

HUM1022	Psychology in Everyday Life	L	T	P	J	C
		2	0	0	4	3
Pre-requisite	Nil	Version				
		1.0				
Course Objectives:						
<ol style="list-style-type: none"> 1. To enhance the mental health and well-being of the individual 2. To enhance self-esteem, self- confidence, problem solving skill, and interpersonal communication skill 3. To understand one's strengths and weakness so as to reach self-actualization 						
Course Outcomes:						
Students will be able to:						
<ol style="list-style-type: none"> 1. Improve adaptive thinking and adaptability of the students through scientific study 2. Understand the nature of self-concept and its importance for personal and social adjustment 3. Comprehend the fundamental processes of social perception and social cognition 4. Develop effective communication and reduce interpersonal conflict 5. Improve individual and group problem solving skills 						
Student Learning Outcomes (SLO): 3,4,12						
<ol style="list-style-type: none"> 3. Having an ability to be socially intelligent with good SIQ (Social Intelligence Quotient) and EQ (Emotional Quotient) 4. Having sense-making skills of creating unique insights in what is being seen or observed (Higher level thinking skills which cannot be codified) 12. Having adaptive thinking and adaptability 						
Module:1	Adjustment:	2 hours				
Meaning, factors of adjustment and causes of adjustment problems						
Module:2	Concept of Self :	5 hours				
Nature of self-concept, self-discrepancies, coping with self-discrepancies, factors shaping the self- concept- importance of self-esteem, development of self-esteem, building self-esteem. self-regulation: self- efficacy, developing self- efficacy, self- defeating behavior						
Module:3	Social Perception and Social Cognition:	3 hours				
Meaning – process – errors						
Module:4	Communication and Conflict:	5 hours				
Positive interpersonal climate, conversational skill, self-disclosure, effective listening, developing an assertive communication style - interpersonal conflict: types of conflict, styles of managing conflict, dealing constructively with conflict						
Module:5	Group Dynamics	4 hours				
Meaning of group –nature –types of groups – group problem solving						

Module:6	Stress and Coping:	5 hours	
Nature of stress, responding to stress, potential effects of stress – coping with stress: appraisal- focused strategies, problem-focused strategies, and emotion-focused strategies			
Module:7	Counselling and Psychotherapy	4 hours	
Meaning, nature, process and skills			
Module:8	Contemporary Issues:	2 hours	
Guest lectures by industry experts			
	Total Lecture hours:	30 hours	
Text Book(s)			
1.	Weiten,W., & Lloyed,M.A.(2007), “Psychology Applied to Modern Life: Adjustment in the 21 st Century”, 8 th edition, Canada,Words worth.		
Reference Books			
1. Rathus,S.A.(1998), “Psychology Principles in Practice”, Holt, Rinehart and Winston.			
2. Myers, D.G.(2010), “Social Psychology”, 10 th edition, New York. NY: McGraw Hill Education.			
3. Coon,D&Mitterer,J.O.(2007), “Introduction to Psychology: Gate ways to Mind and Behaviour”, 11 th edition, United States, Thomson Wordsworth.			
Mode of Evaluation: CAT / Assignment / Quiz / FAT / Project / Seminar			
Sample Project: Individual/ Group Project		CO: 1,2,3,4,5	
1.	Research projects on the topics adjustment, self-esteem, social perception, interpersonal communication, stress and Counselling		
Mode of evaluation: Review I, Review II and Review III			
Recommended by Board of Studies		17-06-2016	
Approved by Academic Council		No. 41	Date 17-06-2016