

<b>Course Title</b>	<b>Introduction to Psychology</b>
Course Code	Psy-101
Pre-Requisite	NA
Degree Program (BS / MS / PhD)	BS

### Course Objectives

This course will help to

- To introduce students to basic concepts of Psychology and its broad application.
- To provide students the knowledge of research methods to better acquire the skills on how to conduct qualitative nature of inquiry.
- To impart the students theoretical knowledge related to various perspectives, assessment and psychological disorders and importantly how to go about coping with them.

### Learning Outcomes

After completing this course, the student will have learned the following:

- Demonstrate their knowledge and application of Psychology importantly to understanding of their own selves as well as others around them.
- Evaluate the complexities within the individual and how he relates to the society.
- Demonstrate an understanding of Psychological research methods.
- Develop critical thinking skills through engaging with the practical conduct of Psychological activities, assigning them the reading material and attempting written assignments and qualitative research project.

### Contents

Week	Topic
1	Introduction, definition, goals and brief history of Psychology How Psychology is a science and not a Pseudo-Science though still developing, it's brief history how it got evolved, broadly its two types Basic and Applied and related fields such as Clinical Psychology, Human factor, Social Psychology, Social Community Psychology and other branches of Psychology. Relationship of Sociology with other social sciences
2	Continued
3	Psychology of Personality and Individual Differences

	Major Perspectives of Personality
4	Continued
5	Continued
6	<p>Research Paradigms in Psychology and related social sciences</p> <p>Quantitative Research Design</p> <p>Qualitative Research Design</p> <p>Mixed Methodology</p> <p>Psychometric Theory (Testing Technicalities in Primary data collection Procedures, Validity and Reliability Concerns)</p> <p>Carrying out a research project based on the above studied concepts and its presentation (final project)</p> <p>Emphasis on Qualitative Paradigm, developing qualitative research proposal, designing and conducting interview protocol and guide to use in a qualitative study (in groups)</p>
7	Continued
8	Continued
9	Mid-term
10	Psychometric, Projective Technique Activity
11	Continued
12	<p>Social Psychology</p> <p>Social Interaction / Relationship Styles, Status, Roles and such dynamics effecting socialization and related Relationship theories such as Social Exchange, Social Penetration and Transactional Analysis. Role Play Activity</p>
13	Continued
14	Psychological Disorders (Abnormal Psychology)
15	Continued
16	Some of the Techniques to handling them
17	<p>Continued</p> <p>Other than teaching there is also a provision of Guidance and Counseling to the students which at times gets continued even after the termination of</p>

	<p>a semester</p> <p>In case of any query related to a psychological difficulty students are welcomed to discuss with the teacher; where the information is kept highly confidential, ethics &amp; sanctity of professionalism strictly adhered to.</p> <p>They are also allowed to discuss anything through WhatsApp (preferably) or email.</p>
18	Final Examination

**Readings List (including Books, Journals, Papers Articles, & Websites whatever is applicable)**

- Bernestein, Penner, Clarke-Stewart & Roy, (2008). Psychology. 8<sup>th</sup> Edition.
- Weiten.W, (2001). Psychology Themes & Variations. 5<sup>th</sup> Edition, USA: Wadsworth Thomson Learning. ISBN 0-534-36714-3
- Passer.M, Smith.R, (2001). Psychology: Frontiers and Applications. New York: McGraw-Hill. ISBN 0-07-365795-6
- Friedman, S. H., & Schustack, W. M. (2004). Personality: Classic Theories and Modern Research. India: SK Printers.
- However note that as and when required book chapters, extra notes and handouts would be uploaded on LMS / Ms Teams for your best exam preparation and learning.