






Department of Humanities and Social Sciences
Study and Evaluation Scheme
Program: Post Graduate Diploma in Guidance & Counseling (PGDGC) 1st year /1st semester
w.e.f. 2024-2025

Course code	Course Title	Type of Paper	Period Per hr/week/sem			Evaluation Scheme				S u b - T o t a l	Cre dit	Total Credit s	Attributes						SDGs	
			L	T	P	CT	TA	Total	ESE				Employ ability	Entrepr eneurshi p	Skill Develop ment	Gender Equality	Environment & Sustainability	Human Value		Profes sional Ethics
HS415	Counseling psychology: Introduction and Basics	DC	4	0	0	40	20	60	40	100	4:0:0	4	✓			✓	✓	✓		
HS416	Psychopathology	DC	4	0	0	40	20	60	40	100	4:0:0	4	✓			✓	✓	✓		
HS417	Practice and Application of Counseling	DC	4	0	0	40	20	60	40	100	4:0:0	4	✓				✓		✓	
HS418	Practicum-I	DC	0	0	4	40	20	60	40	100	0:0:4	4	✓			✓	✓	✓		
HS419	Project work/Field Work/internship	DC	0	0	0	00	60	60	40	100	0:0:8	8	✓		✓	✓	✓		✓	
			12	0	4	160	140	300	200	500	24	24								

L- Lecture

T-Tutorial

P-Practical

C-Credit

CT-Class Test

TA-Teacher Assessment

CT= Mid1+Mid2 TA= Assignment+ Quiz +Attendance DC=Departmental Core, AECC= Ability Enhancement Compulsory course, SEC=Skill Enhancement Course, DE- Departmental Elective

GE= Generic Elective Course

Subject Total = Sessional Total (CA) + End Semester Examination (ESE)



Integral University, Lucknow

Effective from Session: 2025-26							
Course Code	HS415	Title of the Course	Counselling psychology: Introduction and Basics	L	T	P	C
Year	I	Semesters	I	4	0	0	4
Pre-Requisite	Graduate (Any Stream)	Co-requisite	None				
Course Objectives	To integrate psychological methods and therapeutic techniques. To develop and practice the skills of ethics in counselling.						

Course Outcomes	
CO1	To familiarize with the historical background of counselling.
CO2	To understand the importance of Psychodynamic approaches.
CO3	To enable understanding of the Behavioral and cognitive techniques.
CO4	To familiarize the Ethical Issues in counselling.
CO5	To understand the ethical responsibilities of the counsellor.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Basic Concepts of Counselling	Definition and Historical Growth Counseling movement in India & Abroad. Scope of counselling; Goals and Principles of Counselling. Qualities of Effective Counsellor: Effective communication skills; client-counsellor relationship. Counselling Process and Therapeutic relationship: Steps in counselling; Building a Counsellor-Client Relationship.	12	01
2	Psychodynamic and Relationship Oriented Approaches of Counselling	Psychoanalytic approach. Neo-Freudian approaches. Humanistic Approach: Existential, Client-centered. Gestalt Approach.	12	02
3	Behavioral and Cognitive Approaches	Behavioral Approach: Operant-Conditioning, Classical-Conditioning. Cognitive Approach: CBT and REBT. New Wave Cognitive Approaches: ACT and DBT Mindfulness and Trauma Informed Care.	12	03
4	Ethical Issues	Need for Ethical Standards Ethical Codes and Guidelines. Rights of Clients: Dimensions of Confidentiality, Dual Relationships in Counselling Practices.	12	04
5	Counsellor's Ethics	The Counsellor's Ethical and Legal Responsibilities. Ethical Issues in the Assessment Process; Multicultural Counselling.	12	05

Reference Books:

