

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

- Familiarize students to the discipline of Psychology, give them the necessary exposure to develop an interest in this discipline and enable them to consider this for further studies
- Enable students to appreciate the different branches and emerging fields in psychology
- Identify problems in psychological domains and choose appropriate methods to study them
- Critically analyse the psychological phenomenon.

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

I Semester NEP Psychology

Sindhi Degree College, Bengaluru City University

BA Psychology comprises of 6 semesters. The first and the second semester deals with Foundations of psychology, behavior, 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 or Educational Psychology. The fifth and the sixth semester contains two papers in psychology with different electives to choose from: Psychological Disorder, Research Methodology, Positive Psychology, Health psychology, Psychological Assessment, Counseling psychology, and Industrial psychology.

First 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 first semester (NEP) psychology are as follows:

- Outcome 1: Theoretical-Knowledge Base in Psychology
- Outcome 2: Scientific Inquiry and Critical Thinking
- Outcome 3: Ethical and Social Responsibility in a Diverse World
- Outcome 4: Professional Development
- Outcome 5: Experimental applications in real life

MODULES WITH EXPECTED STUDENT OUTCOMES:

FOUNDATIONS OF PSYCHOLOGY- I

UNIT – I: Genesis and goals of Psychology

To cover,

- A) Psychology: Emergence and Development; Definition & Goals
- B) Key perspectives
- C) Branch of Psychology
- D) Methods of Psychology

Expected Outcome:

- Students will demonstrate familiarity with the major concepts, theoretical perspectives, empirical findings, and historical trends in psychology.
- Students will be able to describe biological, psychological, and social foundations of typical and atypical behavior and mental processes.
- Students will be able to identify historical trends, recent advances, various fields, and the limits of psychological knowledge.
- Students will be able to understand the advantages and limitations of different research methods.
- Students will be able to identify and apply appropriate quantitative data analysis techniques

Unit- 2: Biology and Behaviour

To Cover,

- A) Neurons: Structure of the Neuron
- B) Nervous System:
- C) Methods of Studying Brain
- D) Endocrine Glands

Expected Outcome:

- Students are expected to get an orientation towards the dynamics of brain behaviour complexity.
- Students will have an in-depth understanding of psycho physiological correlates accounting for general biological phenomena, individual differences both physiologically and psychologically, and abnormal functions of human behavior.
- Students will be able to demonstrate the ability to investigate basic and applied issues in Human Factors related areas.

Unit-3: Sensation, Attention and Perception

A) Sensation: Definition and Characteristics.

B) Types of Senses and Receptors Involved in Sensation.

C) Attention: Meaning and Phenomena (Span of Attention, Division of Attention, Fluctuation and distraction), Determinants: Objective and Subjective.

D) Perception: Meaning and Characteristics, Gestalt Laws of Perceptual Organization.

E) Errors in Perception

Expected Outcome:

- The students will be able to apply the principles of psychology in day-to-day life for a better understanding of themselves and others.
- The students will be able to understand and differentiate between various depth constancies that lie in and around our existence
- The students will be thorough with the different principles of illusions that exist parallel to the natural phenomenon.

UNIT-4 Learning

To Cover,

- A) Definition of learning
- B) Types of Learning
- C) Operant conditioning
- D) Cognitive Learning

Expected Outcome:

- Students will be able to understand the meaning and principles of learning.
- Students will be able to identify, and apply the mechanisms involved in various types of learning.
- Students will be well-versed with many theories that contribute to learning.
- Students will be able to demonstrate knowledge and be able to apply the mechanisms of learning in day-to-day life.
- Students will be able to demonstrate familiarity with the concept classical and operant conditioning, its benefits and challenges, and apply appropriate methods in producing integrative knowledge and skills.

UNIT – 5 Memory & Forgetting

To Cover,

- A) Nature of memory
- B) Types of memory
- C) Techniques to improve memory
- D) Forgetting

Expected Outcome:

- Students will be able to demonstrate familiarity with the major concepts, theoretical perspectives and empirical findings in Memory.

