

COURSE TITLE	PSYCHOLOGY I : INTRODUCTION TO PSYCHOLOGY
COURSE CODE	10BH1101
COURSE CREDITS	3

Objective:

- 1 To identify theoretical underpinnings of the major areas of psychology
- 2 To introduce students to the basic concepts of the field of psychology with an emphasis on applications of psychology in everyday life
- 3 To understand and apply basic research methods in psychology
- 4 To explain different models of human behavior

Course Outcomes: After completion of this course, student will be able to:

- 1 To demonstrate understanding of the major concepts and core areas of psychology
- 2 To enhance knowledge in psychology and use information in ethical manner
- 3 To Respect and use critical and creative thinking and exhibit self-regulation
- 4 To apply psychological skills to professional work

Pre-requisite of course:N/A

Teaching and Examination Scheme

Theory Hours	Tutorial Hours	Practical Hours	ESE	IA	CSE	Viva	Term Work
2	1	0	50	30	20	0	0

Contents : Unit	Topics	Contact Hours
1	Unit 1 The science of Psychology, Historical Origins of Psychology, Contemporary Approaches in Psychology, Psychology in modern India- The Scope	8
2	Unit 2 Biological foundations : Neurons, Biological foundations : The nervous system, Biological foundations : Organization of the brain, Biological foundations : Evolution, Biological foundations : Genes and behavior, Research Methods in Psychology: The basics of psychological research , Research Methods in Psychology: Various methods and approaches, Research Methods in Psychology: Ethics in psychological research	8

Contents : Unit	Topics	Contact Hours
3	Unit 3 Sensation & Perception: Sensory processes (vision, audition, gustation, olfaction) and their biological basis, Sensation & Perception: Perceptual processing, Sensation & Perception: Perceptual organization, Sensation & Perception: Perceptual constancies, Sensation & Perception: Depth perception; Illusions., Cognition: Thinking and Language, Cognition: Mental imagery, Cognition: Creative thinking, Cognition: Problem solving, Cognition: The development of language, Cognition: Language units and processes, Learning and Motivation: Principles and applications of Classical conditioning, Learning and Motivation: Operant conditioning, Learning and Motivation: Observational learning, Learning and Motivation: Cognitive learning, Learning and Motivation: Perspectives on understanding motivation, Learning and Motivation: , drives and homeostasis, Learning and Motivation: Frustration and conflicts in motivation	7
4	Unit 4 Memory: Stages of memory, Memory: Models of memory processing, Memory: Types of Memory, Memory: Forgetting and its theories, Memory: Strategies to improve memory., Emotions: : The components of emotions, Emotions: :Cognitive appraisal, Emotions: The physiology of emotions, Emotions: Emotional regulation	7
Total Hours		30

Suggested List of Experiments:

Contents : Unit	Topics	Contact Hours
1	Practical Exercises Practical Exercises	15
Total Hours		15

Textbook :

- 1 Introduction to psychology. (7th ed.), Morgan, C. T., King, R. A., Weisz, J. R., & Schopler, J, McGraw-Hill Education, 1986

References:

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Suggested Theory Distribution:

The suggested theory distribution as per Bloom's taxonomy is as follows. This distribution serves as guidelines for teachers and students to achieve effective teaching-learning process

Distribution of Theory for course delivery

Remember / Knowledge	Understand	Apply	Analyze	Evaluate	Higher order Thinking / Creative
10.00	10.00	30.00	10.00	20.00	20.00

Supplementary Resources:

- 1 <https://www.ipi.org.in/second/whatisip.php>
- 2 <https://youtu.be/iqKdEhx-dD4?si=9CRYnifhMxxYrseq>
- 3 <https://www.simplypsychology.org/theories/learning-theories>
- 4 <https://www.simplypsychology.org/maslow.html>
- 5 <https://www.ipi.org.in/texts/firstperson/worksheets/worksheet-whoami-1.php>