

PSYCHOLOGY

Code	Credit Hours
HU 102	3+0

Course Description

Psychology is the scientific study of behavior, mental processes, and social interaction. The application of psychological knowledge is not restricted to a particular setting, rather to a wide variety of human situations or behaviors. It majorly deals with perception, remembrance, learning, thinking, etc. Additionally, emotions, behaviors, habit formation, comprehension, mood, and mental processes make up a large part of psychology. Understanding human psychology helps in coping and managing emotions in personal and professional setting.

Text Book:

1. Introduction to Psychology. Adapted by: College of Lake County Faculty: Martha Lally and Suzanne Valentine-French (Revised July 2018, 2017, 2016, 2015, 2014).
2. Marx, Melvin H. Introduction to psychology - Problems, Procedures & Principles, MacMillan Publishing Co.
3. Rathus, Spencer A. Essentials of Psychology.
4. Kalat, James W. Introduction to psychology, 4th edition, Brooks / Cole Publishing Co. Friedman, S. H., & Schustack, W. M. (2004). Personality: Classic Theories and Modern Research. India: SK Printers.

ASSESSMENT SYSTEM FOR THEORY

Quizzes	10%
Assignments	05%
Project	05%
Mid Terms	30%
ESE	50%

Teaching Plan

Week No	Topic	Learning Outcomes
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1	Introduction	Types, and Scope of Psychology
2	Psychology and Computer Science	Human Computer Interaction, Ethical Dilemmas
3	Theoretical Approaches in Psychology	Major Approaches: Behavioral, Cognitive, Psychodynamic,
4	Theoretical Approaches in Psychology (contd.)	Gestalt, Humanistic and Sociocultural
5	Emotional Intelligence	Basic Emotions, Dealing with Emotions, Emotion Management, Stress and Anger Management
6	Communication Styles	Communication and Personality Styles, Assertive, Passive-Aggressive, Aggressive, Passive
7	Organizational Psychology	Work motivation, job satisfaction, and organizational commitment); (b) determinants of effective interpersonal interactions within organizations (e.g., leadership, group behavior, and team performance); and (c) the design of work, organizational structures
8	Cultural Diversity in a workplace – A Psychological Perspective	Importance of Diversity, Managing Cultural Diversity at workplace
9	MID TERM EXAMS	
10	Interpersonal and Intra-psychic Interaction	Interpersonal and intrapersonal conflicts, Intrapyschic conflict, Ego States, Resolution of Conflicts
11	Theories of personality- I	Psychoanalytic Theory, Neo-Psychoanalytic Theory, Identity Theory
12	Theories of personality- II	Humanistic Theory, Behavioristic Theory
13	Difficulties in Mental Processes (Emotions and Cognitions)	Mental Processes, Difference between mental and Behavior process, Processing skills, Types of Processing, Cognitive Strategies
14	Social Psychology -	Social Thinking, Social Influence, and Social Behavior
15	Mental Health	Introduction and Awareness
16	Stress and Depression –	Signs, Symptoms, Effects, and Coping
17	Intelligence	Multiple Intelligence, Classification, Intelligence and Creativity
18	END SEMESTER EXAM	