



DHRUBA CHAND HALDER COLLEGE

(FORMERLY DAKSHIN BARASAT COLLEGE)

ESTD. - 1965

A NAAC Accredited Degree College Affiliated to University of Calcutta

P.O. - Dakshin Barasat Dist. - South 24 Parganas West Bengal Pin - 743372

E-mail: dchcollege@yahoo.com, Website: www.dchcollege.org

Phone: (03218) -222550 (Prin.) /223-668 (Off.)

Ref. No.

Date

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DEPARTMENT OF PSYCHOLOGY

Programme Specific Outcomes

After undergoing this programme the students will be able to:

PSO 1: Understand the basic concepts of field of psychology, to form an elementary idea about different important psychological processes and their application in everyday life.

PSO2: Understand the basic concepts of social psychology and form an idea about how an individual functions in society.

PSO 3: Understand the concept of abnormality of behavior, to form an idea about different psychological disorders, their causal factors and their treatment mode.

PSO4: Understand different concepts in statistical data analysis, computation of basic statistical measures, to form an idea about psychological testing and its characteristics.

PSO5: Understand the process of human development from conception to end of life in physical, psychological and social domains.

PSO6: Understand different concepts of health psychology and to form an idea about well being and health enhancing behaviours.

PSO7: Understand the basic concepts of industrial and organizational psychology and to understand the application of psychology at work place.

PSO8: Understand the basic concepts, processes and techniques of counseling and their application.

PSO 9: Understand the basic nature of stress, its relation to health and methods of coping with stress.

PSO10: Understand the principles of social psychology and their application in different areas life.

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PSO11: Understand the concepts related to human resource management.

PSO12: Understand the concepts related to emotion and emotional competency

COURSE OUTCOME FOR GENERAL COURSE

Semester I: CC1: FOUNDATIONS OF PSYCHOLOGY

After completing the course the students will be able to :

- a. Get an overall idea about psychology as an independent discipline, its nature, subject matter, methods origin and development and status of psychology as a scientific discipline
- b. Get a general understanding of basic cognitive processes:
 - i. Perception: Nature of perception and laws of perceptual organization
 - ii. Learning: Nature of learning, classical conditioning, instrumental conditioning, observational learning
 - iii. Memory: Nature of memory, memory processes, Information Processing Model, techniques of improving memory
- c. Get an idea of nature of phenomena of:
 - i. Emotion: a brief overview of phenomenon of emotion, physiological substrates of emotion, types of key emotions
 - ii. Motivation: a brief overview of nature of motivation, different biogenic and psychogenic motives
- d. Get a general idea of nature of personality, brief overview of Freudian theory of personality and Allport's theory of personality
- e. Get a general idea of nature of intelligence, Spearman's theory of intelligence and Gardener's theory of intelligence

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Practicum:

Experiment on Memory: Effect of whole method of learning vs part method of learning on memorization

Test/ assessment of intelligence: Administration of a Culture Fair Test – J.C. Raven's Standard Progressive Matrices (SPM)

Semester II:CC2: INTRODUCTION TO SOCIAL PSYCHOLOGY

After completing the course the students will be able to:

- Get an overall idea about social psychology and its scope
- Get an overview of origin and development of social psychology with special emphasis on India
- Get an idea about levels of social behavior and approaches towards understanding social behaviour
- Get an understanding of attitude-its formation, change and resistance to change
- Get an understanding of the Interpersonal processes of Attraction, Prosocial behavior and Aggression
- Get an idea about group dynamics: Structure of group, Function of group, Types of group, Cooperation and conflict

Practicum:

- Determination of **group cohesiveness** of a small group by sociometric method
- Determination of **influence of group** on social behaviour

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Semester III: CC3: PSYCHOLOGICAL DISORDERS

After completing the course the students will be able to:

- Get a understanding of the concept of abnormality, criteria of abnormality and difference of normality and abnormality in behavior
- Get an idea about International Classificatory system of Psychiatric Disorders (only Diagnostic and Statistical Manual of Mental Disorders-DSM 5)
- Get an idea about different theoretical perspectives of abnormal behavior. The important perspectives include Biological Perspective, Psychosocial Perspective, Behavioural Perspective, Cognitive Perspective and Psychodynamic Perspective.
- Get an idea about clinical features of different psychological disorders. The psychological disorders included are Generalised Anxiety Disorders, Obsessive Compulsive Disorder, Major Depression, Bipolar I Disorder and Schizophrenia.

Practicum:

- Assessment of **anxiety** using State Trait Anxiety Inventory
- Assessment of **stress** using Perceived Stress Scale

Semester IV: CC4: STATISTICAL METHODS AND PSYCHOLOGICAL RESEARCH

After completing the course the students will be able to:

- Get an understanding of Scales of measurement: Nominal, Ordinal, Interval and Ratio
- Get an understanding of Frequency polygon, Histogram, Bar diagram and Pie Chart and represent the same in graph
- Get an understanding of Measures of Central Tendency: Mean, Median and Mode along with mathematical computation of the same.
- Get an understanding of Measure of Variability (only Standard Deviation) along with mathematical computation of the same.

