

**3 Yr. Degree Course  
(Minor)  
based on NEP-2020  
PSYCHOLOGY**



**(Effective from Session 2025-26)  
(Batch: 2025-2028)**



**SAMBALPUR UNIVERSITY**  
**JYOTI-VIHAR, BURLA, SAMBALPUR, ODISHA-768019**

## COURSE AT A GLANCE (NEP-UG)

**SUBJECT: PSYCHOLOGY**

**ACADEMIC SESSION: 2025-28**

### **CORE-I COURSE**

Course Number	Semester	Course Title	Type of Paper P-Practical NP-Non-practical	Credit Hour	Maximum Weightage of Marks
Paper-I	I	INTRODUCTORY PSYCHOLOGY	P	4	100
Paper-II		BASIC PSYCHOLOGICAL PROCESS	P	4	100
Paper-III	II	PROCESS OF HUMAN EMPOWERMENT	P	4	100
Paper-IV		BASIC DEVELOPMENTAL PROCESS	P	4	100
Paper-V	III	SOCIAL PSYCHOLOGY	P	4	100
Paper-VI		PSYCHOLOGICAL STATISTICS	P	4	100
Paper-VII		PSYCHOPATHOLOGY -I	P	4	100
Paper-VIII	IV	INTRODUCTION TO EDUCATIONAL PSYCHOLOGY	P	4	100
Paper-IX		APPLIED PSYCHOLOGY -I	P	4	100
Paper-X		PSYCHOLOGICAL ASSESMENT	P	4	100
Paper-XI	V	ORGANISATIONAL BEHAVIOUR	P	4	100
Paper-XII		PSYCHOLOGY FOR HEALTHY LIVING	P	4	100
Paper-XIII		FUNDAMENTAL FOR COUNSELLING PSYCHOLOGY	P	4	100
Paper-XIV	VI	INTRODUCTION TO POSITIVE PSYCHOLOGY	P	4	100
Paper-XV		PSYCHOLOGICAL RESEARCH AND MANAGEMENT	P	4	100
Paper-XVI	VII			4	100
Paper-XVII				4	100
Paper-XVIII				4	100
Paper-XIX				4	100
Paper-XX	VIII			4	100
Paper-XXI				4	100
Paper-XXII				4	100
Paper-XXIII				4	100

## CORE-II/CORE-III COURSE

Course Number	Semester Core-II/ Core-III	Course Title	Type of Paper P-Practical NP-Non-practical	Credit Hour	Maximum Weightage of Marks
Paper-I	I/II	INTRODUCTORY PSYCHOLOGY	P	4	100
Paper-II	III/IV	BASIC PSYCHOLOGICAL PROCESS	P	4	100
Paper-III	V/VI	PROCESS OF HUMAN EMPOWERMENT	p	4	100
Paper-IV	VII			4	100
Paper-V	VIII			4	100

### CORE COURSE II/ III

#### Minor (Paper-I) Semester I/II

#### Introductory Psychology

*(4 Credit, Theory: 45hrs, Practical: 30hrs)*

#### Introduction:

The course is designed to provide the student a basic understanding of the psychology of human behavior. The students will be given exposure to concepts, terminology, principles and theories that comprise an introductory course in psychology.

#### Course Outcomes:

- To help the students know the sources and processes of development of modern scientific psychology.
- To help the students develop a scientific temperament in studying and understanding human behavior.

#### Unit I: Introducing Psychology

- (i) Concept and definition of Psychology, Roots of psychology, Psychology as a scientific discipline.
- (ii) Perspectives in Psychology: Behavioral, Cognitive, Humanistic, Psychodynamic and Socio-cultural. **Learning outcomes:**

- Define the term psychology and demonstrate command of the basic terminology, concepts and principles of the discipline.

- Identify and compare the major perspectives in psychology: Recognize how each approach views human thought and behavior.

## **Unit II: Methods in Psychology**

- (i) Observation: (Objective and Subjective), Survey and Case Study
- (ii) Experimental and Correlational methods **Learning outcomes:**

- Gain knowledge of scientific methodology—the variety of ways in which psychological data are gathered and evaluated / interpreted.

## **Unit III: Biological Bases of Behavior**

- Structure and functions of the neurons; Neural transmission, Neurotransmitters, Structure and functions of the Central nervous system
- Structure and functions of peripheral nervous system

### **Learning outcomes**

- Understand the physiological basis of human behavior.

## **Unit IV: Practical**

- (i) Span of attention: To measure the subject's span of attention by using digits or letters.
- (ii) Sensory-motor learning: to measure the effect of practice by trial and error method using mirror drawing apparatus.

### **Text Books:**

- *Baron, R.A. (2002). Psychology (5<sup>th</sup> Edition), New Delhi: Pearson Education.*
- *Hilgard & Atkinson- Introduction to Psychology (2003) 14<sup>th</sup> Edition, Thomson Learning Inc.*
- *Mohsin, S.M. (2016). Experiments in Psychology, Motilal Banarsidas Publishing House.*

### **Reference Books:**

- *Ciccarelli, S.K. & White, J.N. (2018). Psychology. Pearson India.*
- *Morgan, C.T., King, R.A., Weisz, J.R., & Schopler, J.(2008). Introduction to psychology (7<sup>th</sup> edition) Bombay: Tata-McGraw Hill.*
- *Feldman, R.S. (2004). Understanding Psychology (6<sup>th</sup> Edition), New Delhi, Tata-McGraw Hill.*
- *Mohanty, G. B. Experiments and tests in Psychology. Kalyani publisher, New Delhi.*

## **Minor (Paper-II) Semester III/IV**

### **Basic Psychological Processes**

*(4 Credit, Theory: 45hrs, Practical: 30hrs)*

#### **Introduction:**

The course is designed to provide the student a basic understanding of the psychological processes from perception to memory. The student will be given exposure to the concepts, terminology, principles, relating to each of the mental processes that constitute human psychology.

