



पं० प्रथी नाथ (पी.जी.) महाविद्यालय, कानपुर  
PANDIT PRITHI NATH (P.G.) COLLEGE, KANPUR

96/12, Mahatma Gandhi Marg, Kanpur - 208 001

Telefax : 0512 - 2361924, Website : www.ppncollege.org • e-mail : ppncollegekanpur@gmail.com

Ref. No. ....

Dated .....

**Undergraduate Program - B.A. PSYCHOLOGY**

**Semester-wise Course Outcomes:**

**Semester I**

Paper 1- Theory

COURSE CODE: A090101T

CREDITS: 4

**Course Title: Basic Psychological Processes**

**CO1:** Students will develop understanding of Psychological Approaches: Psychodynamic, Behavioristic, Cognitive, Humanistic & Indigenous Indian Psychology (with special reference to Shrimad Bhagwad Gita, Sankhya Darshan and Buddhism).

**CO2:** Students will develop understanding of Attention Processes: Selective and Sustained Attention: Nature and Determinants; Perceptual Processes: Nature and Determinants; Perceptual Organization;

**CO3:** Students will develop understanding of Learning: Classical Conditioning, Operant Conditioning and Verbal Learning: Methods and Procedures.

**CO4:** Students will develop understanding of Memory and Forgetting: Stages of Memory: Encoding, Storage and Retrieval; Types of Memory: Sensory, Short Term and Long Term Memory (Basic Introduction); Forgetting: Interference and Cue-Dependent Forgetting.

**CO5:** Students will develop understanding of Intelligence: Nature and Definition; Concept of IQ; Theories of Intelligence (Introduction of Basic Concepts): Spearman, Thurston, Guilford, Sternberg.

**CO6:** Personality: Students will develop understanding of different Approaches of Personality (Basic Concepts), Trait approaches (Allport and Cattell); Psychodynamic (Freud); Humanistic.

**CO7:** Students will develop understanding of Motivation: Nature and Concept (Needs, Drives, Instincts); Types of Motives: Biological and Social Motives; Pull and Push Mechanism; Intrinsic Motivation.

**CO8:** Students will develop understanding of Emotion: Nature of Emotion; Basic Emotions; Expressions of Emotion: Universal Versus Culture Specific; Various theories of Emotion

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Paper 2 – Practical

COURSE CODE: A090102P

CREDITS: 4

Course Title: Lab Work

CO1: Students will develop understanding of experiment based on Attention/Perceptual Processes

CO2: Students will develop understanding of experiment based on Classical Conditioning/Operant

CO3: Students will develop understanding of experiment based on Conditioning/Verbal Learning

CO4: Students will develop understanding of experiment based on Memory/Forgetting

CO5: Students will develop understanding of experiment based on Motivational/Emotional Processes

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## Semester II

Paper 1 Theory

COURSE CODE: A090201T

CREDITS: 4

Course Title: Basic Research Methodology and Statistics

CO1: Students will develop understanding of Measurement: Nature and Scales of Psychological Measurement; Properties and Functions of Measurement.

CO2: Students will develop understanding of Scientific Approach: Aim and Functions; Research Methods: Experimental, Correlational, and Observational; Variable: Concept and Types; Hypothesis: Types and Criteria; Sampling: Concept and Methods.

CO3: Students will develop understanding of Psychological Statistics, Descriptive Statistics: Measures of Central Tendency and Measures of Variability; Graphical Representation of Data.

CO4: Students will develop understanding of The Normal Distribution: Meaning and Uses, Significance of Statistics, t test.





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**CO5:** Students will develop understanding of Correlation: Types and Interpretation; Chi-Square tests

**CO6:** Students will develop understanding of Tests: Concept and Types; Psychometric Properties of Tests, Validity and Reliability: Nature and Types.

**CO7:** Students will develop understanding of Intelligence Testing: Measurement of abilities: Stanford Binet, and Wechsler Test of Intelligence, Culture Fair Tests: Structure and Application.

