

**R. E. SOCIETY'S  
R. P. GOGATE OF ARTS AND SCIENCE AND  
R. V. JOGALEKAR OF COMMERCE (AUTONOMOUS), RATNAGIRI**

**DEPARTMENT OF PSYCHOLOGY  
ACADEMIC YEAR 2025-26**

<b>Syllabus for Bachelor of Psychology for the year 2025-26</b>		
<b>Nomenclature of the Course</b>	<b>Fundamentals of Psychology Part I</b>	
<b>Class</b>	FYBA	
<b>Semester</b>	I	
<b>Course Code</b>	UAPSY101	
<b>No. of Credits</b>	2	
<b>Nature</b>	Theory	
<b>Type</b>	Major ( Mandatory ) / Minor	
<b>Course Outcomes:</b>		
CO1 : To impart knowledge of the basic concepts and modern trends in Psychology.		
CO2 : To foster interest in the subject of Psychology and to create a foundation for further Studies in Psychology.		
CO3 : Understanding psychological career options.		
CO4 : Develop a biological perspective for understanding psychological functioning in students.		
<b>Syllabus:</b>		
<b>Unit No.</b>	<b>Unit Title</b>	<b>Sub titles (Learning Points)</b>
1.	The science of Psychology	a) The history of Psychology. b) The Fields of Psychology Today. c) Scientific research. d) Ethics of Psychological Research. e) Applying Psychology to Everyday Life
2.	The Biological Perspective.	a) Neurons and Nerves : Building the Network. b) An overview of the Nervous System. c) Distant connections: The Endocrine Glands. d) Looking inside the Living Brain. e) From the Bottom up :The structures of the Brain. f) Classic studies in Psychology. g) Applying Psychology to Everyday life.

**References :**

1. Baron, R. A., & Kalsher, M. J. (2008). Psychology: From Science to Practice.(2nd ed.). Pearson Education inc., Allyn and Bacon
2. Ciccarelli, S. K., & White, J. N. (2017). Psychology.4<sup>th</sup> edi. New Jersey: Pearson education
3. Ciccarelli, S. K., White ,J.N.,& Mishra,G.(2018) .Psychology. 5<sup>th</sup> Edition; IndianAdaptation. Pearson India Education Services Pvt.ltd.
4. Feldman, R.S. (2013). Psychology and your life.2<sup>nd</sup> di. New York:McGraw Hill publications
5. King, L.A. (2013). Experience Psychology.2<sup>nd</sup> edi. New York: McGraw Hill publications
6. Lahey, B. B. (2012). Psychology: An Introduction. 11th edi. New York:McGraw-Hill Publications
7. Myers, D. G. (2013).Psychology.10<sup>th</sup> edition; International edition. New York: Worth Palgrave Macmillan, Indian reprint 2013

**Teaching Plan:**

Unit No.	Unit Title	Teaching Methods	No. of Lectures
1.	The science of Psychology	Chalk and Talk, Discussion, Question-Answering, AV resources	15
2.	The Biological Perspective.	Chalk and Talk, Discussion, Question-Answering, AV resources	15

**Evaluation Pattern****A) Continuous Internal Evaluation: Maximum Marks: 20**

Method	Marks
(Class test, home assignment, seminar, viva voce, report submission, active class participation and attendance, etc.)	20

**B) Semester End Examination: Maximum Marks: 30**

Question No. and Sub questions (If any) (E.g. Q. 1 a) ...	Unit and sub unit (with number and title)	Type of Question	Marks
Q.1 a) Or Q.1 b)	Unit No. 1	Essay Type	10
Q.2 a) Or Q.2 b)	Unit No. 2	Essay Type	10
Q. 3	Unit No. 1 and 2	Short Note	10

**Date:****Place:** Ratnagiri**Signature****Chairperson and HoD**

## Syllabus for Bachelor of Psychology for the year 2025-26

<b>Nomenclature of the Course</b>	<b>Basic Counseling Skills</b>
<b>Class</b>	FYBA
<b>Semester</b>	I
<b>Course Code</b>	UAVSCPSY101
<b>No. of Credits</b>	2
<b>Nature</b>	Theory + Practical
<b>Type</b>	VSC

### Course Outcomes:

CO1 : Understand of importance of counseling  
 CO2 : Understand basic concepts in counseling  
 CO3 : Understand basic skills of counseling.

