



Course Handout

Course No. : **GS F 232**

Course title : **Introductory Psychology**

Instructor-in-charge: : **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. A. K. Singh, “Tests, Measurements and Research Methods in Behavioural 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	Biological Bases of Behavior	Nervous System: Neurons as Building Blocks, Basic Structure and Functions, The Brain; The Brain and	T1: Chapter 2





		Human Behavior; Heredity and Behavior: Genetics & Evolutionary Psychology	(40- 81)
3	Sensation & Perception: Making Contact with the World around us; Cognition: Thinking, Deciding & Communicating	Sensation: The Raw Materials for Understanding; Vision; Hearing; Touch, Smell and Taste; Perception; The Plasticity of Perception, Extrasensory Perception Thinking: Forming Concepts and Reasoning to Conclusions; Making decisions; Problem Solving; Language: The Communication of Information	T1: Chapter 3 (82- 127) T1: Chapter 7 (246- 283)
4	Learning: How we're changed by Experience	Learning: Classical Conditioning, Operant Conditioning, Observational Learning, Social Cognitive Learning Theories	T1: Chapter 5 (166- 200)
5	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)
6	Motivation	Motivation; Theories of Motivation; Motives & Motivation- Hunger, Aggression, Achievement; Extrinsic and Intrinsic Motivation	T1: Chapter 10 (368- 395)
7	Emotions	Emotions: Their Nature, Expression & Impact	T1: Chapter 10 (395- 409)
8	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)
9	Personality: Uniqueness and Consistency in the behaviour 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)
10	Health, Stress & Coping	Health Psychology; Stress- Causes, Effects and Control; Understanding and Communication our Health Needs; Behavioural and Psychological Correlates of Illness; Promoting Wellness: Developing a Healthier Lifestyle	T1: Chapter 13 (488- 503; 521- 529) T1: Chapter 13





			(504- 520)
11	Social Thought & Social Behaviour	Social Thought- Social Perception, Attribution, Social Cognition, Attitudes; Social Behavior- Prejudice & Discrimination, Social Influence, Attraction & Love, Leadership	T1: Chapter 16 (616- 658)
12	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)
RA^: Reading Assignment			

Reading Assignment:

Specific portions from different Chapters will be given as reading assignments in the class.

Evaluation Scheme:

Sl.no	Evaluation Component	DATE AND TIME	Weight age(%)
1	Mid Semester Test	-	30
2	Surprise Tests/Group Discussion/Assignment		30
3	Comprehensive Exam.	8/12 FN	40

- 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, Psychological Bulletin

Chamber Consultation Hour: To be announced in the class.

Instructor-in charge

