



Urgent

(Both by post and by e- mail)

No. 8599 / Acd.-I
To

Dated: 24/07/17

The Principals,
(All the Affiliated Colleges under Sambalpur University having
Three Year Degree Courses excluding Autonomous Colleges.)

Sub: Syllabus for **Psychology (Pass & Hons.)** under CBCS pattern.

Ref:- This office Letter No. 8599/ Acd-I dated 11.11.16.

Sir,

I am directed to intimate you that, the Vice- Chancellor has been pleased to approve Three Year Degree (B.A.) syllabus for *1st to 4th Semester Psychology Pass courses* and syllabus for *DSE- A Psychology Hons. courses* under 6 (15) of O.U. Act -1989 giving it effect from the Academic Session, 2016-17. The details regarding approved syllabus as follows:-

The detail syllabus for **DSC- A/B – TH1, DSC- A/B – TH2 ,DSC- A/B – TH3 & DSC- A/B – TH4** papers of *Psychology Pass courses* will be same as **C- PSY-01, C- PSY-02, C- PSY-06 & C- PSY-10** papers of *Psychology Hons. Courses* in the syllabus forwarded with letter No **8599/ Acd-I dated 11.11.16**. “**Counseling Psychology**” will be **SEC –A** course for both **Hons. & Pass** students during III semester and “**Health Psychology**” will be **SEC –B** course for pass students during IV semester. The copies of detail syllabus for aforesaid courses are enclosed here with for reference.

Further it is to be noted that the paper numbers “**C- PSY-**” in the syllabus forwarded with letter No **8599/ Acd-I dated 11.11.16** shall be referred as “**DSC-**” to avoid any confusion .

This may be notified and be made available to the concerned teachers and students of your college/ department/ institution and you are requested to ensure teaching of the courses accordingly.

Any error and omission etc. may kindly be intimated to this office.

. Any queries on the matter may be made through e-mail: coesuniv@gmail.com.

Thanking you,

Yours faithfully,

Encl:- As above

RK-uw 12/5/17
Controller of Examinations

P.T.O.

Memo No. 5492 /Acad.-I(BOS), dtd. 24/07/12

Copy forwarded with enclosure for information and necessary action to:

1. The Chairman, Post Graduate Council, Sambalpur University.
2. The Director, College Development Council, Sambalpur University.
3. The Director, Directorate of Distance and Continuing Education, Sambalpur University.
4. The Co-ordinator, Private Examination Cell, Sambalpur University.
5. Asst. Registrar (Examination), Sambalpur University.
6. Programmer, University Computer Unit, Sambalpur University.
7. Asst. Controller of Examinations, Sambalpur University.
8. Section Officer / Assistant -in- Charge, *e - Governance Cell*, Sambalpur University with request to upload / make necessary correction in relevant the materials in the official web- site accordingly.
9. Section Officers, Computer Unit, E.G.-I , EG-II , E.C.- I , EC-II,EC- VI Sections.
10. Five spare Copies for Academic-I Sections with enclosure.

S.K. Das
15/5/12
Controller of Examinations

Memo No. 5493 /Acad.-I(BOS), dtd. 24/07/12

Copy forwarded without enclosure for information and necessary action to:

1. *The Dy. Director, e - Governance Cell*, Sambalpur University with request for needful to provide all the materials in the official web- site accordingly.
2. P.A. to the Vice- Chancellor, Sambalpur University.
3. P.A. to the Registrar, Sambalpur University.
4. P.A. to the Controller of Examinations, Sambalpur University.

S.K. Das
17/5/12
Controller of Examinations

SEC – B (For Pass Students).

HEALTH PSYCHOLOGY

Objective: To understand the relationship between **psychological factors and physical health and learn** how to enhance well-being.

UNIT – 1 : Introduction : Introduction to Health Psychology: **components of health: social, emotional, cognitive and physical aspects; mind-body relationship; goals of health psychology, Bio-psychosocial model of health.**

UNIT 2: Behavior and health : Characteristics of **health behavior; Barriers to health behavior;** Theories of health behavior and their implications.