1. K.K. Srivastava, Principles of Guidance & Counselling, Kaniska Publications Distributors, New Delhi.
2. Strawbridge, Handbook of Counselling Psychology, Sage Publications, New Delhi.
3. Wolman, Contemporary Theories System & Psychology, Freeman Book Comp., New Delhi.
4. Herbert Srenson Margulritc Malm & Garlie A Fories, "Psychology for living", Tata McGraw Hills Pub., New Delhi.
5. Bohart, Foundation of Clinical & Counselling Psychology.
6. Janet Tolan, Skills in Person Centered Counselling & Psychotherapy, Sage Publications, New Delhi.

e-Learning Source:

- <https://www.skillsyouneed.com/learn/counselling.htm>
- <https://positivepsychology.com/counseling-process/>
- https://www.lkouniv.ac.in/site/writereaddata/siteContent/202004050627539144Rajnish_Yadav_SW_Treatment_Methods_in_Psychiatric_Social_Work.pdf
- https://www.researchgate.net/publication/325844422_ETHICS_IN_COUNSELING

CO	PO-PSO	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1		2	3	2	2	3	3	3	3	3	3
CO2		3	3	3	3	3	2	3	3	3	1
CO3		3	3	2	3	2	3	3	3	3	3
CO4		2	3	3	3	3	3	3	1	2	2
CO5		3	3	3	3	3	3	2	2	3	3

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

Name & Sign of Program Coordinator	Sign & Seal of HoD
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Integral University, Lucknow

Effective from Session: 2025-26							
Course Code	HS416	Title of the Course	Psychopathology	L	T	P	C
Year	I	Semesters	I	4	0	0	4
Pre-Requisite	Graduate (Any Stream)	Co-requisite	None				
Course Objectives	To Assess and determine the nature and intensity of everyday issues. To enhance skills to establish a cordial relationship with the clients.						

Course Outcomes	
CO1	To familiarize the classification and models of psychopathology.
CO2	To understand the importance of various disorders.
CO3	To enable understanding of the various types of personalities.
CO4	To familiarize the importance of the physiological disorders.
CO5	To understand the developmental disorder.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Classification, Theoretical Models and Diagnosis	Systems of Classification, basic features; DSM-I VTR, ICD-IO, similarities and differences. Major Theoretical Models of Psychopathology: Psychoanalytic model, Behaviorist model, Humanistic-existential models. Problems and methods of diagnosis: physiological examination, observation, case-history, interview-method Psycho-diagnostic tests.	12	01
2	Mood, Anxiety and somatoform disorders	Bipolar disorders: Manic, Depressive, Mixed. Depressive disorder: Major depression and dysthymia, Suicide. Anxiety Disorders: Generalized anxiety disorder, phobia, panic disorder, post-traumatic stress disorder and obsessive-compulsive disorder. Conversion disorder, Somatization disorder, Hypochondriasis, Body dysmorphic disorder, Pain disorder.	12	02
3	Personality disorders	Personality Disorder: Narcissistic Personality, Histrionic Personality, Antisocial (Psychopathic) Personality, Borderline Personality, Paranoid Personality, and Schizotypal Personality.	12	03
4	Sexual dysfunctions and Psychotic Disorders	Dysfunctions of Desire, Arousal, Orgasm and Pain Paraphilias, Pedophilia and Rape Gender identity disorders, Impotence. Schizophrenia and other psychotic disorders: Bipolar, Delusional, psychotic depression	12	04
5	Disorders of Infancy, Childhood and Adolescence	Developmental disorder: Pervasive Developmental Disorder. Behavioral Disorder: Conduct Disorder, Hyperactivity Disorder, ADHD, Down Syndrome. Eating Disorders: Anorexia Nervosa, Bulimia Nervosa	12	05

Reference Books:
 Sarason & Sarason (2002), Abnormal Psychology; Pearson Education. Delhi
 Bennett, P. (2010). Abnormal and Clinical Psychology: An Introductory Textbook. New Delhi: Tata McGraw Hill Education Pvt. Ltd.
 Sadock, B.J. & Sadock, V.A. (2003). Kaplan & Sadock's Synopsis of psychiatry: Behavioral sciences/clinical psychiatry (9th. Ed.). Philadelphia: Lippincott Williams & Wilkins
 Coleman, J.C. : Abnormal Psychology & Modern Life Lazarus and Folkman: Stress, appraisal and coping

e-Learning Source:
<https://wMv.vervwellmind.com/an-overview-of-psychopathology-4178942>
<https://medlineplus.gov/mentaldisorders.html>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6540749/>
<https://www.gracepointwellness.org/2/37-childhood-mental-disorders-and-illnesses/article/14514-disorder-of-infancy-childhood-or-adolescence-not-otherwise-specified>