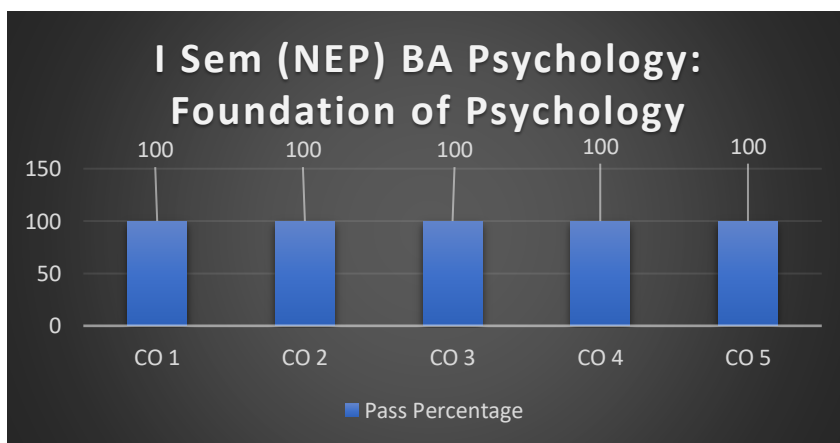
- Students will be able to demonstrate knowledge of and apply basic methods of memory in real life applications.
- Students will gain an understanding of the mechanisms involved in memory and forgetting.
- Students will be able to identify, and apply the general principles of memory and forgetting.
- Students will gain an insight into the brain and its responsible areas that contribute to memory.

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.

Program Objectives:

1. **Understanding of Developmental Processes:** Students will demonstrate a deep understanding of the various stages of human development and the psychological, biological, and environmental factors that contribute to it.
2. **Research Skills:** Students will develop the skills to design, conduct, and interpret developmental research studies, including the ability to collect and analyze data, use statistical methods, and draw valid conclusions.
3. **Theoretical Knowledge:** Students will demonstrate a thorough knowledge of the theories, models, and frameworks used to study human development, including cognitive, social, emotional, and moral development.
4. **Multidisciplinary Approach:** Students will have a multidisciplinary understanding of the field, integrating knowledge from psychology, biology, sociology, and other related disciplines to understand human development.
5. **Ethical and Social Responsibility:** Students will have a deep understanding of the ethical and social implications of their research and the importance of promoting positive human development.
6. **Communication Skills:** Students will be able to communicate their knowledge and research findings effectively, both in writing and orally, to a variety of audiences, including academic, professional, and lay audiences.
7. **Career Opportunities:** Students will be prepared for a variety of careers in academia, research, education, clinical psychology, social work, and related fields, where they can contribute to the advancement of the field and promote positive human development.

Course Outcome

III 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 or Educational Psychology. The fifth and the sixth semester contains two papers in psychology with different electives to choose from: Psychological Disorder, Research Methodology, Health psychology, Psychological Assessment, Counseling psychology, and Industrial psychology.

Third Semester Psychology overview:

Bangalore central university (2019-2020) has created a set of comprehensive syllabi in an effort to achieve continuity and effective learning outcomes for undergraduate programs in psychology.

Specifically, the third semester psychology was set in such way so as to cater to the students the below listed outcomes:

- Outcome 1: Theoretical-Knowledge Base in Developmental Psychology
- Outcome 2: Scientific Inquiry and Critical Thinking
- Outcome 3: Ethical and Social Responsibility in a Diverse World
- Outcome 4: Professional Development
- Outcome 5: Experimental applications in real life

MODULES WITH EXPECTED STUDENT OUTCOMES:

DEVELOPMENTAL PSYCHOLOGY

Unit 1- Introduction to Developmental Psychology

To Cover,

- a) Human development today.
- b) Theoretical approaches to human development
- c) Major stages in Life Span Development
- d) Principles of Baltes's life span approach
- e) Developmental research designs

Expected Outcome:

- Students will demonstrate familiarity with the major concepts, theoretical perspectives, empirical findings, and historical trends in development psychology.
- Students will be able to describe biological, psychological, and social foundations of typical and atypical behaviour and mental processes of human beings.
- Students will be able to understand the advantages and limitations of different developmental research designs.
- Students will be able to identify and apply appropriate quantitative data analysis techniques

Unit-II Prenatal Life

To Cover,

- 1) Prenatal Development
 - i) Stages of prenatal development
 - ii) Environmental influences on prenatal development
 - iii) Paternal factors.
- 2) Prenatal Assessment
- 3) Birth Process

Expected Outcome:

- Students will be able to understand the stages of prenatal development.
- Students will be able to identify, and learn the mechanisms involved in birth process
- Students will be well-versed with many influences of the environment on prenatal development
- Students will be able to demonstrate familiarity with various prenatal assessment procedures and will be thorough with the stages of prenatal development.

UNIT – III Infancy***To Cover,***

- A) Physical growth
- B) Early reflexes- Moro, grasping, tonic neck, babinski, rooting, walking and swimming
- C) Early Sensory capacities - Touch, taste, smell, hearing and vision (sight)
- D) Cognitive development
- E) Socio- Emotional development
- F) Motor development

Expected Outcome:

- Students will be able to demonstrate familiarity with the major concepts, theoretical perspectives and empirical findings of neonatal period.
- Students will be able to demonstrate knowledge of early reflexes that are exhibited in an infant.
- Students will gain an understanding of the mechanisms involved in various forms of development such as cognitive, emotional, language, social and motor development.

UNIT – IV Childhood & Adolescence

To Cover,

- A) Physical development- Bodily growth and change.
- B) Cognitive development- Piagetian approach preoperational stage and concrete operational stage
- C) Socio- Emotional development- Understanding emotions; Emotional growth .
- D) Health Concerns

Expected Outcome:

- Students will be able familiar with various developments during the childhood phase such as physical, motor, cognitive, emotional, language and social development.
- Students will gain an understanding of emotional growth.
- Students will be able to demonstrate knowledge of and apply basic principles of Piagetian theory.

UNIT – V Adulthood

To cover,

- A) Physical Development : Sensory & Psychomotor Functioning .
- B) Cognitive development-Piaget's shift to post formal thought, Schaie's Life span model of Cognitive development. Emotional Intelligence.
- C) Psycho social development -Erikson's Intimacy versus Isolation. Marital and non-marital life styles - Single life, Homosexual relationship, co-habitation, Marriage.
- D) Facing Death

Expected Outcome:

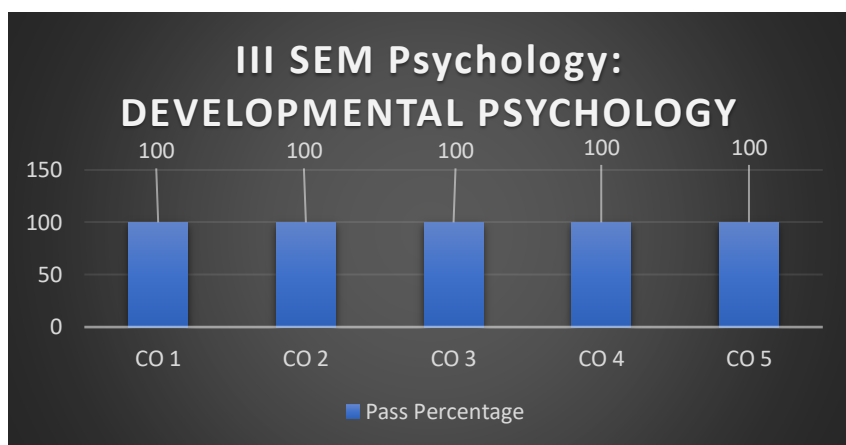
- Students will be able to assess the physical, cognitive, cultural, environmental and social factors that influences the development of adulthood.
- Students will be able to evaluate current and past research in the study of lifestyle of an adult