**CO8:** Students will develop understanding of Personality Tests: Self Report Inventories (16 PF, NEO-PIR), Projective Techniques: Nature and Types.

**Paper 2 Practical**

**COURSE CODE:** A090202P

**CREDITS: 2**

**Course Title: Lab Work/ Psychological Testing**

**CO1:** Students will develop understanding of Plan, conduct and report an experiment using experimental method

**CO2:** Students will develop understanding of Ascertain the Reliability of any psychological test using any method of Reliability and report

**CO3:** Students will develop understanding of Administer any one Self-Report Inventory on a subject, score and report

**CO4:** Students will develop understanding of Administer any one Intelligence Test on a subject/subjects, score and report.

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**Semester III**

**Paper 1 –Theory COURSE CODE: A090301T**

**CREDITS: 4**

**Course Title: Psychology of Social Behaviour**

**CO1:** Students will develop understanding of Social Psychology: Nature, and Scope; Methods of Studying Social Behavior.

**CO2:** Students will develop understanding of Person Perception: Concept, Determinants of Impression Formation.

**CO3:** Students will develop understanding of Social Cognition: Schema, Schematic Processing. Attribution of Causality: Harold Kelly and Bernard Weiner.

**CO4:** Students will develop understanding of Attitude: Nature, Formation and Measurement. Interpersonal Attraction: Concept and Determinants.

**CO5:** Students will develop understanding of Aggression: Concept, Theories: Biological (Instinctive and Ethological), Frustration-Aggression Hypothesis, Social Learning, Theory of Aggression.

**CO6:** Students will develop understanding of Pro-social Behavior: Motives to help; Bystander Effect; Determinants: Personal, Situational and Socio-cultural.

**CO7:** Students will develop understanding of Social Influence Processes: Conformity and Compliance. Intergroup Relations: Prejudice and Discrimination.

**CO8:** Students will develop understanding of Groups: Norms, Roles, Status & Cohesiveness. Group Influence Processes: Social Facilitation; Social Loafing and De-individuation.





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**Paper 2 –Practical COURSE CODE: A090302P CREDITS: 2**

**Course Title: Lab Work and Measurement of Social Behaviour**

**CO1:** Students will develop understanding of Measurement of Attitude and Interpersonal Attraction

**CO2:** Students will develop understanding of Measurement of Helping Behaviour and Prejudice

**CO3:** Students will develop understanding of Conduct an experiment on Attribution, Aggression and Impression Formation

**CO4:** Students will develop understanding of Conduct an experiment on Social Facilitation, Conformity and Compliance.

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### **Semester IV**

**Paper 1 –Theory COURSE CODE: A090401T CREDITS: 4**

**Course Title: Abnormal Psychology**

**CO1:** Students will develop understanding of Abnormal Psychology: Concept and Criteria of Abnormality, Classification of Abnormality (DSM V): An Introduction.

**CO2:** Students will develop understanding of Anxiety Disorders: Clinical Picture and Etiology:. Generalized Anxiety Disorder (GAD), Phobia, Panic Disorder and Obsessive-Compulsive Disorder (OCD).

**CO3:** Students will develop understanding of Somatic and Dissociative Disorders: Somatic Symptom and Related Disorders, Dissociative Disorders- Types, Clinical Picture and Etiology.

**CO4:** Students will develop understanding of Depressive and Bipolar Disorders: Types, Clinical Picture and etiology.

**CO5:** Students will develop understanding of Schizophrenia: Types, Clinical Picture and Etiology.





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**CO6:** Students will develop understanding of Learning Disabilities: Reading, Written expression and Mathematics disorders

**CO7:** Students will develop understanding of Substance Related Disorder: Substance Abuse and Dependence; Alcohol, Nicotine, Marijuana, Sedatives and Stimulants: Etiology.

