Paper Code	SAPY-211	Cr. Hrs	02
Paper Title	INTRODUCTION TO PSYCHOLOGY		
Domain	Social Sciences		

Course Objectives

The main aim is to familiarize students with history, main concepts, methods, and theoretical frameworks in psychology. The course will help students appreciate the human nature and its related concepts, thereby will gain insight into human behavior and human relationships.

Course Outcome

After successful completion of this course the students will be able to:
- Have a grasp over basic concepts and theoretical perspectives explaining human behavior. They will be able to appreciate the complexity of human behavior and relationships.
- They will be able to understand Psychology as science and empirical methods used for understanding different aspects of human behavior.

Course Contents

1. Understanding Psychology
1.1.1 Psychology: Scientific perspective
1.1.2 Historical perspective
1.1.3 Schools of psychology
1.1.4 Methods of psychology
1.1.5 Ethical issues
1.1.6 Fields of psychology and their application

2. Biological Basis of Behaviour
2.1.1 Neuron and its function
2.1.2 Central nervous system
2.1.3 Peripheral nervous system
2.1.4 Endocrine system

3. Sensation and Perception
3.1.1 Senses: Vision, audition, smell, taste and kinesthetic
3.1.2 Introduction to perception
3.1.3 Gestalt principles
3.1.4 Binocular and monocular cues
3.1.5 Illusions and extra sensory perception

4. Learning
4.1.1 Definition of learning
4.1.2 Types of learning: Classical and operant conditioning
4.1.3 Punishment and its effects
4.1.4 Latent and observational learning

5. Memory
5.1.1 Definition and types of memory
5.1.2 Processes and techniques of improving memory
5.1.3 Forgetting: Nature and causes

6. Cognition and Language
6.1.1 Concept of cognition
6.1.2 Problem solving
6.1.3 Judgment and decision making
6.1.4 Language development
6.1.5 Language and cognition
6.1.6 Language and culture

7. Intelligence and Creativity
7.1.1 Concept of intelligence
7.1.2 Theories of intelligence
7.1.3 Assessment of intelligence
7.1.4 Mental retardation
7.1.5 Concept of creativity and its stages

8. Motivation and Emotion
8.1.1 Introduction to motivation
8.1.2 Factors affecting motivation
8.1.3 Introduction to emotions
8.1.4 Types of emotions
8.1.5 Physiology and emotion
8.1.6 Theories of emotion

9. Personality
9.1.1 Defining personality
9.1.2 Theories of personality
9.1.3 Personality assessment

10. Social Thinking and Social Influence
10.1.1 Social facilitation
10.1.2 Attribution theory
10.1.3 Crowd behavior
10.1.4 Conformity, Obedience
10.1.5 Helping behavior

- **Teaching - Learning Strategies**

Semester Work will include Assignments, Quizzes, Presentation, Class Projects, Class participation.

The goal through Sessional work would be to inculcate (learning goal of) acquisition of factual information/ subject matter/ course content, Application of knowledge and enhancing the synthesizing and generalization capacity of the students.

- **Assignments-Types and Number with Calendar**

Sr. No.	Semester Weeks	Suggested Topics
1	3rd Week	Comparison of different schools of psychology
2	6th Week	Difference between types of learning
3	9th Week	Comparison of different theories of intelligence
4	12th Week	Theories of emotions and their differences and similarities
5	15th Week	Comparison of different theories of personality

- **Assessment and Evaluation: As per University Rules**

Sr. No.	Elements	Weightage	Details
1	Midterm Assessment	35%	It takes place at the mid-point of the semester.
2	Formative Assessment	25%	It is continuous assessment. It includes: classroom participation, attendance, assignments and presentations, homework, attitude and behavior, hands-on-activities, short tests, quizzes etc.
3	Final Assessment	40%	It takes place at the end of the semester. It is mostly in the form of a test, but owing to the nature of the course the teacher may assess their students based on term paper, research proposal development, field work and report writing etc.

Recommended Books

Atkinson R. C., & Smith, E. E. (2000).*Introduction to psychology* (13th ed.). NY: Harcourt Brace College Publishers.

Coon, D., &Mutterer, J. (2008).*Introduction to psychology: Gateways to mind and behavior*(12th ed.). USA: Wadsworth Cengage Learning.

Fernald, L. D., & Fernald, P.S (2005).*Introduction* to psychology. USA; WMC Brown Publishers.

Fredrickson, B., Nolen-Hoeksema, S., Loftus, G., & Wagenaar, W. (2009). *Atkinson & Hilgard's introduction to psychology* (15th ed.). USA: Wadsworth.

Glassman, W.E. (2000). *Approaches* to psychology. Open University Press.

Hayes, N. (2000). *Foundation of psychology* (3rd ed.). UK: Thomson Learning.

Kalat, J. W. (2010). *Introduction to psychology*. USA: Cengage Learning, Inc.

Lahey, B. B. (2004). *Psychology*: *An introduction* (8th ed.). UK: McGraw-Hill Companies, Inc.

Leahey,T. H. (1992). *A history of psychology: Main currents in psychological thought.* New Jersey: Prentice-Hall International, Inc.

Myers, D. G. (2011).*Psychology* (10th ed.). USA: Wadsworth Publishers.

Ormord, J. E. (1995). *Educational psychology: Developing learners*. USA: Prentice Hall, Inc.

Rathus, S. (2011). *Psychology: Concepts and connections* (10th ed.). USA: Wadsworth Cengage Learning.