

Detailed Syllabus

Curriculum Designed for: UG		Self-Finance Programme: UG
Semester: II	Course No.: 121	Course Code: DSC-C-PSY-3
		Course Title: Basic Psychological Process-II
Credits:	04	Course Category:- Major

Course Objectives:

Number	Objective
Objective 1:	To introduce the nature, types, and processes of memory and factors affecting remembering and forgetting.
Objective 2:	To develop understanding of thinking, problem-solving, decision-making, and the role of language in cognition.
Objective 3:	To familiarize students with major theories of intelligence proposed by Charles Spearman, Howard Gardner, and Robert Sternberg, and methods of intelligence measurement.
Objective 4:	To explain the concepts of motivation and emotion along with key theories.
Objective 5:	To explain the concepts of motivation and emotion along with key theories proposed by Abraham Maslow and Frederick Herzberg.
Objective 6:	To develop awareness about mental processes such as sleep, dreams, meditation, and mindfulness for psychological well-being.

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

CO#	COGNITIVE ABILITIES	COURSE OUTCOMES
CO1	REMEMBERING	Recall key concepts, types, and theories related to memory, thinking, intelligence, motivation, and consciousness.
CO2	UNDERSTANDING	Explain processes of memory, cognitive functions, emotional experiences, and attentional mechanisms.
CO3	APPLYING	Apply techniques to improve memory, enhance attention, and use problem-solving strategies in real-life situations.
CO4	ANALYSING	Differentiate between various theories of intelligence, motivation, and emotion, and analyze cognitive processes.
CO5	EVALUATING	Assess factors influencing memory, intelligence, motivation, and consciousness in different contexts.
CO6	CREATING	Integrate knowledge of cognitive and emotional processes to develop strategies for effective learning and mental well-being.

Course Contents:

Unit No.	Unit Contents	Sessions Allotted
1	<p>Memory</p> <ul style="list-style-type: none"> • Nature and types of memory (sensory, short-term, long-term) • Processes of memory (encoding, storage, retrieval) • Forgetting and its causes • Techniques to improve memory 	15
2	<p>Thinking and Intelligence</p> <ul style="list-style-type: none"> • Thinking: concepts, problem-solving, decision-making • Language and cognition • Intelligence: theories (Spearman, Gardner, Sternberg) • Measurement of intelligence 	15
3	<p>Motivation and Emotion</p> <ul style="list-style-type: none"> • Types of motives • Theories of motivation (Maslow, Herzberg) • Nature of emotions • Theories of emotion (James-Lange, Cannon-Bard, Schachter-Singer) 	15
4	<p>Attention and Consciousness</p> <ul style="list-style-type: none"> • Nature and types of attention • Factors affecting attention • Consciousness: sleep, dreams, altered states • Meditation and mindfulness 	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_2
- http://gg.gg/Introduction-to-Psychology_Book_3
- <http://www.apa.org>