UNIT 3: Stress : Nature, Sources, Effects of stress on **physical and mental health; Coping and stress management.**

UNIT 4 : Health Management :

Health-enhancing behaviors: Exercise, Nutrition, safety, **managing and controlling pain, Health Protective behaviors , Illness Management.**

Readings :

Allen, F.(2011), Health psychology and behavior, Tata **McGraw Hill Edition.**

Dimatteo, M.R., & Martin L.R. (2011), Health psychology, **India: Dorling Kindersley.**

Misra, G(1999). Stress and Health, New Delhi: Concept.

Taylor, S.E. (2006) Health Psychology, 6th Edition, New **Delhi : Tata McGraw Hill.**

SEC – A (For both Hons. & Pass students).

COUNSELLING PSYCHOLOGY

UNIT – 1 Basics of counseling.

Meaning, scope and purpose of counseling with special reference to India. The counseling process, counseling relationship, counseling interview.

UNIT – 2 Characteristics of a good counselor, Ethics and values in counseling; Education and training of the counselor.

UNIT – 3 Counseling Programs

Working in a counseling relationship, transference and counter transference, termination of counseling relationship, Factors influencing counseling.

Unit-4 Student counseling, roles and activities of the school and college counselor.

RECOMMENDED BOOKS

- Burnard Philip (1995), Counseling skills Training. A sourcebook of Activities, New Delhi: Viva Books Private limited.
- Misra, H.C. & Varadwaj, K. (2009). Counseling psy: Theories, Issues, and Application Divya Prakashini, Samantarapur, Bhubaneswar, Odisha.
- Felltham, C and Hartor, I, (200), Handbook of counseling and Psychotherapy, London: Sage.
- Mishra, G. (Ed) (2010). Psychology in India. Volume 3 clinical and Health Psychology, New Delhi: Pearson India.
- Gibson, R. I & Mitchell M.H. (2003). Introduction to counseling and Guidance 6th Edn. Delhi : Pearson Education.

C-PSY – 10: EDUCATIONAL PSYCHOLOGY

Introduction :

This course provides an introduction to concepts, theories, and research in educational psychology. The topics covered include cognitive development during the school years, class room management, instructional approaches, motivation, assessment, and individual differences.

Learning Objectives :

- To provide students with an overview of the purposes and uses of educational psychology.
- To help students understand human development focusing mainly on the years of formal education including those with ability differences.
- To make students understand the way that educators motivate their students to learn and strive for excellence
- To make students explore the ways that educators manage learning environments to maximize learning and social cohesion.

Expected outcomes : Students will be able to

- Define educational psychology and give examples of the different topics educational psychologists study,
- Describe the developmental issues faced by school age children.
- Describe the challenges presented by children with ability differences.
- Explain the role of motivation on learning and classroom behavior.
- Describe classroom management techniques.
- Identify commonly used standardized tests, their strengths and limitations, and use in school settings.

UNIT-I	Foundations of Educational Psychology (i) Concepts and principles of educational psychology, The teaching-learning process, Goals of teaching and objectives for learning.
UNIT –II	Motivation and Classroom Management (i) Meaning of motivation, Intrinsic and extrinsic motivation, Motivational techniques in classroom teaching. (ii) The goals of classroom management, Creating a positive learning environment, Characteristics of an effective teacher, Teacher expectation and students' performance.
UNIT – III	Creativity and Aptitude (i) Nature and characteristics of creativity, Fostering creativity among children (ii) Nature and characteristics of aptitude, Measurement of aptitude, Utility of aptitude tests
UNIT – IV	Dealing with ability differences and Testing (i) Teaching children with mental retardation, learning disability, social class differences, (ii) Characteristics of standardized tests-Reliability, Validity, Objectivity.
Practical	(i) Academic Behaviour :- To assess the academic attitude and behavior of college students by using Sia's Academic Behaviour Scale. (ii)Academic Stress: To assess the academic stress of two higher Secondary students using Rao's Academic Stress Scale.

Recommended Books * Agrawal, J.C. (2009), Essentials of Educational Psychology (2nd Edn.) Vikas Publishing House New Delhi.

*Dash U.N. Dash, A.S., Mishra, H.C., Nanda, G.K. & Jena, N.(2004). Practical Exercises in Psychology: Learning about Yourself and Others. Panchasila, Bhubaneswar.

Contd....P/02.