### Syllabus:

Unit No.	Unit Title	Sub titles (Learning Points)
1.	Introduction to counseling	a) Nature of counselling b) Goal of counselling c) Counselling process d) Types of counselling e) Helping relationships and helping process (including activities)
2.	Counseling Skills	a) Starting, structuring, summarizing b) facilitating problem solving c) Improving client feedback (including activities)

### References :

1. Berman, Pearl and Shopland Susan (2005), Interviewing and Diagnostic Exercises for Clinical and Counselling Skills Building, Lawrence Erlbaum
2. Chen, Mei-whei and Giblin, Nan J. (2018), Individual Counselling and Therapy : Skills and Techniques (3<sup>rd</sup> ed.), Taylor and Francis
3. Dryden, Windy: Feltham, Colin (2006), Brief Counselling : A Practical Integrative Approach (2<sup>nd</sup> ed.), Open University Press
4. Richard Nelson-Jones (2012), Basic counselling skills : A helper's manual (3<sup>rd</sup> edition), Sage.

### Teaching Plan:

Unit No.	Unit Title	Teaching Methods	No. of Lectures
1.	Introduction to counseling	Discussion, Question-Answering	15
2.	Counseling Skills	Practical, Discussion, Question-Answering	15

**Evaluation Pattern****A) Continuous Internal Evaluation: Maximum Marks: 20**

<b>Method</b>	<b>Marks</b>
(Viva voce, report submission, active class participation and attendance, etc.)	20

**B) Semester End Examination: Maximum Marks: 30**

<b>Unit and sub unit (with number and title)</b>	<b>Type of exam</b>	<b>Marks</b>
Unit No. 1 and 2	Case Study, report writing, Viva voce	30

**Date:****Place:** Ratnagiri**Signature****Chairperson and HoD**

## Syllabus for Bachelor of Psychology for the year 2025-26

<b>Nomenclature of the Course</b>	<b>Fundamentals of Psychology Part II</b>
<b>Class</b>	FYBA
<b>Semester</b>	II
<b>Course Code</b>	UAPSY 201
<b>No. of Credits</b>	2
<b>Nature</b>	Theory
<b>Type</b>	Major ( Mandatory ) / Minor

### Course Outcomes:

CO1 : Identify elements and characteristics of learning

CO2 : Describe different perspectives of learning.

CO3 : Differentiate between types of memories.

### Syllabus:

Unit No.	Unit Title	Sub titles (Learning Points)
1.	Learning	a) Definition and nature of Learning. b) Classical conditioning, and Operant conditioning c) Cognitive learning Theory. d) Observational Learning.
2.	Motivation and Emotion	a) What is Motivation? b) approaches to understanding Motivation c) What hungry again? Why people eat? d) Emotion e) Culture and Emotions. f) Applying Psychology to Everyday life

### References :

- Baron, R. A., & Kalsher, M. J. (2008). Psychology: From Science to Practice. (2nd ed.). Pearson Education inc., Allyn and Bacon
- Ciccarelli, S. K., & White, J. N. (2017). Psychology. 4<sup>th</sup> edi. New Jersey: Pearson education
- Ciccarelli, S. K., White, J.N., & Mishra, G. (2018). Psychology. 5<sup>th</sup> Edition; Indian Adaptation. Pearson India Education Services Pvt.ltd.
- Feldman, R.S. (2013). Psychology and your life. 2<sup>nd</sup> edi. New York: McGraw Hill publications
- King, L.A. (2013). Experience Psychology. 2<sup>nd</sup> edi. New York: McGraw Hill publications
- Lahey, B. B. (2012). Psychology: An Introduction. 11<sup>th</sup> edi. New York: McGraw-Hill Publications
- Myers, D. G. (2013). Psychology. 10<sup>th</sup> edition; International edition. New York : Worth Palgrave Macmillan, Indian reprint 2013

<b>Teaching Plan:</b>			
<b>Unit No.</b>	<b>Unit Title</b>	<b>Teaching Methods</b>	<b>No. of Lectures</b>
1.	Learning	Chalk and Talk, Discussion, Question-Answering, AV resources	15
2.	Motivation and Emotion	Chalk and Talk, Discussion, Question-Answering, AV resources	15

### **Evaluation Pattern**

#### **A) Continuous Internal Evaluation: Maximum Marks: 20**

<b>Method</b>	<b>Marks</b>
(Class test, home assignment, seminar, viva voce, report submission, active class participation and attendance, etc.)	20

#### **B) Semester End Examination: Maximum Marks: 30**

<b>Question No. and Sub questions (If any) (E.g. Q. 1 a) ...</b>	<b>Unit and sub unit (with number and title)</b>	<b>Type of Question</b>	<b>Marks</b>
Q.1 a) Or Q.1 b)	Unit No. 1	Essay Type	10
Q.2 a) Or Q2 b)	Unit No. 2	Essay Type	10
Q. 3	Unit No. 1 and 2	Short Note	10

**Date:**

**Place:** Ratnagiri

**Signature**  
**Chairperson & HoD**