



## Integral University, Lucknow

<b>Effective from Session: 2022-23</b>							
<b>Course Code</b>	HS401	<b>Title of the Course</b>	Cognitive Psychology: Attention, Perception and Memory	<b>L</b>	<b>T</b>	<b>P</b>	<b>C</b>
<b>Year</b>	1	<b>Semester</b>	1	3	1	0	4
<b>Pre-Requisite</b>	Graduation	<b>Co-requisite</b>	None				
<b>Course Objectives</b>	To acquaints students with the basic concepts of cognitive psychology. To develop an understanding of attention, perception, memory and imagery.						

<b>Course Outcomes</b>	
<b>CO1</b>	To understand the origin of cognitive psychology and function of cognition.
<b>CO2</b>	To explore the knowledge of cognitive psychology.
<b>CO3</b>	To make aware students with the recent trends in cognitive psychology
<b>CO4</b>	Be competent in Understanding cognitive psychology and its relation to the learning and memory.
<b>CO5</b>	To help students in relating subject matter of cognitive psychology to day to day life.

<b>Unit No.</b>	<b>Title of the Unit</b>	<b>Content of Unit</b>	<b>Contact Hrs.</b>	<b>Mapped CO</b>
1	Introduction to Cognitive Psychology	Historical Antecedents; Basic Concepts – Mental Representations and Processing; Artificial Intelligence; Scope of Cognitive Psychology, Experimental Psychology, Cognitive Science and Cognitive Neuropsychology, Computational Modeling – concepts and types	12	Co1
2	Attention	Meaning of attention; Theories of Attention – Filter Theories, Capacity Theories, Feature Integration Theories, Automaticity Theories.	12	Co2
3	Perception	Depth Perception; Perceptual Constancies; Pattern Recognition and Theories- Bottom-Up and Top-Down; Template Matching etc.	12	Co3
4	Memory	Structure of memory; Models of memory- Atkinson-Schiffrin Model, Levels of Processing Approach, Tulving's Model Types of memory- Sensory Memory, Short Term Memory and Long Term Memory.	12	Co4
5	Imagery and Forgetting	Theories of Imagery- Dual Coding Theory and Kosslyn's Theory, Theories of Forgetting- Trace Decay, Repression	12	CO5

### Reference Books:

Cognitive Psychology and Its Implications, New York, Freeman 2. Best, J.B. (1995). Cognitive Psychology. Fourth Edition. West Publishing Company 3. Eysenck, M. and Keane, M. (1990) Cognitive Psychology: A student's Handbook. Psychology Press 4. Galotti, K.M. (2001). Cognitive Psychology In and Out of the Laboratory. Second Edition. Wadsworth Publishing Company 5. Matlin, M.W. (1995). Cognition. Third Edition. A Prism India Edition 6. Payne, D.C. and Wegner, M.J. (1998). Cognitive Psychology, Houghton Mifflin Co.

### e-Learning Source:

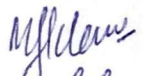

[https://www.academia.edu/17613920/Cognitive\\_Psychology\\_and\\_Its\\_Implications\\_and\\_Scientific\\_American\\_Explores\\_the\\_Hidden\\_Mind](https://www.academia.edu/17613920/Cognitive_Psychology_and_Its_Implications_and_Scientific_American_Explores_the_Hidden_Mind)

<https://www.taylorfrancis.com/books/mono/10.4324/9781351058513/cognitive-psychology-mark-keane-michael-eysenck>

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

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

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

 <b>Dr. Md. Jasimuddin Khan</b> Name & Sign of Program Coordinator	 <b>Zeba Anil</b> Sign & Seal of HoD
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## Integral University, Lucknow

Effective from Session: 2022-23

Course Code	HS 402	Title of the Course	Personality Growth	L	T	P	C
Year	I	Semester	I	3	1	0	4
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives	1. To develop an insight of basic personality traits among the students. 2. To understand different approaches of personality growth.						