- Gage, N.L., & Berliner, D.C. (2009) **Educational psychology (5th ed.)**, Boston, MA: Houghton Mifflin.
- Mangal, S.K. (2013), **Advanced Educational Psychology (2nd Edn.)** PHI Learning Pvt. Lt., New Delhi.
- Mohanty, N., Varadwaj, K. & Mishra, H.C. (2014), **Explorations of Human Nature and Strength: Practicals in Psychology**, Divya Prakashani, Samantarapur, Bhubaneswar.
- Slavin, Robert E. (2012), **Educational Psychology: Theory and Practice**, Delhi, Pearson,
- Woolfolk, A.E. (2014) , **Educational Psychology (9th Ed.)**, Allyn & Bacon, London / Boston

CORE COURSES

DSC-6 (For Hons. Students)/D.S.C. A/B-3 (For Pass Students) C - PSY – 06: ENVIRONMENT PSYCHOLOGY

Introduction:

Environmental psychology is an interdisciplinary field focused on the interplay between individuals and their surroundings. The field defines the term environment broadly, encompassing natural environments, social settings, built environments, learning environments, and informational environments. The course is designed to introduce to the students about all these aspects of environment.

Learning Objectives :

- To highlight the simultaneous mutual interaction of environment and behavior.
- To delineate psychological approaches to the study of environment.
- To discuss the impact of ecological degradation and the need for enhanced awareness programs.

Expected outcomes : Students will be able to

- Understand the interactional relationships between environment and behavior
- Understand the problems occurring to ecology and environment at the present time
- Understand different psychological approaches to the study of man-environment relationship.

UNIT I Environment and Behaviour

- (i) Earth as a living system: The **gala hypothesis, Deep ecology; Man-environment relationship-physical, social, cultural, orientation and product.**
- (ii) Effects of Environment on behavior : **Noise pollution, Air pollution, Crowding and population explosion.**

UNIT II Ecology and Development

- (i) Human behavior Environmental Problems : **Global warming, Green house effect, energy depletion, Pro-environmental behaviours.**

UNIT III (i) Ecosystem and their components; Sustainable development; Resource use : Common property resources. Ecology : Acculturation and psychological adaptation.

UNIT IV Environmental Assessment

- (i) Socio-psychological dimensions of environmental impact; Environmental deprivation-nature and consequences.
- (iii) Creating environmental awareness : **Social movements-Chipko, Tehri, Narmada.**

Recommended Books

- Dash, U.N., Dash, A.S., Mishra, H.C., Nanda, G.K. & Jena, N.(2004). Practical Exercises in Psychology : Learning about Yourself and Others. Panchasila, Bhubaneswar.
- Dreze. J and Sen, A. (1992), Indian Development. Delhi: Oxford University Press.
- Gadgil, M. and Guha. R. (1995), Ecology and Equity, New Delhi, Penguin Books
- Goldsmith, E. (1991). The way : The ecological World view, Boston: Shambhala
- Mohanty, N., Varadwaj, K. & Mishra, H.C. (2014), Explorations of Human Nature and Strength: Practicals in Psychology, Divya Prakashani, Samantarapur, Bhubaneswar.

CORE COURSES

DSC-2 (For Hons. Students)/D.Sc. A/B-2 (For Pass Students)

BIOPSYCHOLOGY

OBJECTIVES:

- To explore the biological basis of experience and behavior.
- To develop an understanding of the influence of behavior, cognition, and the environment on bodily system.
- To develop an appreciation of the neurobiological basis of psychological function, and dysfunction.

Unit 1 : Heredity and Behaviour :- Genetics and Evolutionary Psychology, Genetics : some basic principles.

Unit 2 : The Functioning brain : Structure, and functions of neurons, Neural conduction and synaptic transmission.

Unit 3 : Organization of nervous systems : CNS, PNS & ANS Structure and functions. Hemispheric specialization.

Unit 4: Endocrine System: Structure, functions and abnormalities of major glands : Thyroid, Adrenal, Gonads, Pituitary, Pancreas and Pineal.

