

Program Outcome

The discipline of Psychology is aimed at introducing students to the fundamental processes underlying human behaviour. Students are exposed to various fields of psychology such as Developmental Psychology, Social Psychology, Abnormal Psychology and Counselling psychology. Practical applications of psychology are also demonstrated through experiments, service-learning and experienced through internships. Students are also made aware of the scientific nature of the discipline by engaging in research projects.

Program Objective:

Objectives of the programme- This programme intends to:

- To understand the dynamics of emotions and motivation. • To understand theoretical concepts of Human Intelligence.

- To analyse and relate the concepts of thinking, problem solving, reasoning and decision making to cognition

- To understand and classify the different types of Personality.

Programme outcomes: By the end of the programme, students will be able to

- Demonstrate knowledge and understanding of theory and research in the general domain of psychology.
- Compare and contrast the major perspectives in this field
- Apply the principles of psychology to real-life issues.
- Reason critically, write cogently, construct and deconstruct ideas and arguments, and verbalize opinions and judgments

Course Outcome & Course Attainment Report
II Semester (NEP) BA Psychology
Sindhi Degree College, Bangalore Central University

BA Psychology comprises of 6 semesters. The first and the second semester deals with General principles and application of psychology. The third and fourth semester contains elective papers in which students have a choice to either select Developmental psychology or Child psychology, Basic Social Psychology or Educational Psychology. The fifth and the sixth semester contains two compulsory papers that is Psychological Disorders and Industrial Psychology and with different electives to choose from: Health psychology, Counseling psychology, Research methodology and Psychological Assessments.

Second Semester NEP Psychology overview:

As per the new NEP syllabus, Bengaluru City university has incorporated a set of comprehensive syllabi set by the UGC in an effort to achieve continuity and effective learning outcomes for undergraduate programs in psychology. NEP has given rise to a novel dimension in fine tuning and accelerating the learning process of a student. Keeping this in mind emergence of LOCF (Learning Outcome-based Framework) has taken place.

In the present context the syllabus of Psychology (BA/BSc) is framed in such a way to gain fundamental and advanced knowledge of psychology along with enhanced skills. Further, preparing the students to get ready to meet the needs of job market.

The outcomes of the second semester psychology are as follows:

- Outcome 1: Evaluate and understand the different human emotions
- Outcome 2: Critically evaluate and identify determinants of motivation
- Outcome 3: Compare and contrast different theories of intelligence
- Outcome 4: Differentiate the human personalities
- Outcome 5: Experimental applications in real life

MODULES WITH EXPECTED STUDENT OUTCOMES

FOUNDATIONS OF BEHAVIOR- II

UNIT – I: Emotions

To cover,

- A) Meaning and definition,
- B) Classification of emotions- primary and secondary.
- C) Responses to emotions- physiological, behavioural, psychological and cognitive.
- D) Theories of emotions-physiological, neurological, cognitive.
- E) Emotional Intelligence- Meaning, definition, components. Application of emotional intelligence.

Expected Outcome:

- Students will be oriented towards different types of emotions that exists in the human behavior and will be guided through different theories that bring out the phenomena of emotions.
- Students will demonstrate emotional skills i.e awareness, management of self and others through the process of Emotional Intelligence.

Unit – 2: Motivation

To Cover,

- A) Meaning, definition, basic concepts
- B) Instincts, needs, drives, incentives, motivational cycle.
- C) Approaches to the study of motivation: psychoanalytical, ethological, s – r, cognitive, humanistic.
- D) Biological motives: hunger, thirst, sleep and sex.
- E) Social motives: achievement, affiliation, approval

Expected Outcome:

- Students will exhibit their knowledge to define motivation, instincts, needs, drives, incentives, and the motivational cycle.
- Students will be able to compare and contrast the different approaches to the study of motivation.
- Students will be able to apply the theories of motivation to real-life situations.
- Students will also be able to integrate the concepts of motivation with other related fields

Unit- 3: Intelligence***To Cover,***

- A) Meaning, Definition of intelligence, characteristics of intelligence. • Types- social, crystallized, emotional, fluid.
- B) Theories of Intelligence- Factor theories, hierarchical theories, process oriented theories, information processing theories.
- C) Educating Gifted children
- D) Assessment of intelligence- Indian tests for intelligence.
- E) The concept of intelligence quotient.

