



## Integral University, Lucknow

Effective from Session: 2024-2025

Course Code	A090102P/ HS110	Title of the Course	Lab Work	L	T	P	C
Year	I	Semester	I	0	0	2	2
Pre-Requisite	Intermediate	Co-requisite	None				
Course Objectives	To assess of Cognitive functioning and Its application in day to day life.						

### Course Outcomes

CO1	Students will be imparted a variety of skills to design and conduct psychological experiments/tests ensuring controlled conditions.
CO2	Understanding of the standard steps for Empirical Report Writing and interpretations of the results
CO3	Learning about the usage of equipments in lab.
CO4	Enhance observational skills and build up rapport with the subjects

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	<b>Practical 1</b>	Any one experiment based on Attention/Perceptual Processes	8 (16 hrs)	CO1
2	<b>Practical 2</b>	Any one experiment based on Classical Conditioning/ Operant Conditioning/Verbal Learning	8 (16 hrs)	CO2
3	<b>Practical 3</b>	Any one experiment based on Memory/Forgetting	7 (14 hrs)	CO3
4	<b>Practical 4</b>	Any one experiment based on Motivation/Emotional Processes	7 (14 hrs)	CO4

### Reference Books:

1. Kerlinger F. N (1986) Foundation of Behavioral Research, New York, Holt, Rinehart and Winston

### e-Learning Source:

Suggestive digital platforms web links- [www.psytoolkit.org](http://www.psytoolkit.org)

<http://heecontent.upsdc.gov.in/Home.aspx> ,

### Course Articulation Matrix: (Mapping of COs with POs and PSOs)

PO- PSO CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6
CO1	3	1		3	3	3	3	3	3	3	3	3	3
CO2	3	1		3	3	3	3	3	3	3	3	3	3
CO3	3	1		3	3	3	3	3	3	3	3	3	3
CO4	3	1		3	3	3	3	3	3	3	3	3	3

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

Name & Sign of Program Coordinator

Sign & Seal of HoD



**Integral University, Lucknow**

**Effective from Session: 2022-23**

<b>Course Code</b>	A090101T/H S109	<b>Title of the Course</b>	<b>Basic Psychological Processes</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>C</b>
<b>Year</b>	<b>I</b>	<b>Semester</b>	<b>I</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>4</b>
<b>Pre-Requisite</b>	Intermediate	<b>Co-requisite</b>	None				
<b>Course Objectives</b>	To introduce students to the basic concepts of the field of psychology with an emphasis on applications of psychology in everyday life.						

<b>Course Outcomes</b>	
<b>CO1</b>	Understanding about the Psychology and demonstrate command of the basic terminology, concepts, and principles of the discipline.
<b>CO2</b>	Enable to Identify and compare the major perspectives in psychology: Recognize how each approach views human thought and behavior.
<b>CO3</b>	Knack to link up theory with individual experiences and varied applied settings..
<b>CO4</b>	Understanding about the structural and functional dynamics of each of the mental processes and their interconnectedness
<b>CO5</b>	Gain knowledge of the important processes and principles of human learning as well as the structural functional attributes of human memory to help conserve the learning outcomes.
<b>CO6</b>	Knowledge about the structural components and functional dynamics of both intelligence and personality
<b>CO7</b>	Understanding of the significance of emotion and motivation in behavior management.
<b>CO8</b>	Development of scientific temperament in studying and understanding human behavior.

