

## Detailed Syllabus

<b>Curriculum Designed for: UG</b>		<b>Grant-In-Aid</b>
<b>Semester: II</b>	<b>Course No.: 123</b>	<b>Course Code: DSC-M- PSY-2</b>
		<b>Course Title: Introduction to Psychology-II</b>
<b>Credits: 04</b>		<b>Course Category:- Minor</b>

### Course Objectives:

Number	Objective
Objective 1:	To introduce the fundamental concepts and theories of learning and its various forms.
Objective 2:	To develop understanding of memory processes, types, and techniques for improving retention.
Objective 3:	To explain the nature, components, and regulation of emotions in human behaviour.
Objective 4:	To provide knowledge about personality, its determinants, and major theoretical approaches.
Objective 5:	To familiarize learners with methods of personality assessment and measurement.
Objective 6:	To enhance the ability to apply psychological concepts of learning, memory, emotion, and personality in everyday life.

### Course Outcomes: On successful completion of the course, the learner will be able to

CO#	COGNITIVE ABILITIES	COURSE OUTCOMES
CO1	REMEMBERING	Recall key concepts, definitions, and theories of learning, memory, emotion, and personality.
CO2	UNDERSTANDING	Explain different types of learning, memory processes, emotional experiences, and personality theories.
CO3	APPLYING	Apply principles of learning, memory improvement techniques, and emotional regulation strategies in daily life.
CO4	ANALYSING	Analyze differences between learning theories and examine factors influencing memory, emotion, and personality.
CO5	EVALUATING	Evaluate various personality theories, assessment methods, and emotional responses based on psychological principles.
CO6	CREATING	Develop strategies for effective learning, memory enhancement, emotional control, and personality development

**Course Contents:**

<b>Unit No.</b>	<b>Unit Contents</b>	<b>Sessions Allotted</b>
1	<b>Learning</b> <ol style="list-style-type: none"> <li>1. Definition of Learning</li> <li>2. Classical Conditioning</li> <li>3. Operant Conditioning</li> <li>4. Difference between Classical Conditioning and Operant Conditioning</li> <li>5. Learning by Trial &amp; Error</li> <li>6. Cognitive Learning</li> <li>7. Determinants of Learning</li> </ol>	15
2	<b>Memory</b> <ol style="list-style-type: none"> <li>1. Meaning of Memory</li> <li>2. Stages of memory</li> <li>3. Types of Memory <ul style="list-style-type: none"> <li>• Sensory Memory</li> <li>• Short Term Memory</li> <li>• Long Term Memory</li> </ul> </li> <li>4. Measurement of Retention</li> <li>5. Factors affecting retention</li> <li>6. Techniques of Improving Memory</li> </ol>	15
3	<b>Emotion</b> <ol style="list-style-type: none"> <li>1. Definition and Nature of Emotion</li> <li>2. Psychological changes during Emotion</li> <li>3. Measurement of Automatic changes</li> <li>4. Expression of Emotion</li> <li>5. Dimensions of Emotion</li> <li>6. Emotional Development</li> <li>7. Control of Emotion</li> </ol>	15
4	<b>Personality</b> <ol style="list-style-type: none"> <li>1. Meaning and definition of Personality</li> <li>2. Types of Personality</li> <li>3. Determinants of personality: biological, cultural, social &amp; situational.</li> <li>4. Approaches of Personality (In Brief): <ul style="list-style-type: none"> <li>• Psychoanalysis approach: Freud, Jung and Adler</li> <li>• Trait theories Approach: Allport, Cattell</li> <li>• Biological Approach: Eysenck</li> <li>• Humanistic Approach: Rogers, Maslow</li> <li>• Social learning Approach: Bandura</li> </ul> </li> <li>5. Assessment of Personality: Self report, Projective techniques and other measures</li> </ol>	15

**REFERENCES:**

- Baron, R. & Misra. G. (2013). Psychology. Pearson.
- Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.
- Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian Edition. New Delhi: Pearson Education.
- Passer, M.W. & Smith, R.E. (2010). Psychology: The science of mind and behaviour. New Delhi: Tata McGraw-Hill.
- Morgan, C. T., King, R. A., Weiss, J. R. and Schopler, J. (2012). (Latest Edition). Introduction to Psychology. Tata McGraw Hill Education Pvt. New Delhi.

**E RESOURCES:**

- <https://youtu.be/2fbrl6WoIyo>
- <https://www.youtube.com/watch?v=nrBSxKZUHcs>
- [http://gg.gg/Introduction-to-Psychology Book 1](http://gg.gg/Introduction-to-Psychology_Book_1)
- [http://gg.gg/Introduction-to-Psychology Book 2](http://gg.gg/Introduction-to-Psychology_Book_2)
- [http://gg.gg/Introduction-to-Psychology Book 3](http://gg.gg/Introduction-to-Psychology_Book_3)
- <http://www.apa.org>