

**Department of Liberal Education**  
**Era University, Lucknow**  
**Course Outline**  
**Effective From: 2023-24**

<b>Name of the Program</b>	<b>B.A. / B.Sc. (LIBERAL EDUCATION)</b>			<b>Year/ Semester:</b>	<b>1<sup>st</sup> / 1<sup>st</sup></b>
<b>Course Name</b>	<b>Introduction to Psychology</b>	<b>Course Code:</b>	<b>PSY101</b>	<b>Type:</b>	<b>Theory</b>
<b>Credits</b>	<b>05</b>			<b>Total Sessions Hours:</b>	<b>75 Hours</b>
<b>Evaluation Spread</b>	<b>Internal Continuous Assesment:</b>	<b>50 Marks</b>		<b>End Term Exam:</b>	<b>50 Marks</b>
<b>Type of Course</b>	<input type="radio"/> Compulsory	<input checked="" type="radio"/> Core	<input type="radio"/> Creative	<input type="radio"/> Life Skill	
<b>Course Objectives</b>	<ol style="list-style-type: none"> <li>1. This course is designed to offer an overview to the discipline of psychology, addressing essential concepts, theories, and techniques.</li> <li>2. The course will encourage critical thinking through analyzing, evaluating, and applying concepts from psychology to everyday situations.</li> <li>3. Learn the social, cognitive and biological fundamentals of human behavior.</li> </ol>				
<b>Course Outcomes (CO):</b> <i>After the successful course completion, learners will develop following attributes:</i>					
<b>Course Outcome (CO)</b>	<b>Attributes</b>				
<b>CO1</b>	Student will be able to learn the analytical and interpretative skills necessary to recognize biases in psychological data and make well-informed decisions.				
<b>CO2</b>	Student will understand the role of biology and cultural diversity in human behaviour.				
<b>CO3</b>	Student will develop comprehensive understanding of how our senses gather information from the environment and how our perceptual processes interpret and organize this sensory input as well as pupil will be able to understand the patterns of learning.				
<b>CO4</b>	Pupils will have an understanding of the cognitive functions related to memory and intelligence in detail, its assessment, and factors affecting it. The students will be able to use its concept for enhancing their memory and understand the type of intelligence they have.				
<b>Pedagogy</b>	Interactive, discussion-bases, student-centered, presentation.				
<b>Internal Evaluation Mode</b>	Mid-term Examination: 20 Marks Activity: 10 Marks Class test: 05 Marks Online Test/Objective Test: 05 Marks Assignments/Presentation: 05 Marks Attendance: 05 Marks				
<b>Session Details</b>	<b>Topic</b>			<b>Hours</b>	<b>Mapped CO</b>
<b>Unit 1</b>	<b>Introduction to Psychology:</b> What, Why and How of Psychology: Evolution, Fields, Professions, Branches and Methods.			15	CO1

	<p><b>Activities:</b></p> <ol style="list-style-type: none"> <li>1. Barnum Horoscope</li> <li>2. Applicability of the early schools and contemporary perspectives of Psychology</li> <li>3. Case Study on why consulting a Psychologist</li> <li>4. Any Practicum(s)/Activity(s)/Assignment(s) suggested by the teacher (optional)</li> </ol>		
<b>Unit 2</b>	<p><b>The Basis of Human Behavior</b></p> <ul style="list-style-type: none"> <li>● Biological Basis of Behavior (Neurons, The Nervous System, The Endocrine System, Heredity: Genes and Behavior)</li> <li>● Cultural Basis: Socio-Cultural Shaping of Behavior</li> </ul> <p><b>Activities:</b></p> <ol style="list-style-type: none"> <li>1. Prepare Brain Taxonomy</li> <li>2. Prepare a list on rewiring your brain to be happy</li> <li>3. Brainstorm and prepare a report on myths and misconceptions: Men are from Mars and Women are from Venus.</li> <li>4. Any Practicum(s)/Activity(s)/Assignment(s) suggested by the teacher (optional)</li> </ol>	20	CO2
<b>Unit 3</b>	<p><b>Cognitive Process-I:</b></p> <ul style="list-style-type: none"> <li>● Sensation and Perception-Nature of Sense Modalities; Approaches and Principles of Perception, Perception of Space, Depth, and Distance; Cues, Constancies and Illusions</li> <li>● Learning- Concepts, Laws of Learning; Principles of Classical Conditioning; Operant Conditioning; Cognitive Learning; Observational Learning</li> </ul> <p><b>Activities:</b></p> <ol style="list-style-type: none"> <li>1. Stroop Effect-An experiment</li> <li>2. Spiral Patterns- Create some spiral patterns. What it is and how to use it?</li> <li>3. Prepare a report on self-management project; outline a plan for changing your own behavior. Be sure to describe the behavior you want to change, set goals, and identify reinforcers.</li> <li>4. Any Practicum(s)/Activity(s)/Assignment(s) suggested by the teacher (optional)</li> </ol>	20	CO3
<b>Unit 4</b>	<p><b>Cognitive Process-II:</b></p> <ul style="list-style-type: none"> <li>● Basics of Memory and Forgetting; Types of memories; Methods for improving memory, Models: Levels of Processing Model, Parallel Distributed Processing Model: Information Processing Model: The three stages of memory; Retrieval; Reconstructive nature of Memory; Forgetting; Methods of improving memory.</li> <li>● Intelligence - Concept, types of intelligence tests, Theories of intelligence( Multiple intelligences, Gardner's Eight Intelligences, Sternberg's Triarchic Intelligence)</li> <li>● Motivation and Emotion: Understanding Motivation-Instinct, Drive-Reduction, Arousal, Incentive and Humanistic approaches; Self Determination theory.</li> </ul>	20	CO4

