

## **1. Introduction**

### **B.Sc. Psychology: Programme Outcome, Programme Specific Outcome and Course Outcome**

Psychology is the scientific study of mind and behaviour. It is a broad and diverse field with many career options for the students. This course forms the foundation for the students aspiring to specialize in various fields such as education, hospital, industrial, forensic, and many more. The key core areas of study in Psychology include general psychology, developmental psychology, social psychology, abnormal psychology and experimental psychology. This programme helps learners in building a solid foundation for higher studies in Psychology. In addition students are equipped with skills that facilitate employment.

The Bachelor's Degree B.Sc. Psychology is awarded to the students on the basis of knowledge, understanding, skills, attitudes, values and academic achievements expected to be acquired by learners at the end of the Programme. Learning outcomes of Psychology are aimed at facilitating the learners to acquire these attributes, keeping in view of their preferences and aspirations for gaining knowledge of Psychology.

#### **PROGRAMME OUTCOMES (PO)**

At the end of the programme, the student will be able to:

- PO1: Promote and apply scientific knowledge for finding sustainable solutions to solve the issues pertaining to self and society,
- PO2: Identify, analyse and formulate novel ideas to yield substantial results in fields of research utilizing the principles of behavioural science.
- PO3: Relate key concepts and scientific principles to various scientific phenomenon and their applications in day to day life.
- PO4: Cultivate unparalleled comprehension of fundamental concepts relevant to psychology leading to individual progress and career advancement.
- PO5: Communicate effectively ideas in English.
- PO6: Generate solutions for problems and design processes that meet the specific needs for appropriate consideration for physical and mental health, cultural, societal and environmental conditions.

## **PROGRAMME SPECIFIC OUTCOMES (PSO)**

After completion of the undergraduate programme in Psychology, the student will

PSO1: Acquire knowledge on key concepts and theoretical approaches and gain understanding of the origin and recent advances in the discipline.

PSO2: Be able to think originally, utilize the knowledge and understanding of Psychology to develop, appreciate and test the theoretical concepts for applications in various arenas.

PSO3: Assess and critically evaluate central ideas and assumptions comprehensively facilitating research and analysis of data.

PSO4: Use the relevant sources of scientific knowledge to identify and generate novel solutions for problems for enhancement of self and community.

PSO5: Effectively communicate learned information both in written and oral format

PSO6: Develop capacity for individual and team work, understand and implement ethical principles necessary for professional up gradation

## **2. Highlights of the Revamped Curriculum**

- Student-centric, meeting the demands of various fields & society, incorporating hands-on training, skill enhancement modules, project with viva-voce, exposure to entrepreneurial skills, training for competitive examinations, sustaining the quality of the core components and incorporating application oriented content wherever required.
- The core subjects include latest developments in the field of psychology
- The core electives during the third year have been improvised by adding more emerging fields of psychology.
- The curriculum is designed so as to strengthen the Industry-Academia interface and provide more job opportunities for the students.

- The Internship during the second year vacation will help the students gain valuable work experience that connects classroom knowledge to real world experience and to narrow down and focus on the career path.
- Project with a viva-voce component in the fifth semester enables the student to apply conceptual knowledge to practical situations.
- State-of Art techniques from the streams of multi-disciplinary, cross disciplinary and interdisciplinary nature are incorporated as Elective courses, covering conventional topics to the latest such as counselling psychology to sports psychology

3.

### Credit Distribution for UG Programme in Psychology

#### B.Sc Psychology First Year Semester-I

Part	List of Courses	Credit	Hours per week (L/T/P)
Part-I	Language	3	6
Part-II	English	3	4
Part-III	Core Courses 2 (CC1, CC2)	10	12
	Elective Course 1 ( Generic / Discipline Specific)EC1	5	6
Part-IV		2	2
		2	2
	Ability Enhancement Compulsory Course(AECC 1) Soft Skill-1	2	2
		<b>23</b>	<b>30</b>