#### **Course Outcomes**

- To help the students to understand the mental processes to begin with perceptions up to how it results in learning and memory.
- To help the students gather knowledge about the structural and functional dynamics of most of the mental processes and their interconnectedness.

#### **Unit I: Perception**

- Basics of sensation- Sensory receptors (eye and ear), Nature of perceptual process; Figure and ground perceptions, Gestalt laws
- Perceptual constancies, hallucinations and illusions, Perception of depth and distance

#### **Learning Outcomes**

- Understand the basic perceptual processes involved in creating and interpreting different events.

#### **Unit II: Learning & Memory**

- Nature and principles of Classical conditioning, Operant conditioning, and observational learning
- The Atkinson and Schiffrin Model of Memory; Types of Memory- episodic, semantic and procedural; Causes of Forgetting- interference, repression, and amnesia

#### **Learning Outcomes**

- Gain knowledge of the important processes and principles of human learning.
- Understand the structural functional attributes of human memory to help conserve the learning outcomes.

#### **Unit III: Thinking and Reasoning**

- Thinking process; concepts, categories and prototypes, Decision making and factors influencing decision making.
- Inductive and deductive reasoning; Problem solving approaches; Steps in problem solving

#### **Learning Outcomes**

- Illustrate the important aspects of thinking and reasoning process.

#### **Unit IV: Practical**

- Learning Curve: To demonstrate the Learning Curve as a function of learning trials using Non-sense Syllables.
- Serial Position Effect: To demonstrate the serial position effect on memory in learning a list of nonsense syllables.

#### **Text Books:**

- *Baron, R.A. (2002). Psychology (5<sup>th</sup> Edition), New Delhi, Pearson Education.*
- *Feldman, R.S. (2004). Understanding Psychology (6<sup>th</sup> Edition), New Delhi, Tata McGraw Hill.*
- *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*

#### **Reference Books:**

- *Mohanty, N., Varadwaj, K. & Mishra, H.C. (2014). Explorations of Human Nature and Strength: Practicals in Psychology, Divya Prakashani, Samantarapur, Bhubaneswar.*
- *Mohsin, S.M. (2016). Experiments in Psychology, Motilal Banarsidas Publishing House.*
- *Ciccarelli, S.K. & White, J.N. (2018). Psychology. Pearson India.*
- *Morgan, C.T., King, R.A., Weisz, J.R., & Schopler, J. (2008). Introduction to psychology (7<sup>th</sup> edition) Bombay: Tata-McGraw Hill.*
- *Feldman, R.S. (2004). Understanding Psychology (6<sup>th</sup> Edition), New Delhi, Tata-McGraw Hill.*
- *Mohanty, G. B. Experiments and tests in Psychology. Kalyani publisher, New Delhi.*

## **Minor (Paper-III) Semester V/VI**

### **Processes of Human Empowerment**

*(4 Credit, Theory: 45hrs, Practical: 30hrs)*

#### **Introduction:**

Human empowerment is ultimately an individual condition of gaining the power to control and modulate changes in one's own life those are considered important to one's identity and adjustment. The purpose of the course is to introduce to the students the basics of human empowerment and how the empowerment processes are strengthened and improved.

#### **Course Outcomes:**

- To help students gain ideas about intelligence and personality as foundations of human empowerment.
- To make students understand how motivation and emotion are empowering processes to human development.

#### **Unit I: Intelligence**

- Concept of Intelligence, Role of Heredity and Environment in Intelligence, Theories of Gardner, Sternberg and PASS Model
- Measuring Intelligence: Intelligence tests (individual and group) Interpretation of test score, Cross-cultural issues in testing intelligence. **Learning Outcomes**
- Know the structural components and functional dynamics of intelligence.

#### **Unit II: Personality**

(i) Personality-Freud's theory, Humanistic (Carl Rogers') theory & Social Cognitive theory (ii) Personality-Trait and type approach, Psychometric and Projective assessment. **Learning Outcomes**

- Gain knowledge regarding different perspectives of human personality.

#### **Unit III: Motivation and Emotion**

- Concept of Motivation- needs, drive, incentive and goal, types of motives; Drive reduction and Arousal theory in motivation, and Vroom's Expectancy theory.
- Concept of Emotion, Emotions and feeling – bodily changes in emotions; Theories of emotion: James-Lange, Cannon-Bard, & Schachter- Singer theory **Learning Outcomes**
- Understand the significance of emotion and motivation in behavior management.

#### **Unit IV: Practical**

- (i) Intelligence test- To test the non-verbal intelligence of two college students using Raven's Standard Progressive Matrices

- (ii) Personality Type- To assess the personality type of a student obtaining responses from the student and two other significant persons in his /her life by using Glazer's test of Personality Type

**Text Books:**

- *Baron, R.A.(1995). Psychology-The Essential Science, Pearson Education Company of India Pvt. Ltd.*
- *Gerrig, R.J. & Zimbardo, P.G. (2010). Psychology and Life (19<sup>th</sup> Ed.). Delhi: Allyn & Bacon*
- *Mohanty, N., Varadwaj, K. & Mishra, H.C. (2014). Explorations of Human Nature and Strength: Practicals in Psychology, Divya Prakashani, Samantarapur, Bhubaneswar.*

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- *Feldman, R.S. (2004). Understanding Psychology (6<sup>th</sup> Edition), New Delhi, Tata McGraw Hill.*