### Course Outcomes

CO1	To learn the basic concepts and different perspective of personality.
CO2	Helping the students to learn different approaches to personality.
CO3	Understand the existential approach.
CO4	Understand of cognitive approach.
CO5	Understand of humanistic approach.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	<b>Growth Psychology</b>	Historical Perspective, misconceptions about healthy personality, Inner Psychological Processes.	12 hrs	CO1
2	<b>Healthy Personality</b>	Clinical and Growth Models, Assumptions and conceptualizations. Triguna and personal growth.	12 hrs	CO2
3	<b>Existential Approach</b>	May and Frankl's models and their application.	12 hrs	CO3
4	<b>Cognitive Approach</b>	Kelly's theory and its application.	12 hrs	CO4
5	<b>Humanistic Approach</b>	Maslow and Roger's theories and their applications.	12 hrs	CO5

### Reference Books:

1. Arkoff, A.A (1985). Psychology and personal Growth
2. Burger, J.M. (1986). Personality - Theories and Research. Wordsworth Pub. Co
3. Fadima, J. and Fager, R (1976). Personality and Personal Growth. New York: Harper and Row Publishers
4. Kundu, C. (1977). Personality Development: A Critique of Indian Studies. Vishal Publications



### e-Learning Source:

- <https://www.cambridge.org>
- [https://scholar.harvard.edu/files/andrewho/files/a\\_practitioners\\_guide\\_to\\_growth\\_models.pdf](https://scholar.harvard.edu/files/andrewho/files/a_practitioners_guide_to_growth_models.pdf)
- [https://cnx.org/contents/II5y6OT@1.1:UQr0\\_DQ3@1/Viktor-Frankl-Rollo-May-and-Existential-Psychology](https://cnx.org/contents/II5y6OT@1.1:UQr0_DQ3@1/Viktor-Frankl-Rollo-May-and-Existential-Psychology)
- <https://www.verywellmind.com/george-kelly-biography-2795498>

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

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

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

 <b>Dr. Md. Jasimuddin Khan</b> Name & Sign of Program Coordinator	 <b>Head</b> Humanities & Social Science Integral University, Lucknow
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## Integral University, Lucknow

Effective from Session: 2022-2023							
Course Code	HS403	Title of the Course	Research Methodology	L	T	P	C
Year	I	Semester	I	3	1	0	4
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives	To acquaints students with the basics of research methodology. To provide a space for students to practice various types of sampling in a hands on manner.						

Course Outcomes	
CO1	Understanding the basics of research and processes.
CO2	To help students learn different experimental research designs.
CO3	To help students know the non-experimental research designs.
CO4	To make students aware of the tools for data collection.
CO5	To prepare students to excel in research work.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Research	Concept and Meaning, Scientific and Non- Scientific Approach to Knowledge, Levels of Analysis, Goals of Scientific Methods. Types of Scientific Method: Positivism and Anti- Positivism, Hypothetic-Deductive and Inductive Research.	12	CO1
2	Research Process	Problems and Hypotheses, Variables; Steps of Research	12	CO2
3	Sampling	Concept and Meaning; Types of Sampling; Probability and Non Probability; Characteristics of Sampling; Sampling Errors.	12	CO3
4	Experimental and Correlational Research	Nature and Types, Strengths and Weaknesses. Ethical Issues in Research.	12	CO4
5	Basic, Applied and Action Research	Meaning, Steps and Uses; Qualitative and Quantitative Research.	12	CO5

### Reference Books:

Aronson, E and Ellsworth D.C, Carlsmith, J.M., Gonzales, M.I. (1990) Methods of Research in Social Psychology. McGraw Hill International Edition.

Breakwell, G.M., Hammond, S & Schow, C.F. (Edited) (1995). Research Methods in Psychology. Sage Publications.

Ebnes, D.G, Kantowitz, B.M, Roediger, H.L. (1989). Research Methods in Psychology. West Publishing Company.

Greenberg, J and Folger, R (1988). Controversial Issues in Social Research Method. New York. Springer.

Katz, D. and Festinger, L. (1953). Research Methods in Behavioural Sciences. Holt, Rinehart & Winston, Inc .

Kerlinger, F.N. (1964). Foundations of Behavioral Research. Holt, Rinehart & Winston, Inc.

Mohsin, S.M. (1984). Research Methods in Behavioral Sciences. Orient Longman Ltd.

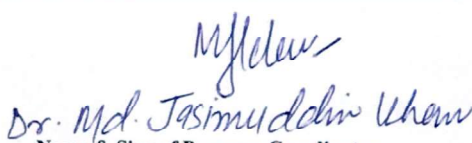

### e-Learning Source:

<https://egvankosh.ac.in/bitstream/123456789/4114/1/MWG-005B3E-U2.pdf>

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

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

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

 Dr. Md. Tasimuddin Khan Name & Sign of Program Coordinator	 Zeba Anil Head Humanities & Social Science Sign & Seal of HoD Integral University, Lucknow
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# Integral University, Lucknow

Effective from Session: 2022-23

Course Code	CP401	Title of the Course	Introduction to Clinical Psychology	L	T	P	C
Year	I	Semester	I	3	1	0	4
Pre-Requisite	Graduation	Co-requisite	None				

**Course Objectives**  
The Course will introduce students (primarily at a theoretical level) two major areas of Clinical Psychology (in practice) – (a) Clinical Assessment and (b) Clinical Intervention. Finally, the students would be encouraged to think critically about professional and other controversial issues in the field.

