds.). *Social Psychology*, London.
5. Allyn, Bacon. Gilovich, Thomas, Keltner, Dacher and Nisbett, Richard, E. (2006). *Social Psychology* (2nd ed.). W.W. Norton & Company, Inc., 500 Fifth Avenue, New York, NY.
6. Brewer, M.B. & Miuller, N. (1996). *Intergroup relations*. Buckingham: Open University Press.
7. Coats, E.J. & Feldman, R.S. (1996). *Classic and contemporary readings in social psychology*. New Jersey: Prentice Hall.
8. Feldman, R.S. (1995). *Social Psychology: Englewood Cliffs: Prentice Hall*.
9. Rosenberg, M. & Turner, R.H. (1981). *Social Psychology: Sociological perspective*. New York: Basic Books, Inc. Pub.
10. Tajfel, H. (1981). *Human groups and social categories: Studies in Social Psychology*. London: Cambridge University Press.
11. Kassin, S., Fein, Steven & Markus, H.R. (2011). *Social Psychology* (8th ed.), Wadsworth, Cengage Learning, USA, www.cengage.com/global Introduction:

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<SUGGESTED TEMPLATE FOR CBCS COURSE DETAILS FOR WEB PORTAL>

DEPARTMENT OF PSYCHOLOGY

Course/Paper Title: Health Psychology (CBCS).....

Course/Paper Code: PSX3.....

Semester in which offered: 3 rd Semester

Course/Paper Type (Theory/Practical): Theory.....

CBCS Type: (Skill Enhancement/Ability Enhancement etc.):.. Ability Enhancement.....

Max Marks: 1 0 0

No of Credits: 4 C r e d i t s

No. Of Seats: 5 0

Seat allocation policy **First-cum-First-Serve**

Class Timings As per Central time-table slot

Advisor Name & EMail:..... Dr. Samina Bano, sbano@jmi.ac.in

Prerequisites

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Expected Learning Outcomes:

To acquaint students with the importance of psychological processes and their interaction with medical treatment in the practice of health and illness.

Course Contents

Unit-I: Introduction to Health Psychology

- a) Meaning and emergence of health psychology
- b) Bio-medical and bio-psycho-social models
- c) Placebo in research and treatment

Unit-II: Stress and Coping

- a) Definition and perspectives of stress: Stimulus-based and transactional perspectives.
- b) Sources of Stress: Cataclysmic events, life events and daily hassles; potential stressors
- c) Coping with Stress: Personal resources, coping style and coping strategies.

Unit-III: Pain and its Management

- a) Nature of pain and clinical issues in pain management
- b) Psychological pain control techniques
- c) Pain management programs

Unit-IV: Theories and Precursors of Health Behaviour

- a) The trans-theoretical model of behavioural change
- b) The health belief model
- c) Optimism and self-efficacy as precursors of health behavior

Reference Books:

1. Brannon, L. & Feist, J. (2007). Introduction to Health Psychology. New Delhi: Thomson, Wadsworth.

2. Dimatteo, M.R. & Martin, L.R. (2002). Health Psychology. New Delhi: Allyn & Bacon.
3. Ogden, J. (2000). Health Psychology: A textbook. Philadelphia: Open University Press.
4. Taylor, S.E. (2006). Health Psychology, New Delhi: Tata McGraw-Hill.
5. Christensen, A.J., Martin, R. & Smith, J.M. (2004). Encyclopedia of Health Psychology. New York: Kluwer Academic/Plenum Publishers

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<SUGGESTED TEMPLATE FOR CBCS COURSE DETAILS FOR WEB PORTAL>

DEPARTMENT OF PSYCHOLOGY

Course/Paper Title: Counseling Psychology (CBCS).....

Course/Paper Code: PSX.4.....

Semester in which offered: 4th Semester

Course/Paper Type (Theory/Practical): Theory.....

CBCS Type: (Skill Enhancement/Ability Enhancement etc.): Skill Enhancement.....

Max Marks: 1 0 0

No of Credits: 4 C r e d i t s

No. Of Seats: 5 0

Seat allocation policy First-cum-First-Serve

Class Timings As per Central time-table slot

Advisor Name & EMail:..... Dr. Samina Bano, sbano@jmi.ac.in

Prerequisites

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Expected Learning Outcomes:

On completion of this course the student would be able to get an idea of counseling psychology as a discipline and major themes and contexts in which counseling psychologists are engaged.

Course Contents

Unit-I: Introduction

- a) Concept, history and recent trends in counseling
- b) Guidance, counseling and psychotherapy
- c) Personal and professional aspects of counseling
- d) Ethical and legal aspects of counseling

Unit-II: Counseling with Diverse Population

- a) Counseling children and adolescents
- b) Counseling the aged
- c) Gender based counseling
- d) Counseling specific cultural groups

Unit-III: Areas of Counseling I

- a) Marital counseling
- b) Family counseling
- c) Career counseling
- d) School counseling

Unit-IV: Areas of Counseling II

- a) Substance abuse counseling
- b) Crisis and trauma counseling
- c) Counseling the disabled
- d) Rehabilitation counseling

Reference Books:

1. Feltham, C. & Horton, I. (2000). Handbook of Counseling and Psychotherapy.
2. Kohler, J.A. & Shepard, D.S. (2008). Counseling: Theories and Practice. US: Brooks/Cole-Cengage Learning.
3. McLeod, J. (2003). An Introduction to Counseling.
4. Patterson, J.V. & Nisenholz, B. (1999). Orientation to Counseling (4th edition). USA: Allyn and Bacon.
5. Welfel, E.R. & Patterson, L.E. (2005). The Counseling Process: A Multi-theoretical integrative approach. New Delhi: Cengage Learning India Pvt. Ltd. (6th edition).
6. Wolfe, R. And Dryden, W. (1998). Handbook of Counseling Psychology

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