ST. XAVIER'S COLLEGE JAIPUR

Department of Psychology

Programme Outcomes (POs) and Course Outcomes (COs) for B.A. (Hons.) Psychology

Students of **B.A. (Hons.) Psychology** at the time of graduation will be able to:

PO 1   Explain the concepts, major theories, and mechanisms underlying human cognitions, emotions and behaviours

PO 2   Equip students with the ability to design, conduct, and interpret scientific research

PO 3   Describe the purpose, construction and standardization of psychological tools of assessment

PO 4   Plan and perform tests and experiments related to key psychological constructs, analyse and interpret data and accurately report the results of the experiment

PO 5   Acquaint students with different statistical measures, graphical representation of data, testing of hypothesis and drawing inferences

PO 6   Elucidate the fundamentals of psychopathological disorders, including diagnosis, prognosis, causal factors, assessment and therapeutic treatment.

PO 7   Explore the unique aspects of each developmental period, which helps to gain a better understanding of how humans grow, change and develop and then apply this knowledge to maximize potential.

PO 8   Recognize, understand and honour sociocultural diversity at the global level, explain social change from a psychological perspective and how ethical integrity can be preserved

PO 9   Explain the historical contributions of different schools of thought that led to the emergence of Psychology as an exclusive and independent discipline

PO 10   Provide an overview of the importance of counselling, historical development, scope and current status

PO 11   Employ critical and creative thinking, sceptical inquiry and scientific approach to solve problems and mental processes.

PO 12   Explain the role of neural and physiological mechanisms in the determination of human behaviour

PO 13 Engage in a proactive and thoughtful process of self-examination with regard to personal ideals, goals, virtues and self-concept

PO 14 Develop a strong intellectual foundation and knowledge base for psychological science

PO 15 The students will gain awareness about the innumerable career opportunities in psychology and hence will be able to provide meaningful professional direction to their life after graduation

> **Course Outcome - B.A. (Hons.) Psychology/ BA Psychology as Subsidiary**

The course outcomes are attained by learners through the essential learnings acquired on completion of selected courses of study within a programme. The term 'course' is used to mean the individual courses of study that make up the scheme of study for a programme. Course outcomes are specific to the learning for a given course of study related to a disciplinary or interdisciplinary/multidisciplinary area.

The course outcomes relating to the B.A. (Hons.) degree programme in Psychology include the following:

Year	Paper Code	Paper	Course Outcome
Part I	**P-I/S-I**	**Advanced General Psychology**	**CO 1** Introduction to the fundamentals, historical and modern perspectives, and chief methods used for research and data collection in psychology
			CO 2 Detailed study of the processes involved in perception and sensation
			CO 3 Understanding consciousness and the associated altered states (Sleep, Dreams and Hypnosis)
			CO 4 A detailed study of meaning, nature and types of learning
			CO 5 Analysis of models of memory and causes of forgetting
			CO 6 Describe the theoretical approaches to understanding intelligence and its assessment

			CO 7	Study of basic elements of thinking and problem-solving
			CO 8	Explain the theories and concepts related to motivation and emotion
			CO 9	In-depth examination of type and trait theories to understand personality and its assessment
			CO 10	Knowledge about the structure and functions of the nervous system
	P-II/S-II	*Social Psychology*	CO 1	Detailed introduction of Social Psychology as an exclusive and essential branch of Psychology
			CO 2	Analysis of the fundamentals of social cognition
			CO 3	Knowledge about social motivation and interpersonal attraction
			CO 4	Study of development, functions, change and measurement of social attitudes
			CO 5	Explain the functioning of social groups and organizations
			CO 6	Demonstrate the origin, characteristics, type and theories of leadership
			CO 7	Describe the processes and factors involved in the development of prejudices, discrimination and stereotypes, and the methods for countering them
			CO 8	Knowledge about public opinion and propaganda
			CO 9	In-depth examination of the aggression, social problems, social tension and social change
			CO 10	Describe the conceptual underpinnings of human communication, person perception and social perception
	P-III	*Developmental Psychology*	CO 1	Introduction to the themes and methods for studying human development