#### Semester-II

Part	List of Courses	Credit	Hours per week (L/T/P)
Part-I	Language	3	6
Part-II	English	3	4
Part-III	Core Courses 2 (CC3, CC4)	10	12
	Elective Course 1 ( Generic / Discipline Specific) EC2	5	5
	Language Proficiency for Employability (Naan Mudhalvan Scheme)	2	2
Part-IV			
	Ability Enhancement Compulsory Course(AECC 2) Soft Skill-2	2	2
		<b>25</b>	<b>30</b>

#### Second Year Semester-III

Part	List of Courses	Credit	Hours per week (L/T/P)
Part-I	Language	3	6
Part-II	English	3	4
Part-III	Core Courses 2 (CC5, CC6)	10	12
	Elective Course 1 ( Generic / Discipline Specific)EC3	4	5
Part-IV			
	Ability Enhancement Compulsory Course(AECC 3) Soft Skill-3	2	2
	Environmental Studies(EVS)	-	1
		<b>22</b>	<b>30</b>

### Semester-IV

Part	List of Courses	Credit	Hours per week (L/T/P)
Part-I	Language	3	6
Part-II	English	3	4
Part-III	Core Courses 2 (CC7, CC8)	10	10
	CC7: Core Industry Module -1 - <b>Industrial Statistics</b>		
	CC8 : Any Core paper		
	Elective Course 1 (Generic / Discipline Specific)EC4	5	4
	Digital Skills for Employability (Naan Mudhalvan Scheme)	2	2
Part-IV			
	Ability Enhancement Compulsory Course(AECC 4) Soft Skill-4	2	2
	Environmental Studies EVS	2	2
		<b>27</b>	<b>30</b>

### Third Year

#### Semester-V

Part	List of Courses	Credit	Hours per week (L/T/P)
Part-III	Core Courses 3(CC9, CC10, CC11)	12	15
	Elective Courses 2 (Generic / Discipline Specific) EC5, EC6	6	9
	Core /Project with Viva voce CC12	4	4
Part-IV	Value Education	2	2
	Internship / Industrial Training (Carried out in II Year Summer vacation) (30 hours)	2	
		<b>26</b>	<b>30</b>

#### Semester-VI

Part	List of Courses	Credit	Hours per week (L/T/P)
Part-III	Core Courses 3 (CC13, CC14, CC15)	12	16
	Elective Courses 2 (Generic / Discipline Specific) EC7, EC8	6	8
	Employability readiness (Naan Mudhalvan Scheme)	2	2
Part IV	Professional Competency Skill Enhancement Course SE8	2	4
Part-V	Extension Activity (Outside college hours)	1	-
		<b>23</b>	<b>30</b>

**Total Credits: 146**

#### 4. Credit Distribution for UG Programme in Psychology

Sem I	Credit	Sem II	Credit	Sem III	Credit	Sem IV	Credit	Sem V	Credit	Sem VI	Credit
1.1. Language	3	2.1. Language	3	3.1. Language	3	4.1. Language	3	5.1 Core Course – \CC IX	4	6.1 Core Course – CC XIII	4
1.2 English	3	2.2 English	3	3.2 English	3	4.2 English	3	5.2 Core Course – CC X	4	6.2 Core Course – CC XIV	4
1.3 Core Course – CC I	5	2.3 Core Course – CC III	5	3.3 Core Course – CC V	5	4.3 Core Course – CC VII Core Industry Module	5	5. 3.Core Course CC -XI	4	6.3 Core Course – CC XV Project with viva- voce	4
1.4 Core Course – CC II	5	2.4 Core Course – CC IV	5	3.4 Core Course – CC VI	5	4.4 Core Course – CC VIII	5	5. 4.Core Course – CC -XII	4	6.4 Elective VII Generic/ Discipline Specific	3
1.5 Elective I Generic/ Discipline Specific	5	2.5 Elective II Generic/ Discipline Specific	5	3.5 Elective III Generic/ Discipline Specific	4	4.5 Elective IV Generic/ Discipline Specific	5	5.5 Elective V Generic/ Discipline Specific	3	6.5 Elective VIII Generic/ Discipline Specific	3
		2.6 Language Proficiency for Employability (Naan Mudhalvan Scheme)	2			4.6 Digital Skills for Employability (Naan Mudhalvan Scheme)	2	5.6 Elective VI Generic/ Discipline Specific	3	6.6 Employability readiness (Naan Mudhalvan Scheme)	2
1.6 Ability Enhancement Compulsory Course (AECC) Soft	2							5.7 Value Education	2	6.7 Extension Activity	1

