

**Course: Major**  
**Understanding Psychology**

<b>Semester: II</b>	<b>Credits: 4</b>	<b>Subject Code: AMAJPSY223106</b>	<b>Lectures: 60</b>
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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

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

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

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



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

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

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

Board of Studies	Name	Signature	
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