CO	PO-PSO	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1		2	3	2	2	3	1	3	3	2	2
CO2		3	3	3	3	3	2	3	3	3	1
CO3		2	1	3	1	2	3	2	3	3	3
CO4		3	3	1	3	3	1	3	1	2	2
CO5		3	3	3	3	3	3	2	2	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: 2023-24							
Course Code	HS417	Title of the Course	Practice and application of Counseling	L	T	P	C
Year	I	Semesters	I	4	0	0	4
Pre-Requisite	Graduate (Any Stream)	Co-requisite	None				
Course Objectives	To give exposure to the current trends of therapies, issues and concerns of counseling as a profession. To familiarize about the approaches of guidance and counseling and the techniques involved in them.						

Course Outcomes	
CO1	To familiarize the concept of vocational counseling and guidance.
CO2	To understand the approaches of family counseling.
CO3	To enable understanding of the students with regards to Work place issues.
CO4	To familiarize the importance of the workplace counseling.
CO5	To understand the importance of group counseling.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Educational & Vocational Counseling and Guidance	Meaning and objectives of Educational Guidance; Need for educational Guidance. Guidance of various levels (primary, secondary and higher); Principals of educational guidance. Meaning and objectives of Vocational Guidance; Aims of Vocational Guidance. Need of Vocational Guidance; Steps in Vocational Guidance.	12	01
2	Family & Marital Counseling	Historical evolution of the field of marriage & family therapy Need, principles and goals of family therapy. Fundamental concepts: Cybernetics, Systems theory, Social constructivism, Attachment theory. Theories and schools of Family therapy. Limitations of Family therapy.	12	02
3	Workplace Counselling-I	History and evolution of Workplace Counselling and current trends. Objectives, need, principles and goals of Workplace counselling.	12	03
4	Workplace Counselling-II	Models of Workplace Counselling: Brief therapy models, Problem focused models, Work oriented models, Manager based models, Externally based models, Internally based models, Welfare based models, Organizational change models. Limitations of Workplace Counselling.	12	04
5	Special Group Counselling	Socially and Economically Disadvantaged group counselling. Destitute, Orphans, Delinquents, Drop-outs, Homosexuals. Identifying Support Networks. Referral Processes.	12	05

Reference Books:

Nichols, P.M & Schwartz C.R (2006). Family Therapy —concepts and methods, 7th edition, Allyn and Bacon, Boston, Pearson education, Inc.Press, Inc. Carroll M. (1996). Workplace Counselling: A Systematic Approach to Employee Care. London; Sage publishers. Jim, O., (1992). Community Psychology. • concepts, methods and profession. (3rd edition). Cole publishing company. Pacific Grove, California. Kloos, B., E., Wandersman, As, Elias, M., & Dalton, J. H. (2012). Community psychology: Linking individuals and communities (3rd ed.). Wadsworth, C,'engage Learning: Belmont, CA, USA.

e-Learning Source:

<https://www.skillsvounecd.com/larn/counselling.html>
<https://positivcpsychology.com/counsling-process/>
<https://ncert.nic.in/textbooWpdf/lehe108.pdf>
<https://cgvankosh.ac.in/bitstream/123456789/21288/1 Unit-3.pdf>

CO	PO-PSO	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1		2	1	2	2	3	3	3	3	3	2
CO2		3	3	3	2	3	2	3	3	3	3
CO3		3	2	1	2	2	3	2	2	3	3
CO4		3	3	3	3	3	3	3	1	2	1
CO5		3	2	3	1	3	1	2	2	3	3

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

Name & Sign of Program Coordinator	Sign & Seal of HoD
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Integral University, Lucknow

Effective from Session: 2023-24							
Course Code	HS419	Title of the Course	Internship	L	T	P	C
Year	I	Semester	I	0	0	0	8
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives	This course will help students to provide supervision to mental health professionals and equip them to learn specific interventions to provide better guidance and counseling.						

