



NABAGRAM HIRALAL PAUL COLLEGE

ESTD. - 1957

Affiliated to the University of Calcutta
Reaccredited by NAAC with a CGPA of 2.70 at B+ Grade

Ref. No. :

Date :

DEPARTMENT OF PSYCHOLOGY COURSE OUTCOME Multidisciplinary Course (MDC) & Minor course under NEP-2020

Semester		Unit	Course Outcome
Semester-1 Minor/MDC Introduction to psychology	Theory	Unit- 1	(a) To understand the nature, scope and branches of Psychology, & To learn about different research methods like Observation, Experimentation, Interview, Field Study, Correlational Method
			(b) To gain knowledge regarding brief concepts of Schools of Psychology mainly- Structuralism, Behaviourism, Gestalt
			(c) To understand the need for quantification in Psychology, Levels of Measurement.
			(d) To gain knowledge regarding different variables and their classifications, Independent, Dependent and Controlling.
		Unit-2:	(a) To attain knowledge regarding the Attentional Processes: Nature of Attention, Determinants of Attention, Shift, Oscillation, Fluctuation and distraction, theories of attention
			(b) To understand the concept of Sensation and Perception mainly an introduction to Psychophysics, the Concept of sensory thresholds, Weber- Fechner Law, Classical Methods
			(c) To develop knowledge about the concept of Biological Foundation of Behaviour: Genetic basis, neuron, synapse and neurotransmitter; Reception of information through dendrites
		Unit-3:	(a) To introduce the students to how to represent the data and processing of data graphically mainly: (i) Tabulation, classification & frequency distribution of data; plotting Graph (Polygon, histogram & Ogive) and its advantage
			(b) To acquaint students with the Concept, types, uses, and measures of Central tendency and dispersion
			(c) To gain knowledge regarding the Normal Probability Curve
	Practicum		1. Fluctuation of Attention
			2. Reiz Limen


Principal
Nabagram Hiralal Paul College

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			3. Measures of Central tendency and dispersion. Graphical Representation: Frequency Polygon, Histogram and Ogive
SEC-A1 Managing Stress	Theory		To make them understand the nature of stress, main symptoms, and different sources of stressors. Stress and health: effects of stress on health, eustress
			Managing stress- Students will learn how they can engage in better coping styles during stressful situation and manage one's stress more effectively. Different methods of Managing stress: Methods - yoga, meditation, relaxation techniques, problem-focused and emotion focused approaches
	Practicum		1. On Anxiety-To determine the level of state and trait anxiety of the subject by administering the State and Trait Anxiety Inventory (Spielberger et al., 1970) 2. On Stress -To determine the perceived stress of the subject by administering the Perceived Stress Scale (Holmes & Rahe, 1967) 3. To determine the effect of Brief Relaxation on Perceived Stress (Pre and Post Design).
INTERDISCIPLINARY COURSE (IDC)	Theory		To understand the fundamentals of Organizational Behaviour and Human Resource Management their origins and developments. To help students understand the various processes and issues inherent in organizations related to human resources, the context of Globalization, role of culture in International human resource management.
	Practicum		Administration of Organizational Role Stress Scale


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DEPARTMENT OF PSYCHOLOGY
COURSE OUTCOME OF
(General Course -under CBCS)

Semester		Topic	Course Outcome
CC1/GE1 Foundations of Psychology	Theory	Unit- 1: Introduction	To introduce students to the basic concepts of psychological processes and their applications in everyday life. To understand the origin and development of psychology, Indian Psychology
		Unit-2: Cognitive processes	To gain knowledge regarding the various cognitive processes including information processing, memory, perception, laws of perceptual organization, the concept of learning, and different learning theories
		Unit-3: Motivation and Emotion	To understand the concept of biogenic and sociogenic motivation, different aspects of emotions, key emotions
		Unit-4 Personality and Intelligence	To understand the concept of personality and various theories of personality mainly Freud's and Allport's view on personality. To gain knowledge regarding the concept of intelligence and its theories.
	Practicum	1. Memory- Whole Vs Part Learning Method	To determine the effect of the whole vs part method of learning on the memorization capacity of a subject by changing the modality.
		2. Intelligence- Suitable Culture Fair Test (Raven's Progressive Matrices Test)	To assess the intelligence of the subject using the Suitable Culture Fair Test
CC2/GE2		Unit 1: Introduction	To gain an overview of the history of social psychology. To introduce learners to social