Readings :-

- [1] Breedlove, S.M. Rosenzweig, M.R., & Watson, N.V. (2007) **Biological Psychology: An introduction to behavioral , cognitive, and clinical neuroscience, 5th Edition, Sinauer Associates, Inc., Sunderland, Massachusetts.**
- [2] Carlson, N.R. (2009) **Foundation of Physiological Psychology, 6th Edition. Pearson Education, New Delhi.**
- [3] Levinthal, C.F. (1983), **Introduction to Physiological Psychology, New Delhi: PHI.**
- [4] Pinel, J.P.J. (2011) **Biopsychology, 8th Edition, Pearson Education, New Delhi.**
- [5] Rosenzweig, M.H. (1989), **Physiological Psychology, New York: Random**

CORE COURSES

DSC-1 (For Hons. Students)/B.Sc. A/B-1 (For Pass Students)

INTRODUCTION TO PSYCHOLOGY

OBJECTIVES: To introduce students to the basic concepts of the field of psychology with an emphasis on applications of psychology in everyday life.

1. **Introduction :** What is psychology ? Perspectives of Psychology / Biological, Behavioural, and cognitive perspective/ Methods of Psychology (Introspection method, Observation method and special emphasis on experimental method), Subfields of psychology.
2. **(a) Perception :-** Meaning and process of Perception, Role of attention in perception, Perceptual organization, Perceptual sets, Perceptual constancies and its types / Shape, Size, and Brightness constancy / depth perception, distance and movement, Illusions.

(b) Thinking and Language : Role of image in thinking, concepts: factors affecting concept formation, Problem solving and decision making; nature of language, language development.
3. **Learning and Motivation :** Principles and applications of Classical Conditioning, Operant conditioning, and Observational learning, Types of motivation, motivational conflicts and its types.
4. **(a) Memory :** Models of memory: Atkison-Shiffrin Buffer model, Neural network model, Parallel Distributed Processing model, Forgetting and its causes, improving memory.
(b) Emotions : Reactions, and theories [James-L ange & Cannon – ~~Bard~~ theories].

Practicum:

Any 2 practicum pertaining to C-PSY-01 (Introduction to psychology) preferably experiments.

[1] Level of Aspiration &

[2] Set in Memory

Readings :

[1] Baron. R. & Misra, G.(2013) Psychology, Pearson.

[2] Chadha, N.K. & Seth, S.(2014). The Psychological Realm: An Introduction, Pinnacle Learning, New Delhi.

[3] Ciccarelli, S.K., & Meyer, G.E. (2010) , Psychology: South Asian Edition, New Delhi: Pearson Education.

[4] Passer, M.W. & Smith, R.E. (2010). Psychology: The science of mind and behavior, New Delhi: Tata McGraw Hill.

SCHEME FOR CHOICE BASED CREDIT SYSTEM IN B.A. (HONS.) IN PSYCHOLOGY.

Semester	Core Course (14)	Ability Encashment compulsory Course (AECC)(2)	Ability Enhancement Elective course (AECC)(2) (Skill Based)	Elective Discipline Specific (DSE)(4)	Elective Generic(GE)(4)
I	DSC-1 Introduction to Psychology (Theory + Practical)	Environmental Science			GE—01 Introduction to Psychology
	DSC-2 Biopsychology (Theory)				
II	DSC-3 Psychology of Individual Differences (Theory + Practical)	English Communication/ MIL Alternative English			GE—02 Environmental Psychology
	DSC-4 Statistical Method for Psychological Research-1 (Theory)				
III	DSC-5 Psychological Research (Theory + Practical)		SEC-A		GE—03 Psychology for Health and Well-Being
	DSC-6 Environmental Psychological (Theory)				
	DSC-7 Social Psychological (Theory+ Practical)				
IV	DSC-8 Health Psychology (Theory + Practical)		SEC-B		GE—04 Educational Psychological
	DSC-9 Developmental Psychological (Theory)				
	DSC-10 Educational Psychological (Theory+ Practical)				
V	DSC-11 Understanding Psychological Disorders (Theory)			DSE-01 Positive Psychology	
	DSC-12 Organizational Behavior (Theory+ Practical)			DSE-02 Counseling Psychology	
VI	DSC-13 Understanding and Dealing With Psychological Disorders (Theory)			DSE-03 Health Psychology	
	DSC-14 Counseling Psychology (Theory+ Practical)			DSE-04 Community Psychology	