Course Outcomes	
CO1	Enable and train them to practice and maintain mental health.

Unit No.	Content of Unit	Contact Hrs.	Mapped CO
1	The Internship aims to help students develop their professional, intellectual, and personal abilities. Every student of PGDGC acquires hands-on experience under the supervision of a professionally qualified therapist/counselor during the program's internship component.	15	CO1

Reference Books:
K.K Srivastav (2003) Principles of guidance and counseling
Kinra, Asha, K (2008) Guidance and Counselling
e-Learning Source: Egyankosh, NCERT, ePathshala, https://prasadpsycho.com/product

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

CO	PO-PSO	PO1	PO2	PO3	PO4	PO5	PO1	PO2	PSO3	PSO4	PSO5
CO1		-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-

Name & Sign of Program Coordinator	Sign & Seal of HoD
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Integral University, Lucknow

Effective from Session: 2025-2026							
Course Code	HS418	Title of the Course	Practicum-I	L	T	P	C
Year	I	Semester	I	0	0	4	4
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives	This course will enable students to administer psychological experiments and validate different scales relevant to Guidance & Counselling as a subject of expertise.						

Course Outcomes	
CO1	Enable students to administer and interpret Intelligence Test
CO2	Enable students to know administration & interpretation of Personality Test
CO3	Enable students to understand the concept of memory
CO4	Enable students to administer and interpret Bio feedback
CO5	Enable them to administer and interpret Emotional Maturity Scale

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Intelligence test	Raven’s Progressive Matrices / Wechsler Adult Intelligence Scale	6	CO1
2	Personality Test	MMPI	6	CO2
3	Human Memory	Experimental Procedure (LTM-STM)	6	CO3
4	Biofeedback	Galvanic Skin Response Electro Encephalogram by Biofeedback	6	CO4
5	Emotional Intelligence Scale	Emotional Intelligence Scale -A. K Singh	6	CO5

Reference Books:	
1.	Anne Anastasi (1968). Psychological Testing
2.	K.K Srivastav (2003) Principles of guidance and counseling
3.	Kinra, Asha, K (2008) Guidance and Counseling
e-Learning Source:	
Egyankosh	
E Pathshala	

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

CO	PO- PSO	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1		2	3	2	2	3	3	3	3	3	3
CO2		3	3	2	1	3	2	3	1	3	1
CO3		3	1	3	3	2	1	2	3	3	3
CO4		3	3	2	3	3	3	3	1	2	2
CO5		3	3	3	3	3	3	2	2	3	3

Name & Sign of Program Coordinator

Sign & Seal of HoD

Course code	Course Title	Type of Paper	Period Per hr/week/sem			Evaluation Scheme				Sub-Total	Credit	Total Credits	Attributes							SDGs
			L	T	P	CT	TA	Total	ESE				Employability	Entrepreneurship	Skill Development	Gender Equality	Environment & Sustainability	Human Value	Professional Ethics	
HS420	Psychological assessment and diagnosis	DC	4	0	0	40	20	60	40	100	4:0:0	4	✓			✓	✓	✓	✓	3
HS421	Advance Counseling skills	DC	4	0	0	40	20	60	40	100	4:0:0	4	✓			✓	✓	✓		3
HS422	Psychotherapy	DC	4	0	0	40	20	60	40	100	4:0:0	4	✓		✓		✓			4
HS423	Practicum-II	DC	0	0	4	40	20	60	40	100	0:0:4	4	✓			✓	✓			4
HS424	Project World/Field Work/Internship	DC	0	0	0	00	60	60	40	100	0:0:8	8	✓		✓	✓	✓	✓	✓	4
			12	0	4	160	140	300	200	500	24	24								

