

**Detailed Syllabus**

<b>Curriculum Designed for: UG</b>		<b>Self-Finance Programme: UG</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:</b>	<b>04</b>	<b>Course Category:- Minor</b>

**Course Objectives:**

<b>Number</b>	<b>Objective</b>
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**

<b>CO#</b>	<b>COGNITIVE ABILITIES</b>	<b>COURSE OUTCOMES</b>
<b>CO1</b>	REMEMBERING	Recall key concepts, types, and theories related to memory, thinking, intelligence, motivation, and consciousness.
<b>CO2</b>	UNDERSTANDING	Explain processes of memory, cognitive functions, emotional experiences, and attentional mechanisms.
<b>CO3</b>	APPLYING	Apply techniques to improve memory, enhance attention, and use problem-solving strategies in real-life situations.
<b>CO4</b>	ANALYSING	Differentiate between various theories of intelligence, motivation, and emotion, and analyze cognitive processes.
<b>CO5</b>	EVALUATING	Assess factors influencing memory, intelligence, motivation, and consciousness in different contexts.
<b>CO6</b>	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><b>Memory</b></p> <ul style="list-style-type: none"> <li>• Nature and types of memory (sensory, short-term, long-term)</li> <li>• Processes of memory (encoding, storage, retrieval)</li> <li>• Forgetting and its causes</li> <li>• Techniques to improve memory</li> </ul>	15
2	<p><b>Thinking and Intelligence</b></p> <ul style="list-style-type: none"> <li>• Thinking: concepts, problem-solving, decision-making</li> <li>• Language and cognition</li> <li>• Intelligence: theories (Spearman, Gardner, Sternberg)</li> <li>• Measurement of intelligence</li> </ul>	15
3	<p><b>Motivation and Emotion</b></p> <ul style="list-style-type: none"> <li>• Types of motives</li> <li>• Theories of motivation (Maslow, Herzberg)</li> <li>• Nature of emotions</li> <li>• Theories of emotion (James-Lange, Cannon-Bard, Schachter-Singer)</li> </ul>	15
4	<p><b>Attention and Consciousness</b></p> <ul style="list-style-type: none"> <li>• Nature and types of attention</li> <li>• Factors affecting attention</li> <li>• Consciousness: sleep, dreams, altered states</li> <li>• Meditation and mindfulness</li> </ul>	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>