



Mahatma Gandhi University

Kottayam

Programme	BSc (Hons) PSYCHOLOGY					
Course Name	PSYCHOLOGY AS A PROFESSION					
Type of Course	DSC					
Course Code	MG2DSCPSY100					
Course Level	100					
Course Summary	The course offers a comprehensive exploration of psychology's evolutionary framework as a science and acquaints students with the diverse professional avenues within the field. Additionally, it provides insight into navigating life's myriad challenges through evidence-based psychological approaches.					
Semester	2	Credits			4	Total Hours
Course details	Learning Approach	Lecture	Tutorial	Practical	Others	75
		3		1		
Pre-requisites, if any						

CO No.	Expected Course Outcome	Learning Domains *	PO No
1	Understand various foundational theories and evolution of Psychology	U&I	1, 2
2	Understand and analyze Psychology as a scientific discipline	U, An	1, 2

3	Integrate knowledge from different modules to analyze and solve everyday problems using psychological principles	A & An	2
4	Understand and appreciate psychology from both theoretical and professional perspectives	U & Ap	1, 2, 8
5	Understand various life challenges and the role of psychologist to effectively handle those	U, An, C	1, 2, 6, 4
6	Comprehensive understanding of the psychological first aids and life skills to face daily life challenges	U, A, S	1, 2, 6
*Remember (K), Understand (U), Apply (A), Analyse (An), Evaluate (E), Create (C), Skill (S), Interest (I) and Appreciation (Ap)			

COURSE CONTENT

Content for classroom transaction (Units)

Module	Units	Course description	Hrs	CO No.
1	Module 1: The Science of Psychology		15	
	1.1	What is Psychology? Definition and Nature of psychology Goals of Psychology: Description, Explanation, Prediction and Control	3	1, 2
	1.2	Philosophical origin of Psychology Early western and Greek thoughts: Plato, Aristotle and Socrates. Major ideas of Descartes, Locke Structuralism, Functionalism, Behaviourism, Psychoanalysis, Gestalt psychology. Humanistic, Cognitive, Evolutionary, Biological, Sociocultural. Psychology in India: Philosophical origin; Personality psychology trigunas and tridoshas	8	1, 2
	1.3	What is not Psychology; Pseudo Psychology and critical thinking: Palmistry, Astrology, Graphology, Ouija board etc. Parapsychology: ESP, Telepathy, Precognition, Psychokinesis, Clairvoyance, Near Death Experience	4	1, 2
	Module 2: Psychology as a profession		15	
	2.1	Abnormal Psychology, Developmental Psychology (child, female and any other), Organizational Behaviour, Experimental Psychology, Comparative	10	3, 4

2		Psychology, Personality Psychology, Cognitive psychology, Evolutionary Psychology, Forensic Psychology, Military Psychology, counselling Psychology, Health Psychology, Neuropsychology, Community Psychology, Geriatric Psychology, Sports Psychology, Legal Psychology, Educational Psychology, Cross Cultural Psychology, Psycho oncology, Traffic Psychology (explain the various fields in detail)		
	2.2	Mention professions in the field of Psychology (<i>Each field has to be presented in detail such as its nature, employability, challenges etc.</i>)	5	3, 4
Module 3: Life challenges and Handling life challenges			15	
3	3.1	Life challenges- Childhood (separation anxiety, stranger anxiety, entering the school), Adolescents (Change in body, relationships, sexual orientation), Adulthood (employability, marriage, relationships, childbirth), Old age (retirement, health, death of spouse)	5	5
	3.2	What is Psychological First Aid, 7 themes, for whom is PFA? How is PFA provided? Who delivers it? Do's and Don'ts in PFA Action principles - Look, Listen and Link.	5	5
	3.3	Life skills- WHO	2	6
	3.4	Helping skills- Core Condition of Helping Speaking and listening skills (Active listening - The importance of listening, Difference between listening and hearing, ROAR, Obstacles to listening) Nonverbal communication Professional ethics	3	6
Module 4: Practicum			30	
4	4.1	Field visit reports – each student shall individually or in group visit an institution and identify the challenges in each field (minimum three fields) in discussion with the experts in the field.		5
5	Teacher Specific Content:			