Expected Outcome:

- Students will be able to understand the meaning and principles of intelligence.
- Students will be able to identify historical trends, recent advances in the field of intelligence.
- Students will have strong theoretical background of the how's and what's of intelligence.
- Students will be able to identify, describe, and predict the extremes of intelligence: Mental retardation and Giftedness.
- Students will develop knowledge and understanding on the levels and importance of IQ
- Students will gain theoretical knowledge on calculating IQ.
- Students will be able to understand, identify, and apply principles of Emotional Intelligence.

Unit- 4: Thinking & Reasoning

To Cover,

- A) Introduction to cognition
- B) Introduction to Thinking and Problem Solving Process
- C) Elements of Thinking and Types of Thinking
- D) Creative and critical thinking : Meaning and types
- E) Concept Formation: Meaning , importance and process of concept formation
- F) Problem Solving: Meaning, importance, steps, and obstacles
- G) Reasoning and decision making

Expected Outcome:

- Students will be equipped with cognitive psychology that addresses many of the specialized functions of human beings
- The syllabus aims to develop the understanding of human thought process that is brought out by computer science and neurology
- To understand the fundamental process of reasoning, problem solving and thinking

Unit- 5: Personality

To Cover,

- A) Meaning, definition,
- B) Theories of personality- Type and trait, Dynamic, behavioural, Humanistic.
- C) Assessment of personality- Need. Rating scales, questionnaires, Projective techniques.

Expected Outcome:

- Students will demonstrate familiarity with the major concepts, theoretical perspectives, empirical findings, and historical trends in Personality.
- Students will be able to apply the theoretical foundations of personality into practice.

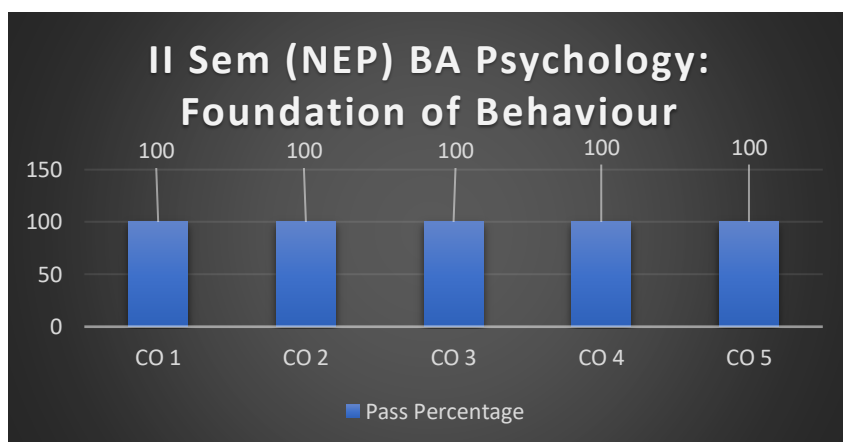
- Students will demonstrate familiarity with different measurement of personalities which is significant for their future careers in this field.
- The students will be thorough with the different principles of illusions that exist parallel to the natural phenomenon.

Course Outcome Attainment:

No of Students Appeared	19	19	19	19	19
No of Students Passes	19	19	19	19	19
No of Students failed	0	0	0	0	0
Pass %	100%	100%	100%	100%	100%

Overall Result Analysis

Total No of Students	21
No of Students Appeared	19
No of Students Absent	02
No of Students Passed	19
No of Students Failed	0
Pass %	100%



Program Outcome

The discipline of Psychology is aimed at introducing students to the fundamental processes underlying human behaviour. Students are exposed to various fields of psychology such as Developmental Psychology, Social Psychology, Abnormal Psychology and Counselling psychology. Practical applications of psychology are also demonstrated through experiments, service-learning and experienced through internships. Students are also made aware of the scientific nature of the discipline by engaging in research projects.