**CO8:** Students will develop understanding of Clinical Picture and Etiology of Neuro-developmental Disorders: Attention-Deficit/Hyperactivity Disorder (ADHD), Autism Spectrum Disorders, Intellectual Disability.

**Paper 2 -Practical COURSE CODE: A090402P**

**CREDITS: 2**

**Course Title: Assessment/Testing**

**CO1:** Students will develop understanding of Administration, Scoring and Interpretation of any anxiety test

**CO2:** Students will develop understanding of Administration, Scoring and Interpretation of any test of Depression

**CO3:** Students will develop understanding of Administration, Scoring and Interpretation of any test of Intelligence to screen any cognitive or learning impairment

**CO4:** Students will develop understanding of Administration, Scoring and Interpretation of any Neuropsychological test and Cognitive function test.

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**Semester V**

**Paper 1 –Theory COURSE CODE: A090501T**

**CREDITS: 4**

**Course Title: Life Span Human Development**

**CO1:** Students will develop understanding of Human Development: Introduction; Principles of Development; Methods of Studying Human Development.

**CO2:** Students will develop understanding of Prenatal Development: Stages and hazards; Neonatal Development: Sensory and Motor Capacity.

**CO3:** Students will develop understanding of Infancy: Physical, Social and Language Development.

**CO4:** Students will develop understanding of Childhood Development: Cognitive, Emotional and Moral Development.

**CO5:** Students will develop understanding of Adolescence: Physical Changes (Puberty and Growth spurts); Development of Identity, Cognitive, Social, Emotional and Moral Development.

**CO6:** Students will develop understanding of Early Adulthood: Sex - Role Adjustment, Diversity of Adult Lifestyles, Career Development.

**CO7:** Students will develop understanding of Middle Adulthood: Changes in Mental Abilities, Adapting To Physical Changes in Midlife, Relationship at Midlife, Vocational Life.

**CO8:** Students will develop understanding of Late Adulthood: Life Expectancy, Physical Changes, Change in Self Concept and Personality, Psychological Well-Being, Retirement and Leisure

**Paper 2-Theory**

**COURSE CODE: A090502T**

**CREDITS: 4**

**Course Title: Positive Psychology**

**CO1:** Students will develop understanding of Positive Psychology: Assumptions and Goals; Eastern and Western Perspectives on Positive Psychology

**CO2:** Students will develop understanding of Positive Emotional State: The Broaden and Build Theory of Positive Emotions; Concept and Mindfulness in Buddhism.





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**CO3:** Students will develop understanding of Positive Cognitive States: Hope, Optimism, Self efficacy, Resilience: concept and measurement

**CO4:** Students will develop understanding of Gratitude, Forgiveness, Empathy and Compassion: Concept, and Measurement; Cultivation exercises in Positive Psychology

**CO5:** Students will develop understanding of Self Awareness: Concept, Techniques to enhance self- awareness.

**CO6:** Students will develop understanding of Social Competence: The Value of Social Support and Relationships in a Fulfilling and Meaningful Life; Love and Belongingness

**CO7:** Students will develop understanding of Happiness: Eudemonics and Hedonistic View; Authentic Happiness

**CO8:** Students will develop understanding of Psychological and Subjective Wellbeing: Concept, and Components

**Paper 3 –Practical COURSE CODE: A090503P**

**CREDITS: 4**

**Course Title: Lab Work/Survey/ Field Visit**

**CO1:** Students will develop understanding of how to Write a Reflection and Be aware of any shifts from stress/anxiety to enhanced well-being and calm.

**CO2:** Students will develop understanding of how to Conduct a survey research on meaning of life, happiness index, positive and Negative Affect, life satisfaction, optimism, well being .

**CO3:** Students will develop understanding of how to Conduct a field study on anyone topic of human development and to Analyze the data and write report.





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**Paper 4 - Research Project: COURSE CODE: A090504R**

**CREDITS: 3**

**CO1:** Students will develop understanding of how to do Field Survey by Visit to any community of the surrounding and identification of problems, issues, good practices, skills, community services etc.