<p>Teaching and Learning Approach</p>	<p align="center">Classroom Procedure (Mode of transaction)</p> <p>Direct Instruction: Brain storming lecture, Explicit Teaching, E-learning, interactive Instruction: Active co-operative learning, Group Assignments, Library work and Group discussion</p> <p>Presentation by individual student/ Group representative (of the field report)</p>
<p>Assessment Types</p>	<p>MODE OF ASSESSMENT</p> <p>A. Continuous Comprehensive Assessment (CCA) 30 Marks</p> <p>Internal Test – One MCQ based and one extended answer type</p> <p>Seminar Presentation – Theme of seminar is to be discussed and identified with teacher.</p> <p>Assignment</p> <p>Assessment- The Assessment work should be demonstrated and monitored by the faculty.</p> <p>(Any tasks must be submitted. It can be selected from the above-mentioned assessments or any other tasks that suit the course.)</p>
	<p>B. Semester End examination</p> <p>Essay type question – 2 out of three (15 marks each)</p> <p>Short essay type – any 4 out of six (5 marks each)</p> <p>Short answer type – any 5 out of seven (2 marks each)</p> <p>MCQ/One word/ Match the following/Fill in the blanks – 10 questions (1 mark each)</p> <p>Total marks – 70</p>

References

Baron, R.A. & Misra, G. (2014). *Psychology*, 5thed. New Delhi: Pearson Education, Ch. 1.

Ciccarelli, S. K., & Meyer, G. E. (2008). *Psychology*, South Asian ed. New Delhi: Pearson, Ch. 1.

Everly Jr, G.S. & Lating, J. M. (2017). *The Johns Hopkins Guide to Psychological First Aid*. Baltimore: Johns Hopkins University Press (1st, 2nd and 3rd Modules)

Lopez, S.J., Pedrotti, J.T. & Synder, C.R. (2015). Positive Psychology: The Scientific and Practical Explorations of Human Strengths (3rd ed.). New Delhi: Sage Publications.

Sekhar, K. (2023). National Disaster Mangement Training Module: Psychosocial First Aid. NIMHANS, NDMA. (1st and 4th Module)

SUGGESTED READINGS

Cache (2020). Certificate in understanding mental health first aid and mental health advocacy in the workplace-Workbook. Spennymoor: Learning Curve Group.

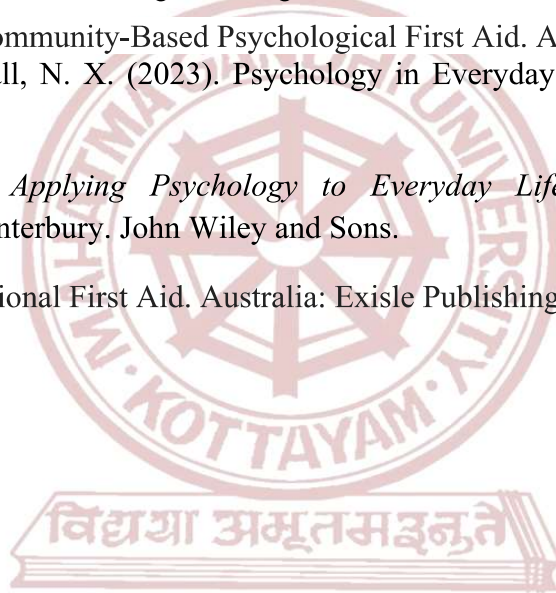
Hoeksma, S.N., Fredrickson, B.L., Loftus, G.R. and Lutz, C. (2015) Introduction to Psychology. New Delhi: Cenag Learning India Pvt. Ltd.

Jacobs, G. A. (2016). Community-Based Psychological First Aid. Amsterdam: Elsevier

Myers, D. G., & DeWall, N. X. (2023). Psychology in Everyday Life (6th ed.). McMillan Learning.

Strongman, K.T. (2006). *Applying Psychology to Everyday Life: A Beginner's Guide*. University of Canterbury. John Wiley and Sons.

Winch, G. (2013). Emotional First Aid. Australia: Exisle Publishing



MGU-UGP (HONOURS)

Syllabus