The program outcome for Social Psychology are the following:

- A) Knowledge of Social Psychological Theories and Processes: Students will have a thorough understanding of the key theories, concepts, and processes in social psychology, including social cognition, social influence, and intergroup relations.
- B) Research Skills: Students will have the skills to design, conduct, and interpret research studies in social psychology, including data collection, analysis, and interpretation, and the ability to apply statistical methods to draw valid conclusions.
- C) Cultural Competency: Students will have a deep understanding of the importance of cultural sensitivity and competence in social psychology, including an understanding of the impact of race, ethnicity, gender, sexual orientation, and other factors on human social behavior.
- D) Multidisciplinary Understanding: Students will have a broad, multidisciplinary understanding of the field of social psychology, integrating knowledge from psychology, sociology, anthropology, and related disciplines.
- E) Professional Competencies: Students will have the professional skills necessary to work in a variety of applied, research, and academic settings, including critical thinking, communication, and teamwork skills.
- F) Ethical and Social Responsibility: Students will have a deep understanding of the ethical and social implications of their work in social psychology, including informed consent, confidentiality, and the application of ethical codes and laws in their research and practice.
- G) Landing a right career opportunity for students

Course Outcome & Attainment Report

IV Semester Psychology

Sindhi Degree College, Bangalore Central University

BA Psychology comprises of 6 semesters. The first and the second semester deals with General principles and application of psychology. The third and fourth semester contains elective papers in which students have a choice to either select Developmental psychology or Child psychology, Social Psychology or Educational Psychology. The fifth and the sixth semester contains two compulsory papers that is Psychological Disorders and Industrial Psychology and with different electives to choose from: Health psychology, Counseling psychology, Research methodology and Psychological Assessments.

Fourth Semester Psychology overview:

Bangalore Central university has created a set of comprehensive syllabi in an effort to achieve continuity and effective learning outcomes for undergraduate programs in psychology.

The fourth semester Social Psychology was set in such way so as to cater to the students the below listed objectives:

- ❖ To acquire the foundations for better understanding of applied branches of social psychology.
- ❖ To Develop a working knowledge of social psychology's content domains
- ❖ To Use scientific reasoning to interpret social psychological phenomena
- ❖ To engage in innovative and integrative thinking and problem solving
- ❖ To have better understanding of human behavior which in turn improves their interpersonal skills

MODULES WITH EXPECTED STUDENT OUTCOMES:

SOCIAL PSYCHOLOGY

Unit-1- Introduction to Social Psychology

- A) Social Psychology-Definition and scientific nature
- B) Focus on the behavior of individuals
- C) Causes of social behavior and thought
- D) Advances in the boundaries

Expected Outcome:

- Students will gain an in-depth understanding of Social Psychology
- Students will be familiar with the different aspects of behavior of individuals
- Students will gain knowledge of various advances in the field of social psychology

Unit-2 – Social perception and social cognition

- A) Social perception
- B) Attribution-Definition and theories
- C) Social cognition- Heuristics and automatic processing

Expected Outcome:

- Students will show expertise in the different attribution theories that are vital to the social perception
- Students will exhibit knowledge on the various social cognition

Unit-3- Social Psychology and individuals

- A) Attitudes-Definition
- B) Social influence- Conformity –How groups and norms influence our behavior

- C) Compliance-Underlying principles and tactics to induce compliance
- D) Obedience-Destructive obedience and why it occurs.

Expected Outcome:

- Students will know the how's and the what's of attitudes
- Students will exhibit enormous knowledge in the distinctiveness of social influence
- Students will be able to describe how groups and norms influence behaviour.
- Students will be familiarized to evaluate the impact of social influence on attitudes and behavior.