**CO2:** : Students will develop understanding of how write a research proposal providing a clear statement of the problem, based on the observations and experiences made in field visit.

**CO3:** Students will develop understanding of how write a review of literature, formal research questions and hypotheses, a full methods section, and the data analysis as per APA guidelines.

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## **Semester VI**

**Paper 1 –Theory**

**COURSE CODE: A090601T CREDITS: 4**

**Course Title: Community and Health Psychology**

**CO1:** Students will develop understanding of Community Psychology: Nature, Historical Development, Fields of Community Psychology

**CO2:** Students will develop understanding of Approaches of Community Psychology: Mental Health approach; Social Problems approach

**CO3:** Students will develop understanding of Community Intervention Issues: Poverty and Prolonged Deprivation; Marginalization; Migration & Immigration issues; Superstitions in Indian society.

**CO4:** Students will develop understanding of Community Interventions: Community Mental Health; Gender, Discrimination and Power Issues related interventions; School Intervention; Rural development Intervention.

**CO5:** Students will develop understanding of Health Psychology: Nature, Development and Goals of Health Psychology; Bio-psychosocial Model of Health.





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**CO6:** Students will develop understanding of Health Behaviour: Health Compromising and Health Enhancing Behaviors; Theories of Health Behavior: Health Belief Model, Planned Behavior and Reasoned Action Theory .

**CO7:** Students will develop understanding of Stress and Health: Nature and Types of Stress, Stress appraisal; Coping with Stress; Psychological Moderators of Stress (Hardiness, Social support and Optimism).

**CO8:** Students will develop understanding of Chronic Illnesses: Coronary Heart Disease (CHD) and Diabetes: Major Symptoms, Diagnosis and Psychological correlate.

**Paper 2-Theory**

**COURSE CODE:** A090602T

**CREDITS: 4**

**Course Title: Counseling Psychology**

**CO1:** Students will develop understanding of Counseling: Meaning, Goals; Types of Counseling: An Overview.

**CO2:** Students will develop understanding of Theoretical Bases of Counseling: Psychoanalytic, Phenomenological, Cognitive-Behavioral; Indian Contribution to Counseling

**CO3:** Students will develop understanding of Counseling Processes: Counseling Interview; Counseling Micro Skills: Attending, Paraphrasing, Encouragers, Confronting and Summarizing.

**CO4:** Students will develop understanding of Counseling Techniques: Person-Centred and Cognitive- Behavioral (Beck and Albert Allis).

**CO5:** Students will develop understanding of Counseling in Schools and Family Counseling and their Assumptions and Procedures.

**CO6:** Students will develop understanding of Career, Marriage and Group Counseling.

**CO7:** Students will develop understanding of Counseling for Substance-abuse, Child Abuse.

**CO8:** Students will develop understanding of Counseling Ethics; Referrals and Reporting





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**Paper 3 –Practical**

**COURSE CODE: A090603P CREDITS: 4**

**Course Title: Survey/Field Visit**

**CO1:** Students will develop understanding of Field Visit to any Community Centre, Social Service Centre or School.

**CO2:** Students will develop understanding of how to write and submit a report (10-12 students group can be formed)

**CO3:** Students will develop understanding of Conduct a survey on any Health Related issues and submit the report (10-12 students group can be formed)

**Paper 4 -Research Project COURSE CODE: A090604R CREDITS: 3**

**Course Title: Research Project**

**CO1:** Based on the field visit observations and experiences, the learner get in Semester V, plan to visit to identified unit, organization, community etc. to get an understanding of the same.

**CO2:** Students will develop understanding of data collection either through questionnaire, or interview or with the help of audio-visual medium based on the identified research problems/issues.

**CO3:** Students will develop understanding of Analyze the data and submit a detailed report and a presentation. The student will work in groups in completing the project, but will write the final paper individually.

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