L- Lecture

T-Tutorial

P-Practical

C-Credit

CT-Class Test

TA-Teacher Assessment

CT= Mid1+Mid2 TA= Assignment+ Quiz +Attendance DC=Departmental Core, AECC= Ability Enhancement Compulsory course, SEC=Skill Enhancement Course, DE- Departmental Elective

GE= Generic Elective Course

Subject Total = Sessional Total (CA) + End Semester Examination (ESE)



Integral University, Lucknow

Effective from Session: 2025-26

Course Code	HS424	Title of the Course	Internship	L	T	P	C
Year	I	Semester	II	0	0	0	8
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives	This course will help students to provide supervision to mental health professionals and equip them to learn specific interventions to provide better guidance and counseling.						

Course Outcomes	
CO1	Enable students assess personality using projective techniques
CO2	Enable them to assess anxiety using STAI
CO3	Enable students to administer and interpret Bell’s adjustment inventory
CO4	Train students for sensitivity.
CO5	Enable and train them to practice and maintain mental health

Unit No.	Content of Unit	Contact Hrs.	Mapped CO
1	This Internship enables the students to do scientific observation inquiry and analysis of counseling setups. Every student of PGDGC acquires hands-on experience under the supervision of a professionally qualified therapist/counselor during the program’s internship component.	15 days	CO1

Reference Books:
K.K Srivastav (2003) Principles of guidance and counseling
Kinra, Asha, K (2008) Guidance and Counselling
e-Learning Source: Egyankosh, NCERT, ePathshala, https://prasadpsycho.com/product

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

CO	PO-PSO	PO1	PO2	PO3	PO4	PO5	PO1	PO2	PSO3	PSO4	PSO5
CO1		-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-

Name & Sign of Program Coordinator	Sign & Seal of HoD
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Integral University, Lucknow

Effective from Session: 2025-26							
Course Code	HS423	Title of the Course	Practicum-II	L	T	P	C
Year	I	Semester	II	0	0	4	4
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives	This course will equip students in administering different inventories to provide better guidance and counseling services.						

Course Outcomes	
CO1	Enable students assess personality using projective techniques
CO2	Enable them to assess anxiety using STAI
CO3	Enable students to administer and interpret Bell’s adjustment inventory
CO4	Train students for sensitivity.
CO5	Enable and train them to practice and maintain mental health

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Projective Tests	Rorschach Test/Thematic Apperception Test	12	CO1
2	Anxiety Test	The State-Trait Anxiety Inventory (STAI)	12	CO2
3.	Adjustment Test	Bell’s Adjustment Inventory	12	CO3
4	Sensitivity Training	Reaction time for auditory and visual stimuli	12	CO4
5	Yoga and Mental Health	Practicing to maintain mental Health (Yoga, Exercise, Music Therapy)	12	CO5

Reference Books:
1. Anne Anastasi (1968). Psychological Testing
2. K.K Srivastav (2003) Principles of guidance and counseling
3. Kinra, Asha, K (2008) Guidance and Counselling
e-Learning Source: Egyankosh, NCERT, ePathshala, https://prasadpsycho.com/product

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

CO	PO-PSO	PO1	PO2	PO3	PO4	PO5	PO1	PO2	PSO3	PSO4	PSO5
CO1		3	2	2	3	2	2	1	2	3	3
CO2		3	3	2	2	3	2	2	2	1	2
CO3		3	3	3	2	3	3	2	3	2	3
CO4		2	3	3	3	3	3	3	3	2	2
CO5		2	1	3	3	2	1	2	3	3	2

Name & Sign of Program Coordinator	Sign & Seal of HoD
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Integral University, Lucknow

Session:2025-2026							
Course Code	HS422	Title of the Course	Psychotherapy	L	T	P	C
Year	I	Semester	II	4	0	0	4
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives	This course will enable students to construct and standardize the psychological test						