Skill-1											
				3.6 Ability Enhancement Compulsory Course (AECC) Soft Skill-3	2			5.8 Summer Internship /Industrial Training	2	6.8 Professional Competency Skill	2
		2.7 Ability Enhancement Compulsory Course (AECC) Soft Skill-2	2	3.7 E.V.S	-	4.7 Ability Enhancement Compulsory Course (AECC) Soft Skill-4	2				
						4.8 E.V.S	2				
	<b>23</b>		<b>25</b>		<b>22</b>		<b>27</b>		<b>26</b>		<b>23</b>
	<b>Total Credit Points</b>										<b>146</b>

### Consolidated Semester wise and Component wise Credit distribution

Parts	Sem I	Sem II	Sem III	Sem IV	Sem V	Sem VI	Total Credits
Part I	3	3	3	3	-	-	12
Part II	3	3	3	3	-	-	12
Part III	15	17	14	17	22	20	90
Part IV	2	2	2	2	4	2	31
Part V	-	-	-	2	-	1	1
<b>Total</b>	<b>23</b>	<b>25</b>	<b>22</b>	<b>27</b>	<b>26</b>	<b>23</b>	<b>146</b>

**\*Part I, II, and Part III components will be separately taken into account for CGPA calculation and classification for the under graduate programme and the other components. IV, V have to be completed during the duration of the programme as per the norms, to be eligible for obtaining the UG degree**

### 5. B.Sc Psychology Curriculum

#### First Year Semester-I

Part	List of Courses	Credit	Hours per week (L/T/P)	Int. Mark	Ext. Mark	Total
Part-I	Language	3	6	25	75	100
Part-II	English	3	4	25	75	100
Part-III	Introduction to Psychology I	5	6	25	75	100
	Biological Psychology	5	6	25	75	100
	Building Psychological Capital	5	6	25	75	100
Part IV						
	Ability Enhancement Compulsory Course(AECC 1) Soft Skill-1	2	2	50	50	100
		<b>23</b>	<b>30</b>			



Title of the Course		Introduction to Psychology I					
Paper Number		CORE I					
Category	Core	Year	I	Credits	5	Course Code	
		Semester	I				
Instructional Hours Per week		Lecture	Tutorial	Lab Practice	Total		
		5	1	--	6		
<b>Objectives of the Course</b>		<ul style="list-style-type: none"> <li>● To offer the students a comprehensive overview and understanding of the Origins, Goals, Research Methods and Fields of Specialization in Psychology.</li> <li>● The basic principles of sensation for vision, hearing, smell, taste and bodily senses.</li> <li>● The principles of Perception and Illusion.</li> <li>● Learning theories highlighting on the principles of Classical and Operant Conditioning and Observational Learning.</li> <li>● Emotions and theoretical perspectives of emotions.</li> </ul>					
<b>Course Outline</b>		<p><b>Unit I: Introduction to Psychology:</b> Definition of Psychology. Nature of Psychology. Origin of Psychology. Philosophical origins: Early Indian and Greek thoughts, Major ideas of Descartes, Locke. Brief history of modern scientific Psychology: Structuralism, Functionalism, Behaviourism, Gestalt psychology, Piaget, Psychoanalysis, Cognitive approach. Scientific approach to Psychology.</p>					
		<p><b>Unit II: Scope of Psychology:</b> Goals of Psychology. Role of a psychologist in society. Branches of Psychology: Clinical Psychology, Industrial Psychology, Counselling Psychology, Developmental Psychology, Social Psychology, Positive Psychology, Sports Psychology, Health Psychology, Criminal Psychology, Gender Psychology, Biopsychology.</p>					
		<p><b>Unit III: Attention, Sensation &amp; Perception:</b> Attention: Definition, Factors affecting attention, Set in attention. Sensation: Definition, Types of sensation, Elements of Sensation. Perception: Definition, Gestalt Laws, Subliminal perception, ESP</p>					
		<p><b>Unit IV: Learning:</b> Characteristics of Learning. Classical conditioning (Pavlov) - Principles involved, Significance, Operant Conditioning (B.F Skinner) – Principles involved, Significance, Trial and Error (Thorndike) Conditioning – Principles Involved, Significance, Insight learning (Kohler)- Principles Involved, Significance, Social Learning Theory (Bandura)- – Principles Involved, Significance.</p>					
		<p><b>Unit Emotion:</b> Definition. Nature. Types. Physiological Responses Arousal and Emotional Intensity. Theories: James Lange Theory, Cannon Bard Theory, Schachter-Singer Theory, Richard Lazarus' Theory. Communication of Emotion: Emotional Expression, Characteristics, Innate Expression of Emotions, Social Aspects of Emotional Expressions.</p>					