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e. Get an understanding of Correlation (Pearson Method) along with mathematical computation of the same.

f. Get an understanding of Psychological Testing, Characteristics of Psychological Testing and types of Psychological Tests

g. Get an understanding of Reliability, Validity, Norms and Standardization of Psychological Test.

h. Get an idea about difference between qualitative and quantitative methods

i. Get an idea about application of Interview in qualitative method

Practicum:

1. Assessment of Personality using Kundu's Neurotic Personality Inventory

2. Computation of Central Tendency Measures, Variability Measure (only Standard Deviation) and Rank Difference Correlation

Discipline Specific Elective Group A (DSE 1A-taught only in Semester V):

DSE1A has two options: Either Life Span Development or Health and Well Being

• DSE1A : LIFE SPAN DEVELOPMENT

a. Get an understanding of nature of life span development, different theoretical perspectives of life span development and methods of studying lifespan development.

b. Get an idea about patterns of physical development from conception till end of life.

c. Get an idea about cognitive development with an emphasis on Piagetian perspective

d. Get an understanding of cognitive changes in old age

f. Get an understanding of moral development

g. Get an understanding of emotional development

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Practicum:

1. Assessment of **Attachment Style** using Attachment Style Questionnaire by Collins and Read (1990)].

- DSE1A: HEALTH AND WELL- BEING

- Get an understanding of health psychology, its goals and components
- Get an idea of relationship between mind and body as well as health and psychology
- Get an idea of positive psychology in health
- Get an idea of concepts of wellbeing and life satisfaction
- Get an idea of role of affect in wellbeing
- Get an understanding of stress ,its causes, consequences and ways of coping with stress
- Get an idea of role of stress in illness
- Get an idea of stress caused by pain
- Get an overview of health enhancing behaviours: Life skills, physical and psychological factors of wellbeing

Discipline Specific Elective Group B (DSE 1B-taught only in Semester VI):

DSE1B has two options: Either **Industrial/Organisational Psychology or Counselling Psychology**

DSE1B: INDUSTRIAL/ORGANISATIONAL PSYCHOLOGY

- Get an understanding of concepts of industry and organization
- Get an idea of Industrial/Organisational Psychology and its current status with emphasis on its status in Indian context.
- Get an understanding of different work related attitude: job satisfaction, organizational commitment, organizational citizenship behavior and work engagement

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- d. Get an understanding of theories and applications of work motivation and its Indian perspectives
- e. Get an understanding of leadership in organization with emphasis on contemporary perspectives
- f. Get an understanding of cross cultural leadership
- g. Get an idea of leadership in Indian context

Practicum:

Assessment of **Intrinsic and Extrinsic motivation** using Work Motivation Questionnaire

DSE1B: COUNSELLING PSYCHOLOGY

- a. Get an understanding of the concept of counseling and goals of counseling
- b. Get an understanding of process of counseling
- c. Get an idea of relationship between counselor and counselee
- d. Get an overview of approaches to counseling: Psychodynamic, Behavioural, Person Centered and Cognitive Behavioural approach
- e. Get an idea of role of play, meditation, yoga and relaxation techniques in counseling
- f. Get an idea of family counseling, school counseling and career counseling

Practicum:

1. Assessment of empathy using Hogan's Empathy Scale (1969).

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SKILL ENHANCEMENT ELECTIVE COURSE GROUP A (SEC1A-taught only in Semester V):

Skill Enhancement Elective Course Group A has two options: Either **Managing Stress** or **Applications of Social Psychology**

SEC 1A: MANAGING STRESS

- Get an understanding of nature of stress, sources of stress, symptoms of stress and methods of coping with stress.
- Get an understanding of methods of managing stress –problem focused and emotion focused approaches.
- Get an understanding of role of yoga, meditation and relaxation techniques in managing stress.

SEC 1A: APPLICATIONS OF SOCIAL PSYCHOLOGY


- Get an understanding of Importance of application of social psychological knowledge .
- Get an understanding of application of social psychology with emphasis on health and environment, population, law and work.
- Get an idea of interventions of social psychology.
- Get an idea of case studies of social psychology in Indian context.

SKILL ENHANCEMENT ELECTIVE COURSE GROUP A (SEC1B-taught only in Semester VI):

Skill Enhancement Elective Course Group B has two options: Either **Managing Human Resources** or **Developing Emotional Competence**

SEC1B: MANAGING HUMAN RESOURCES

- Get an understanding of human resource management and human resource development
- Get an understanding of Strategic Human Resource management and International human resource management
- Get an understanding of different cross cultural issues of human resource management


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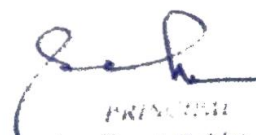
- d. Get an understanding of different human resource practices: job analysis, job selection, training and performance evaluation

SEC1B: DEVELOPING EMOTIONAL COMPETENCE

- a. Get an understanding of importance of emotion, importance of managing one's emotions and importance of recognizing and understanding emotions in oneself and others
- b. Get an understanding of Emotional Quotient
- c. Get an understanding of different competencies of Emotional Quotient: self awareness, self regulation, motivation, empathy and interpersonal skills

Mapping of CO & PSO:

| CO | PSO 1 | PSO 2 | PSO 3 | PSO 4 | PSO 5 | PSO 6 | PSO 7 | PSO 8 | PSO 9 | PSO 10 | PSO 11 | PSO 12 |
|------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|-----------|-----------|-----------|
| CC1/GE1 | ✓ | | | | | | | | | | | |
| CC2/GE2 | | ✓ | | | | | | | | | | |
| CC3/GE3 | | | ✓ | | | | | | | | | |
| CC4/GE4 | | | | ✓ | | | | | | | | |
| DSE1A | | | | | ✓ | | | | | | | |
| DSE1A(Alt) | | | | | | ✓ | | | | | | |
| DSE1B | | | | | | | ✓ | | | | | |


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|------------|--|--|--|--|--|--|--|--|---|---|---|---|---|
| DSE1B(Alt) | | | | | | | | | ✓ | | | | |
| SEC1A | | | | | | | | | | ✓ | | | |
| SEC1A(Alt) | | | | | | | | | | | ✓ | | |
| SEC1B | | | | | | | | | | | | ✓ | |
| SEC1B(Alt) | | | | | | | | | | | | | ✓ |


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