<b>Unit No.</b>	<b>Title of the Unit</b>	<b>Content of Unit</b>	<b>Contact Hrs.</b>	<b>Mapped CO</b>
1	<b>Psychology</b>	Nature ( <b>Psychology as Science</b> ), <b>Goals</b> and Scope, and Applications; Approaches: Psychodynamic, Behavioristic, Cognitive, Humanistic & Indigenous Indian Psychology (with special reference to Shrimad Bhagwad Gita, Sankhya Darshan and Buddhism).	7	CO1
2	<b>Attention Processes::</b>	Selective and Sustained Attention: Nature and Determinants; Perceptual Processes: Nature and Determinants; <b>Gestalt Laws of Perceptual Organization; Errors in Perception- 1. Illusion - Types - Horizontal-Vertical, Muller Lyer and Illusion of Movement; 2. Hallucination- Visual, Auditory and Tactile</b>	7	CO2
3	<b>Learning:</b>	<b>Definition, Factors Influencing Learning; Types of Learning: Trial and Error Learning: Classical Conditioning, Extinction, Spontaneous Recovery, Generalization, Discrimination; Operant Conditioning: Schedules of Reinforcement, Cognitive Learning: Insightful (Kohler) and Observational (Bandura); Verbal Learning: Methods and Procedure; Transfer of Learning and its types.</b>	7	CO3
4	<b>Memory and Forgetting:</b>	Stages of Memory: Encoding, Storage and Retrieval; Types of Memory: Sensory, Short Term and Long Term Memory, <b>Working Memory, Semantic Memory, Autobiographical Memory and Flashbulb Memory (Basic Introduction); Forgetting: Interference and Cue-Dependent Forgetting, Forgetting Curve.</b>	7	CO4
5	<b>Intelligence:</b>	Nature and Definition; Concept of IQ; Theories of Intelligence (Introduction of Basic Concepts): Spearman, Thurston, Guilford, Sternberg, Gardner; <b>Concept of Emotional Intelligence; and Social Intelligence.</b>	8	CO5
6	<b>Personality:</b>	Definition and Determinants; Approach of Personality (Basic Concepts): Trait approaches (Allport and Cattell); Psychodynamic (Freud); Humanistic (Rogers and Maslow).	8	CO6
7	<b>Motivation:</b>	Nature and Concept (Needs, Drives, Instincts); Types of Motives: Biological and Social Motives; Pull and Push Mechanism; <b>Intrinsic vs. Extrinsic Motivation</b>	8	CO7
8	<b>Emotion:</b>	Nature of Emotion; Basic Emotions; Expressions of Emotion: Universal Versus Culture Specific; Theories of Emotion: James-Lange, Cannon-Bard, <b>Schechter-Singer, Appraisal Theory, and Cognitive Activation Theory</b>	8	CO8

**Reference Books:**

- 1 Baron, R. & Misra, G. (2016). *Psychology* (5th edition). New Delhi: Pearson.
2. Ciccarelli, S. K., White, N.J., & Misra, G. (2017). *Psychology* (5th ed., South sian Edition). New Delhi: Pearson Education..
3. Cornelissen, M., Mishra, G. & Verma, S. (2014). *Foundations of Indian Psychology*. New Delhi: Pearson Education
4. De Silva, P. (2005). *An introduction to Buddhist psychology*. Springer.
5. Galotti, K.M. (2014). *Cognitive Psychology: In and Out of the Laboratory* (5th ed.). New Delhi: Sage.
- Feldman, R. S. (2006). *Understanding Psychology*. India: Tata McGraw Hill
- Mishra, G. (Edited) (2019). *Personality in Indigenous Tradition*. In ICSSR Research Surveys & explorations Psychology (Vol.2): Individual and the Social Processes & Issues. New Delhi: Oxford University Press.
- Morgan, C.T., King, R.A., Weiss, R.A., & Schopler, J. (2004). *Introduction to Psychology* (7th ed.). New York: McGraw Hill.
- Suhotra (2007). *Vedantic Psychology: India's ancient vision of the Mind*. The Bhaktivedanta Academy.

Swami Akhilanand (2001 edition). *Hindu Psychology: It's meaning for the West*. Taylor& Francis.

Zimbardo, P.C. & Weber, A.L. (1997). *Psychology*. New York: Harper Collins College Publishers.

Suggestive digital platforms web links- <http://www.apa.org> <http://heecontent.upsdc.gov.in/Home.aspx>

**e-Learning Source:** Suggestive digital platforms web links- <http://www.apa.org> <http://heecontent.upsdc.gov.in/Home.aspx>

PO- PS O	PO 1	PO 2	PO 3	PO 4	PO 5	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PO7
CO												
CO 1	3	2	2	2	2	3	3	3	2	2	2	3
CO 2	3	3	1	1	3	3	3	3	3	3	3	3
CO 3	3	3	2	2	3	3	3	3	3	3	3	3
CO 4	3	3	2	2	3	3	3	3	3	3	3	3
CO 5	3	2	2	2	3	3	3	3	3	3	3	3
CO 6	3	2	2	2	3	3	3	3	3	3	3	3
CO 7	3	3	1	3	3	3	3	3	3	3	3	3
CO 8	3	3	3	3	3	3	3	3	3	3	3	3

**1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation**

<b>Name &amp; Sign of Program Coordinator</b>	<b>Sign &amp; Seal of HoD</b>
---	-------------------------------