<p>Extended Professional Component (is a part of internal component only, Not to be included in the External Examination Question paper)</p>	<p>Questions related to the above topics, from various competitive examinations UPSC/TRB/NET/UGC–CSIR/GATE/TNPSC/others to be solved (To be discussed during the Tutorial hour)</p>
<p>Skills acquired from this course</p>	<p>Knowledge, Problem Solving, Analytical ability, Professional Competency, Professional Communication and Transferrable Skill</p>
<p><b>Recommended Text</b></p>	<ol style="list-style-type: none"> <li>1. Passer, M.W. &amp; Smith R.E. (2007) <i>Psychology- The Science of mind and Behavior</i> (3<sup>rd</sup> ed.) New Delhi: Tata McGraw-Hill Publishing Company Ltd</li> <li>2. Baron, R.A. &amp; Misra, G. (2017) <i>Psychology Indian Subcontinent Edition</i> (5<sup>th</sup>ed.) India, U.P.: Pearson India Inc.</li> <li>3. Ciccarelli, S.K., &amp; White, J.N. <i>Psychology</i> 5<sup>th</sup>ed. (2018). Adapted Misra, G. Noida: Pearson India Education Services Pvt Ltd</li> <li>4. Hockenbury, D. H. &amp; Hockenbury, S. E. (2003). <i>Psychology</i> (3<sup>rd</sup> ed.) New York: Worth Publishers.</li> <li>5. Khatoon, N. (2012) <i>General Psychology</i>. Dorling Kindersley (India) Pvt Ltd</li> </ol>
<p><b>Reference Books</b></p>	<ol style="list-style-type: none"> <li>1. Morgan, C.T., King, R.A., Weisz, J.R., &amp; Schopler, J.(2007). Introduction to Psychology, 7<sup>th</sup> Edition. Singapore: Mcgraw- Hill.</li> <li>2. Myers, D.G. (2004). Psychology.5th Edition, Worth Publishers: New York.</li> <li>3. Kalat, J. (2007) Introduction To Psychology, 8th Edition, Wordsworth Pub.Co.</li> <li>4. Hilgard ,E.R., Atkinson,R.L.,R.C.,(2003) Introduction To Psychology.14th Edition Wordsworth Pub. Co</li> <li>5. Feldman, R.S. (2006) Understanding Psychology, 6th Edition, Tata McGraw Hill, New Delhi</li> </ol>
<p><b>Website and e-Learning Source</b></p>	<ol style="list-style-type: none"> <li>1. Frontiers in Psychology (<a href="https://www.frontiersin.org/journals/psychology">https://www.frontiersin.org/journals/psychology</a>)</li> <li>2. Archives of Scientific Psychology (<a href="https://psycnet.apa.org/PsycARTICLES/journal/arc/6/1">https://psycnet.apa.org/PsycARTICLES/journal/arc/6/1</a>)</li> <li>3. BMC PSYCHOLOGY (<a href="https://bmcpyschology.biomedcentral.com/">https://bmcpyschology.biomedcentral.com/</a>)</li> <li>4. <a href="https://www.psywww.com/careers/specialt.html">https://www.psywww.com/careers/specialt.html</a>www.worthpublishers.com/hockenbury</li> <li>5. <a href="https://courses.lumenlearning.com/wsu-sandbox/chapter/gestaltprinciples-of-perception/">https://courses.lumenlearning.com/wsu-sandbox/chapter/gestaltprinciples-of-perception/</a></li> </ol>