			CO 2	Theories of human development: Psychoanalytic, Learning and Cognitive Development
			CO 3	Describe the characteristics and hazards related to the prenatal and infancy period
			CO 4	Analysis of the characteristics, developmental tasks and personality development during early and late childhood
			CO 5	Demonstrate the characteristics and physical and psychological changes of the adolescent period
			CO 6	Knowledge about the key attributes and developmental tasks of adulthood
			CO 7	Study of old age as a period of major transition
			CO 8	Explain the role of family in human development
			CO 9	Demonstrate the influence of peers, media and schooling on human development
	P-IV/S-IV	**Statistical Foundations in Psychology**	**CO 1**	Describe the nature, scope and application of statistics in psychology
			CO 2	Understanding graphical representation of data and Normal Distribution
			CO 3	Measurement of Central Tendency: Mean, Median and Mode
			CO 4	Computation of Variability Measures: Range, Quartile Deviation, Average Deviation and Standard Deviation
			CO 5	Knowledge about the concept and estimation of Correlational methods: Pearson's Product Moment Correlation and Spearman's Rank Order Correlation

			CO 6	Testing of hypothesis and drawing inferences- Population, Sample, Application of 't' test in psychological research
			CO 7	Assessment through Non-Parametric Tests: Chi-Square, 2x2 Contingency table and Median test
			CO 8	Processing data with One way and Two-way ANOVA
			CO 9	Analysis of psychological data through computer and applications of SPSS software
	P-V	*Systems and Theories of Psychology*	CO 1	Introduction to the Psychological Foundations: Helmholtz, Weber and Fechner
			CO 2	Describe Structuralism: Wundt and Titchner
			CO 3	Study of Functionalism: William James, Galton and Cattell
			CO 4	Explain Behaviourism: Thorndike, Pavlov, Watson and Tolman
			CO 5	Knowledge about Gestalt Psychology: Wertheimer, Koffka and Kohler
			CO 6	Knowledge about Dynamic Psychology: Mc Dougall and Woodworth
			CO 7	Detailed study of Psychoanalysis: Freud, Jung and Adler
			CO 8	Analysis of Neo Freudians: Horney, Fromm, Sullivan and Erikson
			CO 9	Learn about the concepts of Humanistic Psychology: Rogers and Maslow
	P-VI/S-III	*Abnormal Psychology*	CO 1	Introduction to the basics of Abnormality, Mental Health Professionals and Classification of mental disorders: ICD-10 and DSM-5
			CO 2	Describe the causal factors and theoretical perspectives to understand mental disorders

			CO 3	Study of Clinical Assessment and Diagnostic Methods
			CO 4	Knowledge about Anxiety, Obsessive-Compulsive and Trauma Stressor related disorders
			CO 5	Explain Mood and Eating disorders
			CO 6	Learning about Somatic Symptoms and Dissociative disorders
			CO 7	Theoretical knowledge about Personality disorders
			CO 8	Knowledge about Schizophrenia and other psychotic disorders
			CO 9	Detailed analysis of Psychological Therapies to treat disorders
Part II	*P-VII*	*Counselling Psychology*	CO 1	Study of meaning, purpose, goals, history and current trends in counselling.
			CO 2	Explain the process of counselling and the importance of building a therapeutic alliance
			CO 3	Knowledge about the personal, professional and ethical aspects of counselling
			CO 4	Study of Psychoanalytic and Psychodynamic Approach: Freudian, Neo Freudian and Modern
			CO 5	Describe the Humanistic approach: Existential and Client-centred
			CO 6	Elucidate Cognitive and Behavioural approach: Rational Emotive, Transaction Analysis and Behaviour Modification
			CO 7	Demonstrate the application of counselling with diverse populations and multicultural society