## Course Outcomes

CO1	To understand the meaning and nature of clinical psychology and its classification.
CO2	To acquaint with the concepts, goals, objectives of clinical psychology
CO3	To Understand the clinical assessment and therapeutic Intervention.
CO4	It will help to understand about substance related disorders.
CO5	Get acquainted with various issues, challenges and future directions in clinical Psychology.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Basics of Clinical Psychology, Classification & Diagnosis	Nature and Purpose of Assessment in Clinical Psychology, Methods, Diagnostic Criteria; Models of Clinical Psychology; Psychoanalysis, Interpersonal, Humanistic, Behavioral, Cognitive, and Biological model	12 hrs	CO1
2	Psychology in India	History of Psychology in India; Contemporary Psychology; Impact of Globalization; Post Modernism and Multicultural movements. Towards a Clinical Identity: education & training, professional activities and employment settings, differences/similarities with other mental health professions	12 hrs	CO2
3	Introduction to Clinical Assessment and Interventions	Assessment Processes: planning, data-collecting, interpreting, and communicating findings; Clinical Interview: components and basic skills; Diagnosis and Classification: basic issues and skills; Other assessment components and skills (Intellectual, Neuropsychological, Personality and Behavioral assessment). General issues in interventions: Nature of specific therapeutic variables (client, therapist, relationship). Course of intervention	12 hrs	CO3
4	Substance Related Disorders	Alcohol, Types of Substances Depressants, Stimulants, Hallucinogens, Sedative-Hypnotics Clinical Characteristics, etiology, Models of Alcohol Addiction & Other Substance Dependence.	12 hrs	CO4
5	Psycho-social Rehabilitation	Community Mental Health: Definition and Concept, Primary Care, Secondary care, Tertiary care. Rehabilitation- Concept of Rehabilitation - Psychiatric and Psychological	12 hrs	CO5

## Reference Books:

- Hecker, J.E. & Thorpe G.L. (2005). Introduction to Clinical Psychology. Pearson Education Inc.
- Garfield, S.L. & Bergin, A.E. (1986). Handbook of Psychotherapy and Behavior Change. John Wiley & Sons, United States of America.
- Bohart, A.C. & Todd, J. (1988). Foundations of clinical and counseling Psychology. Harper Collins Publishers.
- Kramer, G., Bernstein, D. and Phases, V. (2009). Introduction to clinical psychology; NY: Pearson Education.

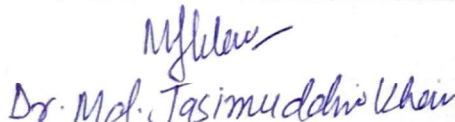
## e-Learning Source:


- Levels of Healthcare [https://www.physio-pedia.com/Levels\\_of\\_Healthcare](https://www.physio-pedia.com/Levels_of_Healthcare)
- Clinical Psychology History, Approaches, and Careers. <https://www.verywellmind.com/what-is-clinical-psychology-2795000>
- Clinical Assessment, Diagnosis, And Treatment <https://opentext.wsu.edu/abnormal-psych/chapter/module-3-clinical-assessment-diagnosis-and-treatment/>
- DSM 5 Criteria for Substance Use Disorders. <https://www.verywellmind.com/dsm-5-criteria-for-substance-use-disorders-21926>

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

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

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

  
 Dr. Md. Jasimuddin Khan  
 Name & Sign of Program Coordinator

  
 Zeba Agil  
 Head  
 Sign & Seal of HoD  
 Humanities & Social Science  
 Integral University, Lucknow



## Integral University, Lucknow

<b>Effective from Session: 2022-23</b>							
<b>Course Code</b>	<b>CP402</b>	<b>Title of the Course</b>	<b>Practicum I</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>0</b>	<b>0</b>	<b>4</b>	<b>2</b>
<b>Pre-Requisite</b>	<b>Graduation</b>	<b>Co-requisite</b>	<b>None</b>				
<b>Course Objectives</b>	Students will be able to develop the psychological methods and, exposure to clinical methods with assessment criteria and findings of scientific psychological studies to solve the practical problems.						