**Course Outcomes:**

On successful completion of the course, students will be able to

- **CO1 (K1)** Acquire knowledge on the history, methods and special areas in the field of Psychology
- **CO2 (K3)** Explain sensory systems through which information processing happens
- **CO3 (K4)** Relate the process of attention to perception and infer how we make sense of the world around us
- **CO4 (K5)** Critically examine the process of learning
- **CO5 (K1, K4)** Gain insight into complex emotional experiences of human being and analyse the experience of self in day to day life.

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6
CO1	2	1	2	3	1	2
CO2	3	2	2	1	3	1
CO3	3	2	3	1	3	2
CO4	1	3	2	2	3	1
CO5	1	2	3	2	3	3

<b>Title of the Course</b>		<b>Biological Psychology</b>					
<b>Paper Number</b>		<b>CORE II</b>					
<b>Category</b>	Core	<b>Year</b>	I	<b>Credits</b>	5	<b>Course Code</b>	
		<b>Semester</b>	I				
<b>Instructional Hours Per week</b>		<b>Lecture</b>	<b>Tutorial</b>		<b>Lab Practice</b>	<b>Total</b>	
		5	1		--	6	
<b>Objectives of the Course</b>		<ul style="list-style-type: none"> <li>● To place emphasis on the perspectives and research methods of Biological Psychology.</li> <li>● To examine the structure and Communication of the cells of the nervous system and synaptic transmission.</li> <li>● To understand the role of brain in regulating temperature, thirst and hunger</li> <li>● To examine the nature and functions of the endocrine glands.</li> <li>● To examine the causes of brain damage and its effect on behaviour</li> </ul>					
		<p><b>UNIT I: BIOLOGICAL FOUNDATIONS OF BEHAVIOUR</b> Introduction – Meaning of Biological Psychology, Biological explanation of behaviour, Mind Brain relationship, Recording brain activity, Research methods.</p> <p><b>UNIT II: BASICS OF NERVOUS SYSTEM AND NEUROTRANSMISSION</b> Development of nervous system, Central Nervous System, Peripheral Nervous System; Neurons – Structure, types; Brain – Structure, Divisions, Glial cells, Cerebrospinal fluid, Blood Brain barrier; Neurotransmitters – Meaning, Types, Events at synapse; Membrane Potential – Action potential and Resting potential.</p> <p><b>UNIT III: REGULATION OF INTERNAL BODY STATES</b> Temperature – Homeostasis, Allostasis, Temperature regulations and Behaviour; Thirst – Maintaining water balance, Causes of thirst, Osmotic thirst and hypovolemic thirst; Hunger – Physiological mechanisms of hunger and satiety, Role of Hypothalamus.</p> <p><b>UNIT IV: HORMONES AND BEHAVIOUR</b> Hormones: Introduction and Definition. Principles of Hormones. Neural versus Hormonal Communication. Hormones: Classification by Chemical Structure. Endocrine Glands and its Specific Hormones: The Pituitary Gland; The Adrenal Gland; The Thyroid Gland; The Gonads; The Pineal Gland; The Pancreas and The Parathyroid Glands.</p> <p><b>UNIT V: BRAIN DAMAGE</b> Causes of Brain damage, Neurodegenerative diseases, Stress and illness.</p>					
<b>Course Outline</b>							

