

Course: Major
Foundations of Psychology

Semester: I	Credits: 4	Subject Code: AMAJPSY123106	Lectures: 60
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Course Outcomes:

At the end of the course, the learner will be able to:

- CO1 - Explain the evolution of psychology and the major pioneers in the field
- CO2 - Identify the various approaches, fields, and subfields of psychology
- CO3 - Define and apply the scientific method to psychology and identify the strengths and weaknesses of research methods
- CO4 - Describe consciousness and the stages of consciousness including sleep, dreams, hypnosis and meditation.
- CO5 - Describe cognition, intelligence theories and intelligence testing, problem-solving strategies and creative thinking.
- CO6 - Identify the applications of psychology in our daily lives

Unit 1: Introduction to Psychology	15
<ul style="list-style-type: none"> • Journey of psychology: Structuralism, Functionalism, Gestalt psychology • Modern perspectives of psychology: Psychodynamic, behavioral, cognitive, humanistic, neuroscience • Disciplines of psychology: Clinical psychology, Counseling psychology, Educational psychology, Industrial/Organizational psychology, Cognitive psychology, Cross-cultural psychology, Evolutionary psychology, Behavioral genetics and Clinical neuropsychology • Application: Influence of culture, race and ethnicity on behavior • Assignment: Interviewing professionals in psychology 	

Unit 2: Methods in Psychology	15
<ul style="list-style-type: none"> • The scientific method • Types of research: Descriptive research, correlational and experimental studies • Exploring diversity: Choosing participants and understanding how culture influences behavior • Applications: Use of literature review in research in Psychology • Assignment: Discussing literature review based on the types of research 	



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Unit 3: States of Consciousness	15
<ul style="list-style-type: none"> States of consciousness and Sleep: Stages of sleep, REM sleep, circadian rhythm, sleep disturbances Dreams: Function and meaning of dreaming, daydreams Hypnosis and Meditation Application: Meditation & Mindfulness 	

Unit 4: Intelligence and Creativity	15
<ul style="list-style-type: none"> Intelligence: Theories of intelligence and measures of intelligence Variations in intellectual abilities: Gifted and Intellectually challenged Problem Solving & Creative thinking Application: Factors affecting to problem-solving 	

Recommended Text Books:

- Feldman R.S. *Understanding Psychology*. 10th Ed, New York, McGraw-Hill; 2010.

Reference Books:

- Ciccarelli, S. & Meyer, G. E. *Psychology*. New Delhi: Pearson Education; 2006.

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