<b>Course Outcomes</b>	
<b>CO1</b>	This course will develop the understanding of the standard steps for Empirical Report Writing and Interpretations of the Results.
<b>CO2</b>	This course will develop the scientific temperament in studying and understanding human behavior, and understanding about the various personality assessment techniques/tools used for clinical assessment.

<b>Unit No.</b>	<b>Title of the Unit</b>	<b>Content of Unit</b>	<b>Contact Hrs.</b>	<b>Mapped CO</b>
1	NEO-FFI (by Costa and McCrae)	Problem, Introduction, Method, Procedure of Data collection, Data analysis & discussion, and conclusion.	15 hrs.	CO1
2	Rotter Incomplete Sentences Blank	Problem, Introduction, Method, Procedure of Data collection, Data analysis & discussion, and conclusion.	15 hrs.	CO2

### Reference Books:



1. Paul T. Costa & Robert R. McCrae (1985). Revised NEO Personality Inventory (NEO PI-R) & NEO Five-Factor (NEO-FFI) Inventory. Psychological Assessment Resources, Inc.
2. Newmark, C. S. (1985). Major Psychological Assessment Instruments, Allyn and Bacon.
3. Rotter, J. B. & Rafferty, J. E. (1950). Manual: Rotter Incomplete Sentences Blank, College Form. USA: Psychological Corporation.

### e-Learning Source:

1. <http://prezi.com/8nlfhqtaw0/rish/>
2. <https://www.scribd.com/document/527379727/MANUAL-FOR-NEO-FFI>
3. <https://ia800307.us.archive.org/30/items/rotterincomplete00rott/rotterincomplete00rott.pdf>
4. <http://prezi.com/yhtdoaiawitv/rotter-incomplete-sentences-blank-rish/>

<b>PO-PSO</b>	<b>Course Articulation Matrix: (Mapping of COs with POs and PSOs)</b>									
	<b>PO1</b>	<b>PO2</b>	<b>PO3</b>	<b>PO4</b>	<b>PO5</b>	<b>PSO1</b>	<b>PSO2</b>	<b>PSO3</b>	<b>PSO4</b>	<b>PSO5</b>
<b>CO1</b>	3	3	3	3	3	3	3	3	3	3
<b>CO2</b>	3	3	3	3	3	2	3	3	3	3

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

 <b>Dr. Md. Tasimuddin Khan</b> Name & Sign of Program Coordinator	 Head Humanities & Social Science Integral University, Lucknow Sign & Seal of HoD
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Integral University, Lucknow

Effective from Session: 2022-2023							
Course Code	CP403	Title of the Course	Field Practice	L	T	P	C
Year	I	Semester	I	0	0	0	4
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives	It will help the learner to critically reflect on, review the scientific basis for, and integrate what you have learned and accomplished as a psychology student and will prepare to explore the cultural, social, and ethical impact of psychological application on community and daily life.						



Course Outcomes	
CO1	Provide students with opportunities to apply the concepts learnt in the class-room to real-life situations.
CO2	Enable students to understand Research and its importance in experiential learning through Case study.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
		<ul style="list-style-type: none"> <li>Visit to an organization, community etc. to get an understanding of the same and do data collection either through questionnaire, or interview or with the help of audio-visual medium based on the identified research problems/issues.</li> <li>Student will present their findings in the form of paper for seminar discussions.</li> </ul>	60	CO1 CO2

e-Learning Source:
<a href="http://155.0.32.9:8080/jspui/bitstream/123456789/1123/1/Practicum%20and%20Internship%20Textbook%20and%20Resource%20Guide%20for%20Counseling%20and%20Psychotherapy%20%28%20PDFDrive%20%29.pdf">http://155.0.32.9:8080/jspui/bitstream/123456789/1123/1/Practicum%20and%20Internship%20Textbook%20and%20Resource%20Guide%20for%20Counseling%20and%20Psychotherapy%20%28%20PDFDrive%20%29.pdf</a>

Course Articulation Matrix: (Mapping of COs with POs and PSOs)															
PO-PSO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7	PSO8
CO															
CO1	1	1	2	1	2	3	3	1	2	2	2	2	2	2	1
CO2	2	1	2	2	2	2	2	2	2	1	1	2	3	2	2

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

 Dr. Md. Jasi mudhin Khan Name & Sign of Program Coordinator	 Zeba Agil Sign & Seal of HoD
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