Extended Professional Component (is a part of internal component only, Not to be included in the External Examination Question paper)	Questions related to the above topics, from various competitive examinations UPSC/TRB/NET/UGC–CSIR/GATE/TNPSC/others to be solved (To be discussed during the Tutorial hour)
Skills acquired from this course	Knowledge, Analytical ability, Professional Competency, and Transferrable Skill
<b>Recommended Text</b>	<ol style="list-style-type: none"> <li>1. Kalat, J.W. (2011). <i>Biopsychology</i>. Delhi, India: Cengage Learning India Private Limited.</li> <li>2. Pinel, J. (2007). <i>Biopsychology</i>. New Delhi, India: Pearson India Education Services Pvt Ltd.</li> </ol>
<b>Reference Books</b>	<ol style="list-style-type: none"> <li>1. Rosenweig, Breedlov, Leiman(2002) : Biological psychology, 3rd edition, Sinaven Associate, Inc</li> <li>2. Carlson, N.R. (2007). <i>Foundations of physiological psychology</i>. New Delhi, India: Pearson India Education Services Pvt Ltd.</li> <li>3. Levinthal, C.F. (1996). Introduction to Physiological Psychology (3rded.)Prentice-Hall ofIndia Pvt. Ltd. Psychology, 6th Edition, Tata McGraw Hill, New Delhi</li> <li>4. Barnes, J. (2013) <i>Essentials of Biological Psychological</i>. New Delhi: Sage Publications Pvt Ltd</li> <li>5. Bremnar, J.D. (2005) <i>Brain Imaging Handbook</i>. New York: W.W Norton &amp; Company Inc.</li> </ol>
<b>Website and e-Learning Source</b>	<ol style="list-style-type: none"> <li>1. Behavioural and Brain Functions (<a href="https://behavioralandbrainfunctions.biomedcentral.com/">https://behavioralandbrainfunctions.biomedcentral.com/</a>)</li> <li>2. Biological Psychology (<a href="https://www.journals.elsevier.com/biological-psychology">https://www.journals.elsevier.com/biological-psychology</a>)</li> <li>3. <a href="http://www.ecpdu.net/htmlfiles/uploads/2015/01/researchmethods-in-biopsychology.pdf">http://www.ecpdu.net/htmlfiles/uploads/2015/01/researchmethods-in-biopsychology.pdf</a></li> <li>4. <a href="https://www.khanacademy.org/science/biology/humanbiology/neuron-nervous-system/a/overview-of- neuronstructure-and-function">https://www.khanacademy.org/science/biology/humanbiology/neuron-nervous-system/a/overview-of- neuronstructure-and-function</a></li> <li>5. <a href="https://www.khanacademy.org/science/biology/humanbiology/neuron-nervous-system/a/the-synapse">https://www.khanacademy.org/science/biology/humanbiology/neuron-nervous-system/a/the-synapse</a></li> </ol>

## COURSE OUTCOMES

On successful completion of the course, students will be able to

**CO1 (K2)** Describe recent research methods and perspectives on the emerging field of Behavioural neuroscience and the reciprocal relationship between brain and behaviour.

**CO2 (K2)** Understand anatomy and functions of the basic cell of the nervous system and explain the process of communication between neurons

**CO3 (K4)** To understand and analyse the regulations of internal body states.

**CO4 (K1, K4)** To understand the function of endocrine glands and relate the knowledge to Analyse various human behaviour.

**CO5 (K2)** Describe the complex orchestrated functioning of the nervous system describe the manifestation of biological deficits in behaviour.

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6
CO1	3	2	2	3	1	2
CO2	2	3	1	1	3	1
CO3	1	2	3	2	3	2
CO4	1	3	2	2	3	1
CO5	2	1	1	2	3	3