		<b>Activities:</b> 1.Chinese Whisper- (To demonstrate eye-witness testimony) 2. Memorizing 3. Identify various famous personalities with different type of intelligence. Prepare a case report on them. 4. Any Practicum(s)/Activity(s)/Assignment(s) suggested by the teacher (optional)												
<b>CO-PO and PSO Mapping</b>														
<b>CO</b>	<b>PO1</b>	<b>PO2</b>	<b>PO3</b>	<b>PO4</b>	<b>PO5</b>	<b>PO6</b>	<b>PO7</b>	<b>PO8</b>	<b>PSO1</b>	<b>PSO2</b>	<b>PSO3</b>	<b>PSO4</b>	<b>PSO5</b>	<b>PSO6</b>
<b>CO1</b>	1	1	1	1		3	2		2	1	3	3	3	3
<b>CO2</b>	2	3	1		1	1	3	1	3	2	2	1	3	
<b>CO3</b>	2	2	2	2		1	2		2	2	2	2	2	1
<b>CO4</b>	2	2	2	3	1	3	2		3	2	3	2	3	2
<i>Strong contribution-3,</i>			<i>Average contribution-2,</i>				<i>Low contribution-1,</i>							
<b>Suggested Readings:</b>														
<b>Text- Books</b>		Noland, S. K. (2017). Psychology (Vol. 5). (G. Mishra, Ed.) Pearson Education. Relevant Articles to be provided to the students as selected by the faculty.												
<b>Reference Books</b>		<ul style="list-style-type: none"> <li>● Mangal, S. (2018). General Psychology (Vol. 24). Sterling Publishers.</li> <li>● Mishra, B. K. (2008). Psychology: The study of Human Behavior (Vol. 2). India: PHI Learning</li> <li>● Robert A. Baron, G. M. (2000). Psychology: Indian Sub-continent Edition (Vol. 5). Pearson.</li> </ul>												
<b>Para Text</b>		<b>Suggested Articles/ Movies/Short Film/ Videos</b> Unit 1 <ul style="list-style-type: none"> <li>● <a href="https://ncert.nic.in/textbook/pdf/kepy101.pdf">https://ncert.nic.in/textbook/pdf/kepy101.pdf</a> (What is Psychology?)</li> <li>● <a href="https://www.apa.org/education-career/guide/careers">https://www.apa.org/education-career/guide/careers</a> (Careers in Psychology)</li> </ul> Unit 2 <ul style="list-style-type: none"> <li>● <a href="https://www.youtube.com/watch?v=44B0ms3XPKU">https://www.youtube.com/watch?v=44B0ms3XPKU</a> (Nervous system)</li> <li>● <a href="https://ncert.nic.in/ncerts/l/kepy103.pdf">https://ncert.nic.in/ncerts/l/kepy103.pdf</a> (Bases of Human Behaviour)</li> </ul> Unit 3 <ul style="list-style-type: none"> <li>● <a href="https://www.youtube.com/watch?v=KmYVn5o3bbk">https://www.youtube.com/watch?v=KmYVn5o3bbk</a> (Sensation)</li> <li>● <a href="https://www.youtube.com/watch?v=QGYQgoyJzbU">https://www.youtube.com/watch?v=QGYQgoyJzbU</a> (Perception)</li> <li>● <a href="https://www.youtube.com/watch?v=ZfxAwiZwFAw">https://www.youtube.com/watch?v=ZfxAwiZwFAw</a> (learning)</li> </ul> Unit 4 <ul style="list-style-type: none"> <li>● <a href="https://ncert.nic.in/ncerts/l/kepy107.pdf">https://ncert.nic.in/ncerts/l/kepy107.pdf</a> (Memory)</li> <li>● <a href="https://www.falsememorysyndrome.org/">False Memory Syndrome Foundation (fmsfonline.org)</a> (False Memory Syndrome)</li> <li>● <a href="https://www.blackwellpublishing.com/content/personalityandindividualdifferences/9781405130080_4_005.pdf">https://www.blackwellpublishing.com/content/personalityandindividualdifferences/9781405130080_4_005.pdf</a> (Intelligence)</li> </ul>												
<b>Recapitulation &amp; Examination Pattern</b>														
<b>Internal Continuous Assesment:</b>														
<b>Component</b>		<b>Marks</b>	<b>Pattern</b>											
<b>Mid Semester</b>		20	<b>Section A:</b> Contains 10 MCQs/Fill in the blanks/One Word Answer/ True-False type of questions. Each question carries 0.5 mark. <b>Section B:</b> Contains 07 descriptive questions out of which 05 questions are to be attempted. Each question carries 03 marks.											

<b>Activity</b>	10	Will be decided by subject teacher.
<b>Class Test</b>	05	Contains <b>05 descriptive questions</b> . Each question carries <b>01</b> mark.
<b>Online Test/ Objective Test</b>	05	Contains <b>10 multiple choice questions</b> . Each question carries <b>0.5</b> mark.
<b>Assignment/ Presentation</b>	05	Assignment to be made on topics and instruction given by subject teacher.
<b>Attendance</b>	05	As per policy.
<b>Total Marks</b>	<b>50</b>	

**Course created by: Dr. Madhu Pandey**

**Signature:**

**Approved by: Prof. Meenakshi Gupta**

**Signature:**

