SOPHIA COLLEGE

(AUTONOMOUS)

Affiliated to the University of Mumbai

Syllabi for Semesters I to VI

Program: B. A.

Course: FYBA Psychology 2020-2021
Revised Syllabi for Psychology Core Courses (Major Elective) at the F.Y.B.A.
Choice Based Credit System (CBCS)
Brought into force with effect from the academic year 2020-2021

Objectives:
1. To enable students to gain knowledge of the basic concepts and modern trends in Psychology.
2. To foster among students an interest in the subject of Psychology and to create a foundation for further studies in Psychology.
3. To increase student’s awareness of the applications of Psychological concepts in different areas of day to day life.

**Semester 1. Fundamentals of Psychology: Course Code SBAPSY 101**
(Credits = 3) 4 lectures per week

Unit 1. The science of Psychology
a) The history of Psychology.
b) The Field of Psychology Today.
c) Scientific research.
d) Ethics of Psychological Research.
e) Applying Psychology to Everyday life.

Note – As an important development, the subtopic ‘Psychology in India’ should be taught in brief; (questions will not be set on this sub-topic in the semester-end examination)

Unit 2. The Biological Perspective.
a) Neurons and Nerves : Building the Network.
b) An overview of the Nervous System.
c) Distant connections: The Endocrine Glands.
d) Looking inside the Living Brain.
e) From the Bottom up: The structures of the Brain.
f) Classic studies in Psychology.
g) Applying Psychology to Everyday life.

Unit 3. Learning
a) Definition of Learning.
b) Classical conditioning and Operant conditioning
c) Cognitive learning Theory.
d) Observational Learning.

Unit 4. Memory
a) What is memory?
b) The Information Processing Model: Three Memory Systems.
c) Retrieval of Long–term Memories.
d) Forgetting.
e) Neuroscience of memory.
f) Applying Psychology to Everyday life.

**Semester 2. Fundamentals of Psychology: SBAPSY 102**

(Credits = 3) 4 lectures per week

Unit 1. Cognition: Thinking, Intelligence and Language.
a) How People think.
b) Intelligence.
c) Language
d) Applying Psychology to Everyday life.

Unit 2. Motivation and Emotion.
a) Approaches to understanding Motivation.
c) Emotion.
d) Culture and Emotions.
e) Applying Psychology to Everyday life.

Unit 3. Theories of Personality.
a) Psychodynamic Perspective.
b) Psychoanalysis in the East.
c) The Behavioural and Social Cognitive View of Personality.
d) The Third Force: Humanism and Personality.
e) Trait Theories: Who are you?
f) Modern Trait Theories: The Big Five and current thoughts on the trait Perspective.
g) Personality: Genetics and Culture.
h) Assessment of Personality.
i) Applying Psychology to Everyday life.

Unit 4. Statistics in Psychology.
a) What are Statistics?
b) Descriptive Statistics.
c) Inferential Statistics.
**Book for Study**


**Additional Books for Reference**