



Institute: Symbiosis School for Liberal Arts

Course Name: Psychology (Major/Minor)

Introduction:

Symbiosis School for Liberal Arts offers Psychology as a major or minor subject that can be taken up by students during their time here. The Psychology major consists of ten papers whereas the Psychology minor consists of the first six papers.

These are:

1. Introduction to Psychology
2. Developmental Psychology
3. Social Psychology
4. Behaviour in Organisations
5. Psychological Assessment
6. Cognitive Psychology
7. Major Theories in Psychology
8. Psychopathology
9. Counselling and Psychotherapy
10. Contemporary Studies and Dissertation in Psychology



Name of Institute: Symbiosis School for Liberal Arts

Course Name: Psychology Major/Minor Paper 1: Introduction to Psychology

(UG/PG): UG, Semester 3

Number of Credits: 4 (60 Hrs)

Level: 2

Course Description:

The first major/minor paper of Psychology, 'Introduction to Psychology' is designed with the aim of demonstrating the general understanding of the history and trends in the field of psychology. Students are made to demonstrate a framework of psychological enquiry, leading to further understanding of the human brain and human behaviour. Various pedagogies such as class discussions, recap leads, experimental activities, etc. are used for a clear understanding of the basics of the field.

The topics covered in this course include the basic history and schools of psychology, biological basis, memory, perception, personality, attitude, psychological assessments, and ethics.



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Course Name: Psychology Major/Minor Paper 2: Developmental Psychology

(UG/PG): UG, Semester 4

Number of Credits: 4 (60 Hrs)

Level: 3

Course Description:

This course gives a comprehensive overview of human psychological development, from the prenatal stage to adulthood. It includes key developmental theories by major psychologists, and also discusses cultural influences on psychological development. It breaks down ‘development’ into stages and categories, such as prenatal, infancy, and puberty, for a better understanding of the concepts, thus enabling the students to identify and describe theories, methods, and findings of developmental sciences. It also enables the students to draw upon experience from their own lives that coincide with the theories.



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Course Name: Psychology Major/Minor Paper 3: Social Psychology

(UG/PG): UG, Semester 5

Number of Credits: 4 (60 Hrs)

Level: 3

Course Description:

This course is designed in a manner that enables the students to analyse various real life solutions. Starting off from the self-concept, it provides a comprehensive overview of the broader social and psychological phenomena. It includes the history, theories, and research methods specific to social psychology.

This course also encompasses the concepts of biases, prejudices, effects of cultural diversity on human nature, persuasion, conformity, and many other landmark concepts of social psychology.



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Course Name: Psychology Major/Minor Paper 4: Behaviour in Organisations

(UG/PG): UG, Semester 6

Number of Credits: 4 (60 Hrs)

Level: 3

Course Description:

This course is designed in such a way that it will provide an overview of the psyche in organisations (individual or group) and organisational issues as well, resulting in a deeper understanding of the world business. It will the students to appraise different organisational structures, compare and contrast various areas of organisational psychology, and identify, examine, and appreciate leadership training in organisations.

It covers various concepts and theories of organisational behaviour, organisational communication, employee motivation, and leadership in organisations. Being an emerging field, the paper is mainly taught through discussions, in-class exercises, and academic readings.



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Course Name: Psychology Major/Minor Paper 5: Psychological Assessment

(UG/PG): UG, Semester 7

Number of Credits: 4 (60 Hrs)

Level: 4

Course Description:

This course concentrates on intelligence and personality assessments. It is aimed towards providing the nature, scope, and history of psychological testing, along with the practical administration of various projective and objective tests. Moreover, it familiarises the students with the clinical characteristics of widely used psychometric tests, and more importantly, provides the ethical and moral codes of conducting psychological testing, along with their risks and precautions.

This course also enables the students to examine and understand, the theoretical, ethical, and professional issues related to psychological assessment.



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Course Name: Psychology Major/Minor Paper 6: Cognitive Psychology

(UG/PG): UG, Semester 8

Number of Credits: 4 (60 Hrs)

Level: 3

Course Description:

This course involves an intensive study of human cognition- how we perceive information and events, interpret them, learn, remember, use language, make decisions, and other cognitive abilities and applications. Apart from providing an overview of the fields in cognitive psychology, it also provides a closer study of many interesting aspects of cognition, such as thinking, decision making, problem solving, and conscious and unconscious thoughts.

This course also looks into the findings of major researches in the field of cognitive psychology, enables the students to experience some of the basic phenomena studied in it via laboratory experiments and demonstrations, and identifies the main academic fields and other subdisciplines of psychology with which cognitive psychology is tied.



Name of Institute: Symbiosis School for Liberal Arts

Course Name: Psychology Major Paper 7: Major Theories in Psychology

(UG/PG): UG, Semester 5

Number of Credits: 4 (60 Hrs)

Level: 3

Course Description:

This course provides an introduction to a broad range of theories and research methods in understanding personality. The various theories are taught through the research methodologies used to investigate them, and this link between theories and research methods is a major theme throughout this course, as the theories that personality psychologists hold greatly influence the types of research strategies they use.

It also gives the students an overview of the philosophical assumptions that underlie major theories of personality, and teaches them to apply these theories in their future careers in psychology.



Name of Institute: Symbiosis School for Liberal Arts

Course Name: Psychology Major Paper 8: Psychopathology

(UG/PG): UG, Semester 6

Number of Credits: 4 (60 Hrs)

Level: 4

Course Description:

The course 'Psychopathology' or abnormal psychology, is designed to familiarise students with major psychological problems and disorders, and offer them an understanding of different theoretical and cultural perspectives of aetiology. Based on this understanding, it enables the students to develop intervention and prevention strategies for psychological disorders. It also covers analysis and interpretation of research in the field of abnormal psychology.



This course introduces primary concepts and builds them up to DSM IV. The disorders included in this paper are learning disability, mental retardation, anxiety disorders, depressive disorders, sexual dysfunctions, substance use disorders, and personality disorders.

Name of Institute: Symbiosis School for Liberal Arts

Course Name: Psychology Major Paper 9: Counselling and Psychotherapy

(UG/PG): UG, Semester 7

Number of Credits: 4 (60 Hrs)

Level: 4

Course Description:

This course deals with counselling and therapy separately, with proper attention given to introductory concepts of psychotherapy, and then moving on to various therapy practices, its approaches, models, techniques, and ethical considerations. It also equips the students with the



skills of current professional researches and practices in the field, so that they can begin to develop their own personal models of counselling.

The sub topics that this course covers are theories of counselling, family counselling, vocational counselling, counselling techniques, therapy, therapeutic skills, case studies, and ethical and personal issues in practice.

Name of Institute: Symbiosis School for Liberal Arts

Course Name: Psychology Major Paper 10: Contemporary Studies and Dissertation in Psychology

(UG/PG): UG, Semester 8

Number of Credits: 4 (60 Hrs)

Level: 4

Course Description:



Taught in a more seminar oriented style, this course is aimed towards engaging students in research on contemporary issues in the field of psychology. This course plays an instrumental role in developing the student's own research projects, and further refining them. It also imparts skills that the students will need, to orally defend their thesis proposals.

Moreover, this course helps the students to formulate their academic researches with all its instruments, consisting of an introduction, method, data analysis / expected results, potential implications, references, appendices, and IRB / IACUC Protocol.