Course Outcomes	
CO1	To enable student to understand Basic of Psychotherapies and itsProcess.
CO2	To enable them to learn Psychotherapy and develop skill on Indian context ,Spirituality and psychotherapy ,Yoga and Meditation
CO3	To enable students to understand Specifics Psychotherapies
CO4	To enable students to understand various Therapeutic Approaches and crisis Interventions
CO5	To enable to students for Therapeutic Intervention

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Introduction	Psychotherapy: Meaning, Nature &Scope , Variables affecting Psychotherapy I: Specific Variables ,Social & Client Variable , Therapist Variables ,Variables affecting Psychotherapy II: Process Variables ,Social & Environmental Variable , Placebo Effect ,Future Trends of Psychotherapy	12	CO1
2	Psychotherapy in India	Counselling vs. Psychotherapy ,Psychotherapy in the Indian context ,Spirituality and psychotherapy ,Yoga and Meditation	12	CO2
3	Therapeutic Approaches I	Freud’s Psycho -analytic Therapy, Adlerian Psychotherapy, Brief Dynamic therapies ,Client-Centered Therapy, Existential Therapy and Gestalt Therapy ,Behavioral therapy, Cognitive Behavior therapy, Rational Emotive Behavior Therapy (Ellis) ,Family, Marital and Interpersonal Therapy	12	CO3
4	Therapeutic Approaches II	Transactional Analysis ,Supportive therapy and Crisis Intervention ,Therapies with Children and Adolescents Group Therapy	12	CO4
5	Therapeutic Interventions	Therapeutic Intervention, Life Skills Training, Play Therapy, Training Parents of Children/Adolescents with Disabilities, Counseling for Trauma and Abuse in Childhood, Cognitive Behavioral Therapy for Childhood/Adolescent Disorders	12	CO5

- 1.Gurman&Kniskern: Handbook of Family Therapy
2.Kahn M., Between Therapist anal client- The New Relationship- Revised Edition

e-Learning Source:

Egyankosh

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

CO	PO-PSO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7	PSO8
CO1		3	2	2	3	2	2	1	2	3	3	3	3	2	1	3
CO2		3	3	2	2	3	2	2	2	1	2	2	3	1	3	3
CO3		3	3	3	2	3	3	2	3	2	3	3	2	3	2	1
CO4		2	3	3	3	3	3	3	3	2	2	3	3	2	1	3
CO5		2	1	3	3	2	1	2	3	3	2	3	3	3	3	2

Name & Sign of Program Coordinator

Sign & Seal of HoD



Integral University, Lucknow

Effective from Session: 2025-2026							
Course Code	HS421	Title of the Course	Advance Counseling Skill	L	T	P	C
Year	I	Semester	II	4	0	0	4
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives	This course will enable students to construct and standardize the psychological skill						

Course Outcomes	
CO1	To enable student to understand the skill and specific role of Counselor
CO2	To enable them to learn and understand the Basic & Exploration Communication Skills
CO3	To enable students to develop & adopt Behavioral Methods Self monitoring of Thought, Emotions
CO4	To enable students to learn and use of Counseling Application
CO5	To enable them to develop and understand the Professional Issues& Ethics in Counseling

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Role of Counsellor	Personal Characteristics: A Composite model of human effectiveness , Role of self awareness in counselling. ,Role and Function of counsellor : Definition OF Role. Generic roles. organizing roles & functions , Self – disclosure by counsellor – When and How	12	CO1
2	Communication skills	Basic Communication Skills and Exploration Skills: Attending skills, Listening skills, Integrating Listening skills, Probing Immediacy, Self-disclosure , Interpretation. Confrontation. Action Skills: Information giving, advice giving Goal Setting , Reinforcement Directives ,Helping clients develop and work on preferred scenarios, negotiating homework. ,Managing resistance and other obstacles in counselling , Skills of closure and terminating	12	CO2
3	Helping and working with emotions	Self monitoring of Thought, Feeling and Action ,Facilitating problem solving ,Understanding and Improving Self talk, rules and thinking patterns , Behavioural Methods	12	CO3
4	Counselling Application	Group Counselling: Concept & Process, Addiction counselling: Principles & Prevention, Geriatric Counselling: Concept and Scope. ,Rehabilitation Counselling, Crisis Intervention & Counselling	12	CO4
5	Professional Issues in Counseling	Essentials for a Counselor and Family Therapist, Self of the Therapist, Therapist and Client Relationship, Professional Approach and Ethical Issues in guidance and counseling.	12	CO5