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Introduction To Social Psychology	Theory		cognition as to how individuals think, feel, and behave in social situations
		Unit 2: Individual level processes:	To develop knowledge about the concept of attitude formation, strategies for attitude change
		Unit 3: Interpersonal processes:	To develop an understanding of different phenomena of social interaction like interpersonal attraction, pro-social behaviour, aggression
		Unit 4: Group dynamics:	To gain an understanding of group – types, structure, nature and functions of group.
	Practicum	1.On Group Cohesiveness by Sociometric Method	To determine group cohesiveness of a small group by Sociometric method
		2. Influence of Group on Individual Behaviour	To determine the effect of group influence on problem-solving
CC3/GE3 Psychological Disorders	Theory	Unit 1: Basic Concepts:	To acquaint with the definition and criteria of abnormality, classification, and Diathesis Stress Model.
		Unit 2: Theoretical Perspectives	To introduce the various perspectives of the disorders mainly biological, familial, cultural, behavioral, cognitive, and psychodynamic perspectives.
		Unit 3: Clinical features:	To develop an understanding of the various psychological disorders and their clinical features
		Unit 4: Treatment of disorders:	To develop an understanding of the various treatment of psychological disorders mainly psychoanalytic therapy, behaviour therapy.
	Practicum	1.On Anxiety	To determine the level of state and trait anxiety of the subject by administering State and Trait Anxiety Inventory (Spielberger et al., 1970)
		2.On Stress	To determine the perceived stress of the subject by administering the Perceived Stress Scale (Holmes & Rahe, 1967)
CC4/GE4 Statistical Methods and	Theory	Unit 1: Introduction:	To acquaint students with the use of statistical methods in psychological research, introduce them to different scales of measurement, how to graphically represent the data and its advantage


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Psychological Research		Unit 2: Data analysis:	To gain an understanding of the application of the Measure of Central Tendencies, Variability, and Correlation
		Unit 3: Psychological Testing:	To introduce learners with the characteristics of psychological tests, needs for standardization of test - reliability, validity, norms, applications, & issues
		Unit 4: Qualitative methods -	To gain knowledge regarding the qualitative method and the application of interview in Qualitative Methods
	Practicum	1. Practical on Personality 2. Computation of Central Tendency, Variability Measures, Rank Difference Correlation	To determine the neurotic evidence of the subject by administering the Kundu Neurotic Personality Inventory (R. Kundu, 1987) To compute the mean, median, mode and standard deviation of the following grouped distribution
DSE-A1 Life Span Development	Theory	Unit 1: Introduction to life-span perspective	To develop understanding how human life unfolds from conception to late adulthood
		Unit 2: Physical development	To introduce the learners with the process of human physical development across the life span
		Unit 3: Cognitive development	To impart detailed understanding of different domains of human development – Cognitive, Social, Emotional, and Moral developmental.
		Unit 4: Socio-emotional development:	
	Practicum	1. On Attachment Style	To determine the attachment style of the subject by administering Adult Attachment scale (Collins & Reed, 1990)
DSE-B2 Counselling Psychology	Theory	Unit 1: Introduction	To develop an understanding of basic concepts, processes, techniques of Counselling
		Unit 2: Approaches	To introduce the learners with different approaches of counselling process


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		Unit 3: Techniques	To develop an understanding of different techniques used in psychological interventions- Play therapy, Relaxation, Yoga, Meditation.
		Unit 4: Applications:	To gain an understanding of counselling application based upon different kinds of demand and crisis situation- Family Counseling; School and Career Counseling
	Practicum	On Empathy	To determine the empathy of the subject by administering Hogan's Empathy Scale (Hogan, 1969).
SEC-A1 Managing Stress Sem-3/ Sem-5	Theory	Unit 1: Stress	To make them understand the main symptoms and different sources of stressors.
		Unit 2: Managing stress	Students will learn how they can engage in better coping style during stressful situation and manage one's stress more effectively.
SEC-B2 Developing Emotional Competence Sem-4/ Sem-6	Theory	Unit 1: Introduction:	To understand the concept of emotional intelligence, the importance of recognizing and understanding of own and others' emotions.
		Unit 2: EQ competencies	To learn ways of developing self-awareness, self-regulation, motivation, empathy, and interpersonal skills. To develop skills of managing one's emotions which will benefit their well-being.


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