



BIRLA INSTITUTE OF TECHNOLOGY AND SCIENCE, Pilani
Pilani Campus
AUGS/ AGSR Division

SECOND SEMESTER 2020-21
COURSE HANDOUT

Date: 15.01.2021

In addition to part I (General Handout for all courses appended to the Time table) this portion gives further specific details regarding the course.

Course No : GS F 232
Course Title : Introductory Psychology
Instructor-in-Charge : Tanu Shukla
Instructor(s) :
Tutorial/Practical Instructors:

1. Course Description: The development of psychology as a science – individual and the environment; Nature, kinds and determinants of Perception; Biological bases of behavior; 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.

2. 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.

3. Text Books:

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

4. 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

5. Course Plan:

Module No.	Lecture Session	Reference	Learning outcomes
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	Conceptual understanding of Psychology and its application. Familiarity with the major approaches, fields and sub-fields of psychology
2	Biological Bases of Behavior Nervous System: Neurons as Building Blocks, Basic Structure and Functions, The Brain; The Brain and Human Behavior;	T1: Chapter 2 (40- 81)	Describing the basic structure and function of the nervous system and the connection between the brain and human behavior



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	Heredity and Behavior: Genetics & Evolutionary Psychology		Explaining how nature, nurture and epigenetics influence behavior.
3	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 Cognition: Thinking, Deciding & Communicating 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)	Understanding concept of sensation and perception Exploring the basics of vision, hearing and tactile sensations. Knowledge of human thought processes Insights into problem solving strategies
4	Learning: How we're changed by Experience Learning: Classical Conditioning, Operant Conditioning, Observational Learning, Social Cognitive Learning Theories	T1: Chapter 5 (166- 207)	Critical reflection on various theories of learning.
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)	Conceptual understanding of memory, types and its application. Critical reflection on various theories of memory. Application of memory enhancing strategies and methods
6	Motivation Motivation; Theories of Motivation; Motives & Motivation- Hunger, Aggression, Achievement; Extrinsic and Intrinsic Motivation	T1: Chapter 10 (368- 395)	Understanding of various determinants of motivation. Self-inquiry and assessment of one's own motivation and performance.
7	Emotions Emotions: Their Nature, Expression & Impact	T1: Chapter 10 (395)	Drawing upon current theories of emotion to explain the nature of behavior, emotion, and mental processes



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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)	Identify, describe, and classify the major theoretical perspectives and key concepts Strategies to increase emotional intelligence
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)	Conceptual familiarity and critical reflections on various theories of personality.
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)	Conceptual understanding of the concepts Ability to identify everyday stressors and coping mechanisms. Knowledge of negative physiological responses to stress
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)	Recognize the aspects of social psychology, attributions. Critical reflections on psychological experiments in social psychology Students will recognize, understand, and respect the complexity of sociocultural and individual differences
12	Research Methods in Psychology	T1: Chapter 1 (19- 34)	Describe and apply scientific method to psychology



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	Psychology & the Scientific Method; Research Methods in Psychology- Observation, Correlation, Experimentation Method; Issues in Psychological Research		Understanding of the basic elements of a statistical investigations and research methods Ability to interpret, design, and conduct basic psychological research
	RA^: Reading Assignment		

Reading Assignment:

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

6. Evaluation Scheme:

Component	Duration	Weightage (%)	Date & Time	Nature of component (Close Book/ Open Book)
Mid-Semester Test	90 Min.	30		
Comprehensive Examination	3 h	40		
Assignment		30		

7. Notices: Notices will be uploaded on Nalanda

8. Note:

- 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

Instructor-in-charge

Course No.