Unit-4- Social psychology and groups

- a) Groups –Definition; Behavior in the presence of others-Social facilitation and social loafing
- b) Stereotypes Nature and origin-beliefs about social groups
- c) Prejudice-Definition; origins of prejudice; discrimination-prejudice in action; Techniques for countering the effects of prejudice
- d) Aggression-nature and definition; Causes; Prevention of aggression

Expected Outcome:

- Students will be able to define Define groups, social facilitation, social loafing, stereotypes, prejudice, discrimination, and aggression.
- Students will gain understanding on the concepts like prejudice, discrimination, and aggression and their implications for society.
- Students will demonstrate new strategies for preventing prejudice, discrimination, and aggression based on existing theories
- Students will assess the importance of understanding these concepts in shaping society.

Unit-5-Applications of Social Psychology

- a) Social sources of stress and their effects on personal well being
- b) Social tactics for decreasing the harmful effects of stress
- c) Fostering happiness in our lives

Expected Outcome:

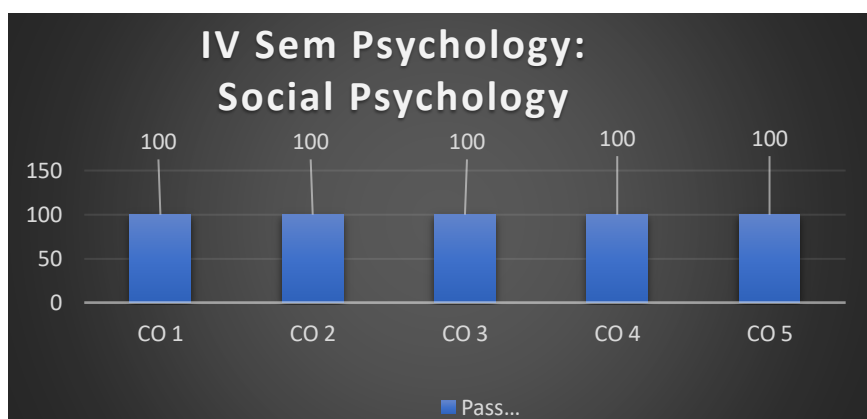
- Students will be familiarized with the concepts of social stress and their effects
- Students will gain understanding of social tactics
- Students will understand the meaning of happiness
- Students will be able to apply these principles and apply the same in real-life situations

Course Outcome Attainment:

Questions	CO 1	CO 2	CO 3	CO 4	CO 5
No of Students Appeared	07	07	07	07	07
No of Students Passes	07	07	07	07	07
No of Students failed	0	0	0	0	0
Pass %	100%	100%	100%	100%	100%

Overall Result Analysis

Total No of Students	8
No of Students Appeared	7
No of Students Absent	1
No of Students Passed	7
No of Students Failed	0
Pass %	100%



Program Outcome

The discipline of Psychology is aimed at introducing students to the fundamental processes underlying human behaviour. Students are exposed to various fields of psychology such as Developmental Psychology, Social Psychology, Abnormal Psychology and Counselling psychology. Practical applications of psychology are also demonstrated through experiments, service-learning and experienced through internships. Students are also made aware of the scientific nature of the discipline by engaging in research projects.

The following are the program outcomes for Industrial/Organizational Behavior:

- A) **Understanding of Workplace Dynamics:** Students will have a comprehensive understanding of the factors that impact employee behavior and satisfaction in the workplace, including motivation, job satisfaction, and organizational culture.
- B) **Knowledge of Organizational Behavior:** Students will have a thorough understanding of organizational behavior, including the relationships between employees, management, and the organization, and the impact of organizational structure, policies, and procedures on employee behavior and well-being.
- C) **Research and Data Analysis Skills:** Students will have the skills to design, conduct, and interpret research studies in I/O psychology, including data collection, analysis, and interpretation, and the ability to apply statistical methods to draw valid conclusions.
- D) **Application of Theories and Methods:** Students will have a deep understanding of the theories and methods used in I/O psychology, including the design and implementation of selection and performance assessment systems, training and development programs, and workplace interventions.
- E) **Ethical and Legal Issues:** Students will have a thorough understanding of the ethical and legal issues involved in the practice of I/O psychology, including the responsible use of psychometric tests, privacy, and confidentiality.
- F) **Multidisciplinary Understanding:** Students will have a broad, multidisciplinary understanding of the field of I/O psychology, integrating knowledge from psychology, business, sociology, and related disciplines.
- G) **Career Opportunities:** Students will be prepared for a variety of careers in academic, research, consulting, and corporate settings, where they can contribute to the improvement of the workplace and the success of organizations.

Course Outcome & Attainment Report

6th Semester BA Psychology

Sindhi Degree College, Bangalore Central University

BA Psychology comprises of 6 semesters. The first and the second semester deals with General principles and application of psychology. The third and fourth semester contains elective papers in which students have a choice to either select Developmental psychology or Child psychology, Social Psychology or Educational Psychology. The fifth and the sixth semester contains two compulsory papers that is Psychological Disorders and Industrial Psychology and with different electives to choose from: Health psychology, Counseling psychology, Research methodology and Psychological Assessments.

Sixth Semester Psychology overview:

Bangalore Central university has created a set of comprehensive syllabi in an effort to achieve continuity and effective learning outcomes for undergraduate programs in psychology.

The sixth semester psychology was set in such way so as to cater to the students the below listed objectives:

- ❖ To understand the workplace issues related to employees and employers and patients in a health setup
- ❖ To Develop a working knowledge of organizational behavior & health psychology
- ❖ To have solid understanding of research methods used in I/O Psychology and health psychology
- ❖ To engage in innovative and integrative thinking and problem solving
- ❖ Students will have a better understanding of the various career opportunities that are available.

MODULES WITH EXPECTED STUDENT OUTCOMES:

PAPER-7: Industrial/Organizational Psychology

Unit I: Introduction

- A) Definition, Goals, Forces and Fundamental Concepts -Nature of people and Nature of organization.
- B) History of Organizational Behavior
- C) Areas of Industrial Psychology; I-O Psychology as a career

Expected Outcome:

- Students will gain understanding of the fundamental concepts of forces, and goals of organizational behavior and the nature of people and organizations.
- Students will have an appreciation of the historical development of organizational behavior, including its evolution as a field of study.
- Students will have a better understanding of the various career opportunities in the field of I/O psychology and the impact of their academic and professional preparation.
- Students will demonstrate strong ability to analyze and apply the concepts and theories learned in the course to real-world scenarios and to develop evidence-based solutions to organizational behavior issues.

Unit:-2 Selection, Training and Development

- A) Employee Selection Process: Use of Psychological Tests, Interviews
- B) Training- Scope .of Organizational Training; Goals of Organizational Training Programs- Needs Assessment- Organizational Analysis
- C) Types of Training Programs-On the job Training-Vestibule Training, Apprenticeship, Computer Assisted Instruction (CAI), Net Based training, Behavior Modification, Job Rotation, Case Studies, Business Games, In basket training, Role Playing, Behavior Modeling, Executive Coaching.
- D) Evaluating Organizational Training Programs

Expected Outcome:

- Students will understand the process of employee selection and the use of psychological tests and interviews.
- Students will have a clear understanding of the scope of organizational training and the goals of training programs.
- Students will be able to identify and understand the various types of training programs and their applications in the workplace.
- Students will be able to conduct a needs assessment to determine the training needs of an organization.
- Students will be able to demonstrate the effectiveness of organizational training programs using appropriate evaluation methods.

