



Course No. : **GS F232**
Course title : **Introductory Psychology**
Instructor-in-charge : **Rajneesh Choubisa**
Co instructor : **Tanu Shukla**

Scope and objective of the course: To develop a conceptual framework for understanding the human behavior; relevance of psychology in daily life and its application in social, educational, industrial, personal and other spheres.

Course Description : The development of psychology as a science – individual and the environment; Nature, kinds and determinants of Perception; Biological bases of behaviour; Consciousness; Motivation; Emotion; Modification of behavior through learning; Memory and forgetting; Thought processes, Problem solving and Creative thinking; Individual differences – Intelligence, Gender, Personality, Stress and coping; and Social thought and Social Behavior.

Text Book:

T1. Robert A. Baron, “Psychology”, Revised 5th Edition, Pearson, 2009.

Reference Books:

- R1. Ceccarelli & Meyer, Psychology, South Asian Edition, Pearson Longman, 2006
R2. R.A. Baron & G. Mishra, Psychology: Indian Subcontinent Edition, Pearson, 2014
R3. A. K. Singh, “Tests, Measurements and Research Methods in Behavioral Sciences”, Revised 4th Edition, Bharati Bhawan, 2009

Course Plan:

| S. No. | Title of the Chapter | Learning Objectives | Reference in Book |
|--------|--|--|----------------------------|
| 1 | Psychology: A Science & Perspective | Modern Psychology: Definition, Origin, Classical Studies, Issues and Perspectives, Trends, Psychology in India, Overview of Research Methods in Psychology | T1: Chapter 1 |
| 2 | Sensation & Perception: Making Contact with the World around us; | Sensation: The Raw Materials for Understanding; Vision; Hearing; Touch, Smell and Taste; Perception; The Plasticity of Perception, Extrasensory Perception | T1: Chapter 3 (82- 127) |





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| | Cognition: Thinking, Deciding & Communicating | Thinking: Forming Concepts and Reasoning to Conclusions; Making decisions; Problem Solving; Language: The Communication of Information | T1: Chapter 7 (246- 283) |
| 3 | Learning: How we're changed by Experience | Learning: Classical Conditioning, Operant Conditioning, Observational Learning, Social Cognitive Learning Theories | T1: Chapter 5 (166- 207) |
| 4 | Memory: Of Things Remembered and Forgotten | Human Memory; Kinds of Information Stored in Memory, Forgetting, Memory Distortion and Memory Construction, Memory in Everyday Life; Memory & Brain | T1: Chapter 6 (208- 245) |
| 5 | Motivation | Motivation; Theories of Motivation; Motives & Motivation- Hunger, Aggression, Achievement; Extrinsic and Intrinsic Motivation | T1: Chapter 10 (368- 395) |
| 6 | Emotions | Emotions: Their Nature, Expression & Impact | T1: Chapter 10 (395- 409) |
| 7 | Intelligence: Cognitive, Practical, Emotional | Intelligence: Contrasting Views of its nature; Measuring Intelligence; Human Intelligence: Role of Heredity and Environment; Group Differences in Intelligence; Emotional Intelligence : The Feeling Side of Intelligence; Creativity: Generating the Extra ordinary | T1: Chapter 11 (410- 447) |
| 8 | Personality: Uniqueness and Consistency in the behavior of Individuals | Personality: What is it?; The Psychoanalytic Approach; Humanistic Theories, Trait Theories; Learning Approaches to Personality; Measuring Modern Research on Personality: Applications to Personal Health and Behavior in Work | T1: Chapter 12 (448- 487) |
| 9 | Health, Stress & Coping | Health Psychology; Stress- Causes, Effects and Control; Understanding and Communication our Health Needs; Behavioral and Psychological Correlates of Illness; Promoting Wellness: Developing a Healthier Lifestyle | T1: Chapter 13 (488- 503; 521- 529) T1: Chapter 13 (504- 520) |





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| 10 | Social Thought & Social Behavior | Social Thought- Social Perception, Attribution, Social Cognition, Attitudes; Social Behavior- Prejudice & Discrimination, Social Influence, Attraction & Love, Leadership | T1: Chapter 16 (616- 658) |
| 11 | Research Methods in Psychology | Psychology & the Scientific Method; Research Methods in Psychology- Observation, Correlation, Experimentation Method; Issues in Psychological Research | T1: Chapter 1 (19- 34) |

Evaluation Scheme:

| Sl.no | Evaluation Component | Weight age(%) | Date, Time & Venue |
|-------|----------------------|---------------|-----------------------|
| 1 | Mid Semester Test | 30 % (CB) | 7/10 10:00 - 11:30 AM |
| 2 | Assignment | 30% (OB) | 30/9/2016 |
| 3 | Comprehensive Exam. | 40% (CB) | 10/12 FN |

OB-Open Book; CB- Closed Book

- Students are expected to read newspapers, magazines, journals etc. and collect the relevant articles for relating the concepts of psychology learnt.
- Journals to consult: American Psychologist (by APA), Psychological Studies

Chamber Consultation Hour: To be announced in the class.

Instructor-in charge



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