1.Jackson C.,(1998), Understanding sychological Testing; Jaico Publishing blouse(Singapore)Pte .Let.
 2.Guilford J.P.: Psychometric Methods.
 3. Anastasi & Urbina S. (2000), Psychological Testing, 7th Edition; Person Education

e-Learning Source:
 Egyankosh

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

CO	PO-PSO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7	PSO8
CO1		3	2	2	3	2	2	1	2	3	3	3	3	2	1	3
CO2		3	3	2	2	3	2	2	2	1	2	2	3	1	3	3
CO3		3	3	3	2	3	3	2	3	2	3	3	2	3	2	1
CO4		2	3	3	3	3	3	3	3	2	2	3	3	2	1	3
CO5		2	1	3	3	2	1	2	3	3	2	3	3	3	3	2

Name & Sign of Program Coordinator	Sign & Seal of HoD
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Integral University, Lucknow

Effective from Session: 2025-2026							
Course Code	HS420	Title of the Course	Psychological Assessment and Diagnosis	L	T	P	C
Year	I	Semester	II	4	0	0	4
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives	This course will enable students to construct and standardize the psychological test						

Course Outcomes	
CO1	To enable student to understand Concept of Intelligence, theories and Test of Intelligence.
CO2	To enable them to learn the Concept of Achievement, theories and Test of Achievement.
CO3	To enable students to develop and learn Assessment of Personality: Objective Test
CO4	To enable students to learn and understand the use of Personality Assessment & Projective Tests
CO5	To enable them to learn use of Developmental Scales

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Intelligence	Concept of Intelligence ,Theories of Intelligence ,Intelligence Test: Bhatia Battery, Weschler’s Adult Performance Intelligence Scale (WAPIS), Raven’s Progressive Matrices, Weschler’s Intelligence Scale fair Children— Revised (WISC), Wide Range Intelligence Test (WRIT), Alexander Pass - a- long Test of Intelligence.	12	CO1
2	Achievement test	Concept of Achievement ,Theory of Achievement ,Achievement Test: Wechsler Individual Achievement Test (WIAT), Diagnostic Achievement Test for Adolescents - Second Edition (DATA-2), Kaufman Test of Educational Achievement (KTEA)	12	CO2
3	Assessment of Personality: Objective Test	Cattell’s 16 Personality Factor Inventor,(1 6 PF) ,California. Q - Sort Tests ,Myers Briggs Type Indicator (MBTI) ,Minnesota Multiphasic Personality Inventory (MMPI)	12	CO3
4	Assessment of Personality: Projective Test	TAT , Rorschach /Inkball Test ,Draw a person test ,Sentence Completion test	12	CO4
5	Developmental Scales	Developmental Screening Test ,Vineland’s Social Maturity Scale ,Measures of Psychosocial Development (MPD) ,Gesells’ Developmental Schedule	12	CO5

Understanding Psychological Testing; Jaico Publishing House,Guilford J.P.: Psychometric Methods.Anastasi & Urbina S .(2000), Psychological Testing ,7th Edition; Person Education (Singapore) Pte. Ltd

e-Learning Source:
Egyankosh

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

CO	PO-PSO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7	PSO8
CO1		3	2	2	3	2	2	1	2	3	3	3	3	2	1	3
CO2		3	3	2	2	3	2	2	2	1	2	2	3	1	3	3
CO3		3	3	3	2	3	3	2	3	2	3	3	2	3	2	1
CO4		2	3	3	3	3	3	3	3	2	2	3	3	2	1	3
CO5		2	1	3	3	2	1	2	3	3	2	3	3	3	3	2

Name & Sign of Program Coordinator	Sign & Seal of HoD
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