Unit:-3 Performance Appraisal

- A) Definition, Need for Performance Appraisal,
- B) Techniques of Performance Appraisal Methods
- C) Objective Performance
- D) Judgmental Performance Appraisal Methods
- E) Management by Objectives(MBO). 360* Feedback.
- F) Bias in Performance Appraisal. Methods to Improve Performance Appraisal

Expected Outcomes:

- Students will demonstrate solid knowledge on different techniques and methods of performance appraisal, including objective, judgmental, and management by objectives.
- Students will be able to Apply appropriate performance appraisal methods in real-life situations.
- Students will be able to evaluate the effectiveness of different performance appraisal methods

Unit:-4 Work Related Attitudes, Leadership, Work Motivation &Reward Systems

- A)The Nature of employee's attitude and Job satisfaction-job involvement, organizational commitment, work moods, effects of employee attitudes.

B) Definition of motivation, types of motivation, theories of motivation-Herzberg's-Motivator Hygiene (Two factors) Theory, Alderfer's- E-R-Model.

C) Leadership - The Nature of Leadership, Traits of Effective Leaders, Leadership styles - Autocratic, Democratic and Laissez-faire.

D) Economic Incentives systems - Purposes & Types -Incentives Linking Pay with Performance, Wage Incentives, Profit Sharing, Gain Sharing, And Skill-Based Pay

Expected Outcomes:

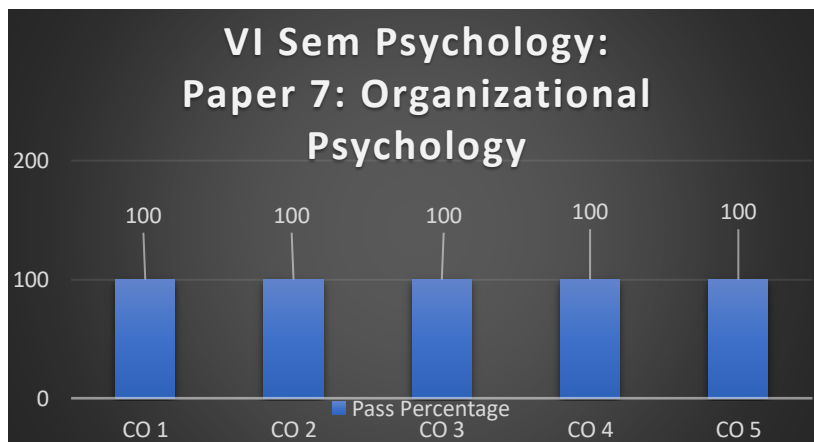
- Students will be able to understand the relationship between employee attitudes, job satisfaction, and organizational outcomes.
- Students will be able to analyse the nature of leadership and identify traits of effective leaders, as well as describe different leadership styles (Autocratic, Democratic, Laissez-faire).
- Students will be able to apply concepts and theories related to employee attitudes, motivation, leadership, and economic incentives to real-life organizational situations.

Course Outcome Attainment:

Questions	CO 1	CO 2	CO 3	CO 4	CO 5
No of Students Appeared	11	11	11	11	11
No of Students Passes	11	11	11	11	11
No of Students failed	0	0	0	0	0
Pass %	100%	100%	100%	100%	100%

Overall Result Analysis

Total No of Students	11
No of Students Appeared	11
No of Students Absent	0
No of Students Passed	11
No of Students Failed	0
Pass %	100%



Program Outcome

The discipline of Psychology is aimed at introducing students to the fundamental processes underlying human behaviour. Students are exposed to various fields of psychology such as Developmental Psychology, Social Psychology, Abnormal Psychology and Counselling psychology. Practical applications of psychology are also demonstrated through experiments, service-learning and experienced through internships. Students are also made aware of the scientific nature of the discipline by engaging in research projects

The following are the program outcomes for Health Psychology:

- A) Understanding of the biopsychosocial model of health and illness
- B) Knowledge of the psychological factors that influence health behaviors, such as stress, coping, and health behavior change
- C) Ability to apply psychological principles to the prevention, treatment, and management of physical and mental health conditions
- D) Knowledge of the role of psychology in promoting healthy lifestyles, such as physical activity and healthy eating habits
- E) Understanding of the psychological aspects of chronic illness, such as pain management and adjusting to a chronic condition

Course Objectives:

1. To deal with the health and well-being of individuals and the ways to sustain them.
2. To understand the relationship between psychological factors and physical health and learn how to enhance well-being.
3. To make awareness about of the stress and coping behavior of individuals in various life situations

MODULES WITH EXPECTED STUDENT OUTCOMES:

PAPER-8 Health Psychology

Unit-I Introduction

- A) Definition of Health Psychology; Goals of Health Psychology
- B) Models of Health Psychology: Biomedical Model Vs Biopsychosocial Model
- C) Illness Cognition: The meaning of being Healthy; Leventhal's Self-regulatory model of illness cognition.

Expected Outcomes:

- Students will be familiar with the definition and goals of health psychology.
- Students will gain understanding of being healthy and Leventhal's self-regulatory model of illness cognition.
- Students will demonstrate Ability to compare and contrast biomedical and biopsychosocial models of health psychology.

Unit-2 Health and Behaviour

- A) Health enhancing behavior:
 - i) psychological factors as resilience, hope, optimism, positive self.
 - ii) Physical factors such as weight control, Diet, Exercise.
- B) Health Compromising Behaviour: Smoking, Alcoholism and Substance abuse.
- C) Changing health habits: Approaches to health behavior change: cognitive behavioral, social engineering and Transtheoretical model

Expected Outcomes:

- Students will have understanding Understanding of the relationship between psychological and physical factors that impact health.
- Student will demonstrate Knowledge of health-enhancing behaviours such as resilience, hope, optimism, and positive self, and physical factors like weight control, diet, and exercise.
- Students will be aware of health-compromising behaviours such as smoking, alcoholism, and substance abuse.
- Students will show familiarity with different approaches to changing health habits, including cognitive-behavioural, social engineering, and Transtheoretical model.

Unit-3 Stress, Lifestyle Disorders and Its Management

- A) What is stress; theories of stress(Cannon, Selye, Lazarus), sources of stress
- B) Coping: what is coping, ways of coping; social support.
- C) Psychoneuroimmunology: immune system- Humoral and cell mediated Immunity.
- D) Cardiovascular disease, Cancer, Diabetes, AIDS.
- E) Yoga for specific lifestyle disorders: Asthma, Sleeplessness, diabetes, BP and cardiac heart diseases.

Expected Outcomes:

- Students will be familiarized with different coping mechanisms and the importance of social support.
- Students will gain understanding on the concept and theories of stress and its sources.
- Students will understand the role of yoga in managing lifestyle disorders such as asthma, sleeplessness, diabetes, BP and cardiac heart diseases.

Unit-4 Pain and Its Management

- A) What is pain; Role of Psychosocial factors in pain perception: Subjective-affective-cognitive processes.
- B) The role of Psychology in pain treatment; CBT
- C) Pain management techniques: biofeedback, relaxation techniques, hypnosis, acupuncture, distraction, guided imagery.

Expected Outcome:

- Students will be able to Compare and contrast different techniques based on their effectiveness and suitability for different populations.
- Students will have an understanding on the impact of psychological factors on pain experiences.
- Students will have an insight on the role of psychosocial factors in pain perception.

Course Outcome Attainment:

Questions	CO 1	CO 2	CO 3	CO 4	CO 5
No of Students Appeared	11	11	11	11	11
No of Students Passes	11	11	11	11	11
No of Students failed	0	0	0	0	0
Pass %	100%	100%	100%	100%	100%

Overall Result Analysis

Total No of Students	11
No of Students Appeared	11
No of Students Absent	0
No of Students Passed	11
No of Students Failed	0
Pass %	100%