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	07
No of Students Absent	01
No of Students Passed	07
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 objective for Psychological disorders are stated in the following:

- 1) Understanding of Psychological Disorders: Students will gain a comprehensive understanding of the different types of psychological disorders, including their causes, symptoms, and treatments.
- 2) Theoretical knowledge: Students will develop a thorough knowledge of the theories and models used to understand and treat psychological disorders, including biopsychosocial, cognitive-behavioral, and psychodynamic approaches.
- 3) Clinical Skills: Students will develop the clinical skills necessary to diagnose and treat psychological disorders, including assessment, diagnosis, treatment planning, and psychotherapy.
- 4) Multidisciplinary approach: Students will gain a multidisciplinary understanding of the field, integrating knowledge from psychology, psychiatry, neuroscience, and other related disciplines to understand and treat psychological disorders.
- 5) Ethical and Social Responsibility: Students will have a deep understanding of the ethical and social implications of their work, including the importance of informed consent, confidentiality, and cultural sensitivity in the assessment and treatment of psychological disorders.
- 6) Career Opportunities: Students will be prepared for a variety of careers in clinical psychology, psychiatry, counseling, social work, and related fields, where they can contribute to the advancement of the field and improve the lives of individuals with psychological disorders.

Course Outcome

V Semester BA Psychology

Sindhi Degree College, Bangalore 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. The fifth and the sixth semester contains two papers in psychology with different electives to chose from: Abnormal psychology, Health psychology, Educational psychology, Counseling psychology, Social psychology and Industrial psychology.

Fifth Semester Psychology overview:

Bangalore university (2019) has created a set of comprehensive syllabi in an effort to achieve continuity and effective learning outcomes for undergraduate programs in psychology.

Specifically, the fifth semester psychology was set in such way so as to cater to the students the below listed outcomes:

- Outcome 1: Theoretical-Knowledge Base in Psychology
- Outcome 2: Scientific Inquiry and Critical Thinking
- Outcome 3: Ethical and Social Responsibility in a Diverse World
- Outcome 4: Professional Development
- Outcome 5: Experimental applications in real life

MODULES WITH EXPECTED STUDENT OUTCOMES:

Paper- 5 Psychological Disorders

Unit: 1 Introduction

To cover,

- A) Defining abnormality
- B) Need to classify disorders
- C) Psychological viewpoints
- D) Prevalence of mental disorders in India

Expected Outcome:

- Students will be able to differentiate between normal and abnormal behavior
- Students will gain understanding of the main classificatory systems of psychological disorder
- Students will be able to debunk the various myths associated with Psychological illness

Unit:-2 Anxiety, Somatoform and Dissociative Disorders

To Cover,

- A)Phobia- Agoraphobia, Social phobia, Specific phobia, General anxiety disorders,
- B) Panic attack- with agoraphobia, without agoraphobia, Obsessive Compulsive disorder
- C) Somatoform disorder-Somatization disorder, hypochondriasis, pain disorder, convulsion disorder.
- D) Dissociative disorder- Fugue, Amnesia, Dissociative identity disorder, Depersonalization disorder, general causes and symptoms.

Expected Outcomes:

- Students will be able to understand the signs and symptoms of different anxiety, dissociative and somatoform disorder
- Students will be able to provide an insight into criteria's for diagnosing abnormal behaviors

Unit:-3 Personality disorders and sexual variants**To Cover**

- A)Definition
- B) Clinical picture of personality disorders
- C) Sexual Variants

Expected Outcome:

- Students will gain better insight of different personality disorders
- Students will be introduced to the clusters of disorders
- Students will have an in-depth over view on how personality and sexual disorders manifest

Unit-4 Mood disorders & Schizophrenia**To cover,**

- A)Definition
- B) Unipolar
- C) Bipolar
- D) Clinical picture of Schizophrenia

Expected Outcome:

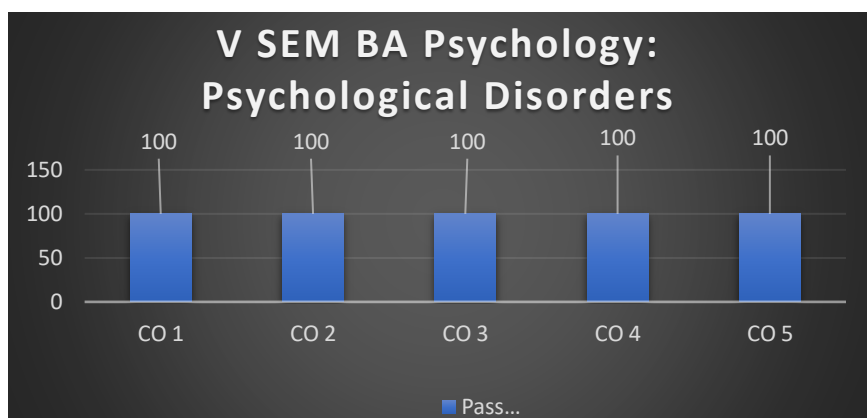
- Students will be familiar with different causes and symptoms of mood disorders
- Students will have an understanding of the treatment strategy of mood disorders
- Students will have an insight on the clinical picture of Schizophrenia

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 program objective for Counseling psychology are stated in the following:

- 1) **Understanding of Counseling Theories:** Students will gain a comprehensive understanding of the different theories and models used in counseling psychology, including person-centered, cognitive-behavioral, and psychodynamic approaches.
- 2) **Clinical Skills:** Students will develop the clinical skills necessary to provide effective counseling services, including assessment, diagnosis, treatment planning, and psychotherapy.
- 3) **Multidisciplinary approach:** Students will gain a multidisciplinary understanding of the field, integrating knowledge from psychology, sociology, and related disciplines to understand and treat psychological disorders.
- 4) **Cultural Competency:** Students will have a deep understanding of the importance of cultural sensitivity and competence in counseling, including an understanding of the impact of race, ethnicity, gender, sexual orientation, and other factors on the counseling relationship.
- 5) **Research Skills:** Students will develop the skills to design, conduct, and interpret research studies in counseling psychology, including the ability to collect and analyze data, use statistical methods, and draw valid conclusions.
- 6) **Career Opportunities:** Students will be prepared for a variety of careers in academic, research, clinical, and community settings, where they can contribute to the advancement of the field and improve the lives of individuals seeking counseling services.
- 7) **Ethical and Legal Issues:** Students will have a deep understanding of the ethical and legal implications of their work, including the importance of informed consent, confidentiality, and the application of ethical codes and laws in the practice of counseling psychology.

MODULES WITH EXPECTED STUDENT OUTCOMES:

Paper- 6 Counseling Psychology

UNIT-I Introduction

To Cover,

- A) Definition
- B) Goals of Counseling
- C) Special areas in Counseling

Expected Outcomes:

- Students will be familiar with the origin of Counseling psychology
- Students will gain understanding of the objectives of counseling
- Students will have an in-depth knowledge of special areas in counseling psychology.

UNIT 2: Theoretical approaches of counseling

- A) Psycho-analytical
- B) Behavioral
- C) Cognitive
- D) Humanistic
- E) Gestalt

Expected Outcomes:

- Students will have understanding on different view points of counseling
- Students will be familiarized with different counseling techniques
- Students will have an in-depth knowledge of different therapies

UNIT 3: Process of Counseling

To Cover,

- A) Client-counseling relationship
- B) Building Counseling Relationship
- C) Working in counseling relationship
- D) Closing counseling relationship

Expected Outcomes:

- Students will acquire the skills of counseling
- Students will understand the process of counseling relationships

UNIT 4: Ethics in Counseling

To Cover,

- A) Codes of professional ethics
- B) Ethical Principles
- C) Ethical Theory
- D) Common ethical violations

Expected Outcomes:

- Students will be familiarized with different codes of ethics
- Students will gain understanding on how ethical principles work in counseling
- Students will be introduced to different ethical violations made by counselors

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%

