

Course: Major
Understanding Psychology

Semester: II	Credits: 4	Subject Code: AMAJPSY223106	Lectures: 60
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Course Outcomes:

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

- CO1 - Explain motivation and major theories of motivation
- CO2 - Elaborate on elements of emotion and how we express, recognize and manage emotions
- CO3 - Compare and differentiate between personality theories and identify the gender differences in personality
- CO4 - Describe learning and major theories of learning
- CO5 - Explain memory and major models of memory
- CO6 - Identify the applications of psychology in our daily lives

Unit 1: Motivation and Emotion	15
<ul style="list-style-type: none"> • Understanding motivation: Cycle of motivation and Intrinsic & extrinsic motivation, biological and social motives • Theories of Motivation • Understanding emotions: Functions and range of emotions • Application: Emotional intelligence as a tool for managing emotions • Assignment: Diary writing- Understanding oneself 	

Unit 2: Personality	15
<ul style="list-style-type: none"> • Psychodynamic and trait approaches to personality • Behavioral genetics and personality- Biological and Evolutionary approaches, neuroscience of personality • Gender and Personality • Application- Assessing personality • Assignment- Assess personality and write a report 	

Unit 3: Learning
<ul style="list-style-type: none"> • Nature of learning • Classical conditioning and Operant conditioning • Social-cognitive learning- Observational learning and latent learning • Application- Behavioral analysis and behavioral modification

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Unit 4: Memory	15
<ul style="list-style-type: none"> • Foundations of memory- Process and types • Recalling Long-term Memories - Factors that affect remembering • Causes of forgetting and Memory dysfunctions • Applications- Mnemonics- Tools to improve the memory 	

Recommended Text Books:
<ul style="list-style-type: none"> • Feldman, R.S. <i>Understanding Psychology</i>. 10th Ed, New York, McGraw-Hill; 2010. • Lally, M. & Valentine-French, S. <i>Introduction to Psychology</i>. USA, Creative Commons Attribution; 2018.

Reference Books:
<ul style="list-style-type: none"> • Ciccarelli, S. & Meyer, G. E. <i>Psychology</i>. New Delhi: Pearson Education; 2006.

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