

**Course: Major +2
Psychology and Self**

Semester: II	Credits: 2	Subject Code: AMAJPSY223107	Lectures: 30
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Course Outcomes:

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

- CO1 - Review the concept of self
- CO2 - Identify the components of self like self-esteem, self-efficacy
- CO3 - Clarify the nature of social change
- CO4 - Explain the concept of personal growth and decision making

Unit 1: Seeking Selfhood

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- Understanding self
- Components of self
- Characteristics of self-concept
- Self-concept and personal growth

Unit 2: Self-Direction in Changing in World

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- Social change- Living in a technological world, living with other social changes
- Challenge of Self-Direction- Self-direction and society, ambiguity of personal freedom
- Personal growth and control
- Decisions and personal growth

Recommended Text Books:

- Krish, S.J., Duffy, K.G. and Atwater, E. *Psychology for Living- Adjustment, Growth and Behavior Today*. Pearsons (2011)

Reference Books:

- Weiten W and Lloyd M. A. *Psychology Applied to Modern Life – Adjustment in the 21st Century*. 7th Ed, Thomson Wadsworth. (2004)



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Chairperson (HoD)	Psychology	Dr. Jaya Rajagopalan	

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