Title of the Course		Building Psychological Capital							
Paper Number		ELECTIVE I (Discipline specific)							
Category	Elective	Year	I	Credits	5	Course Code			
		Semester	I						
Instructional Hours Per week		Lecture	5	Tutorial	1	Lab Practice	--	Total	6
		<b>Objectives of the Course</b>		<ul style="list-style-type: none"> <li>● To offer the students a comprehensive overview of positive psychology and Psychological capital.</li> <li>● The basic of Self efficacy and ways to strengthen individuals Self efficacy to enhance performance.</li> <li>● The differentiation of hope and hopelessness and its impact on mental state and strategies to imbibe hope.</li> <li>● To understand the various spectrums of optimism and locus of control.</li> <li>● To examine Resilience and 7 C's Model of resilience.</li> </ul>					
<b>Course Outline</b>		<b>UNIT1: INTRODUCTION</b> The need for a different approach, positive vs negative approach, contributions of positive psychology, psy cap in relation to job satisfaction motivation and performance							
		<b>UNIT 2: PSYCAP EFFICACY</b> Definition, key ingredients of efficacy, ways to strengthen efficacy							
		<b>UNIT 3: PSYCAP HOPE</b> Definition of hopelessness, effects of hopelessness, hopelessness and depression, ways to improve hope							
		<b>UNIT 4: PSYCAP OPTIMISM</b> Definition of optimism in locus of control, ways to develop optimism dispositional optimism, explanatory style							
		<b>UNIT 5: PSYCAP RESILIENCE</b> Definition, ways to develop resilience 7 C's model of resilience, qualities of a resilient PERSON.							
Extended Professional Component (is a part of internal component only, Not to be included in the External Examination Question paper)		Questions related to the above topics, from various competitive examinations UPSC/TRB/NET/UGC–CSIR/GATE/TNPSC/others to be solved (To be discussed during the Tutorial hour)							
Skills acquired from this course		Knowledge, Problem Solving, Analytical ability, Professional Competency, Professional Communication and Transferrable Skill							

<b>Recommended Text</b>	<ol style="list-style-type: none"> <li>1. Fred Luthans., Carolyn, M. Youssef— Morgan. &amp; Bruce, J. Avolio. (20 15), Psychological Capital and beyond, New York: Oxford University Press.</li> <li>2. Snyder, C.R. &amp; Lopez, S.J. (2002). Handbook of positive psychology. (eds.). Oxford University Press. New York.</li> <li>3. Carr, A. (2004). Positive psychology, The science of happiness and human strengths. New York: Routledge.</li> </ol>
<b>Reference Books</b>	<ol style="list-style-type: none"> <li>1. Avolio. (2006), Psychological Capital: Developing the Human Competitive Edge, New York: Oxford University Press.</li> <li>2. Singh, A.(2013).Behavioral science: Achieving behavioral excellence for success. New Delhi: Wiley India Pvt Ltd.</li> </ol>
<b>Website and e-Learning Source</b>	<ol style="list-style-type: none"> <li>1. PSYCAP <a href="https://positivepsychology.com/psychologicalcapital-psycap/">https://positivepsychology.com/psychologicalcapital-psycap/</a></li> <li>2. Self -efficacy <a href="https://www.verywellmind.com/what-is-selfefficacy-2795954">https://www.verywellmind.com/what-is-selfefficacy-2795954</a></li> <li>3. 7c's of Resilience <a href="https://summitcounseling.org/7-cs-of-resilience/">https://summitcounseling.org/7-cs-of-resilience/</a></li> <li>4. <a href="https://www.mathewsopenaccess.com/full-text/optimism-pessimism-and-its-relationship-with-locus-of-control-among-children-and-adolescents">https://www.mathewsopenaccess.com/full-text/optimism-pessimism-and-its-relationship-with-locus-of-control-among-children-and-adolescents</a></li> </ol>

## COURSE OUTCOMES

On successful completion of the course, students will be able to

- **CO1 (K4)** – To analyse the positive and negative approach and its effect on work determinants like, job motivation, satisfaction and performance.
- **CO2 (K2)** – To understand the role of self-efficacy and ways to improve it.
- **CO3 (K2)** – To distinguish the various conditions that implicate in developing hope and hopelessness and analyse ways to inculcate hope and build mental well-being.
- **CO4 (K2)** – To distinguish the ways to build optimism and locus of control for better performance.
- **CO5 (K3, K4)** – To analyse and apply 7C's Model of Resilience.

Course Outcomes	PO1	PO2	PO3	PO4	PO5	PO6
CO1	3	2	1	3	1	2
CO2	1	3	2	2	3	1
CO3	2	1	3	3	3	2
CO4	1	3	2	1	3	2
CO5	2	2	2	1	3	3