			CO 8	Explain the importance and scope of Career Counselling
P-VIII		*Biological Basis of Behaviour*	CO 1	Introduction to the nature, scope and methods of examining the biological basis of behaviour
			CO 2	Knowledge about basic features, structure and functions of neurons, central nervous system, peripheral nervous system and neurotransmitters.
			CO 3	Analysis of functions of left and right brain hemispheres and localization of language
			CO 4	Knowledge about the physiological mechanisms controlling ingestive behaviour
			CO 5	Describe the biological mechanisms managing sleep and wakeful behaviour
			CO 6	In detailed study of neural mechanisms involved in the process of learning and memory
			CO 7	Explain the biological underpinnings of emotions, stress and health maintenance
			CO 8	Gain insights on Developmental disorders: Autism, ADHD and Mental Retardation
P-IX		**Applied Psychology**	CO 1	Demonstrate the utilization of psychological concepts in personnel selection and classification
			CO 2	Describe the personal assessment techniques employed in development and training
			CO 3	Knowledge about the fundamentals of Organizational Psychology
			CO 4	Analysis of important human-related variables in Engineering Psychology
			CO 5	Explain the causal factors of stress and learn stress management techniques

			CO 6	To understand the influence of Information Technology on Human Rights and well-being
			CO 7	Illustrate the importance of psychology in the field of education
			CO 8	Elucidate the role of Community Psychology in comprehending social change and igniting community consciousness
			CO 9	Explain the basic elements of Sports Psychology and the influence of psychological factors on performance
	P-X/S-V	*Positive Psychology*	CO 1	Introduction to the fundamentals and historical background of Positive Psychology
			CO 2	Explain the Eastern and Western perspectives to build the knowledge base for Positive Psychology
			CO 3	Analysis and Classification of Virtues and Strengths of Characters
			CO 4	Describe Happiness and the dimensions of Well Being
			CO 5	Detailed study of the basic elements, theoretical framework and practical implications of Resilience
			CO 6	Comprehensive study of Prosocial Behaviour: Empathy, Altruism, Gratitude and Forgiveness
			CO 7	Explain the theories of Self-Regulation and examine the associated problems- Goal Conflict, Goal Difficulty and Goal Disengagement
			CO 8	Knowledge about the Positive Cognitive States and Process: Self Efficacy, Optimism, Hope, Mindfulness, Flow and Spirituality

			CO 9	Knowledge about the Positive Emotional States and Process: Positive Emotions, Emotional Intelligence, Emotion Focussed Coping
	P-XI	*Theories of Personality*	CO 1	Background knowledge about the history, basic issues and the major determinants of personality
			CO 2	Detailed analysis of Psychoanalytic theories: Freud and modern developments
			CO 3	Describe Neo Analytic and Ego theories: Jung, Adler, Horney and Erikson
			CO 4	Explore the influence of Biological, Evolutionary and Sociobiological factors on personality
			CO 5	Knowledge about Behaviourist and Learning theories: Watson, Skinner, Dollard and Miller
			CO 6	Study of Cognitive and Social Cognitive Theories: Kelly, Seligman, Rotter and Bandura
			CO 7	Analysis of Trait Theories: Cattell, Allport and Big Five Model
			CO 8	Gain insights into Humanistic and Existential Theories: Fromm, Rogers and Maslow
			CO 9	Explain the Interactional approach to understanding personality: Sullivan, Murray and Mischel
	P-XII/S-VI	*Psychological Testing*	CO 1	Examine and understand the meaning, nature, historical background and tools of psychological testing and assessment
			CO 2	Explain the characteristics, types and functions of Psychological Scaling
			CO 3	Describe the nature, functions and types of Psychological tests

			CO 4	Demonstrate the problems encountered during test administration and elucidate the standard guidelines for testing
			CO 5	Detailed study of test construction: Item writing, Item analysis, Reliability and Validity
			CO 6	Understand the theoretical framework and practical utility of test standardisation and norms
			CO 7	Describe the tools for the assessment of Intelligence
			CO 8	Study of tests used for evaluating individual's Interest and Aptitude
			CO 9	Explain the major techniques used by psychologists to assess personality- Self Report Tests, Projective, Situational and Expressive Techniques
			CO 10	Applications of psychological testing in Educational, Counselling and Guidance, Clinical and Organizational settings

➢ **The course map indicates the linkage between course outcomes and each programme outcome of B.A. (Hons.) Psychology (Table 1).**

Table 1: Course Map for B.A. (Hons.) Psychology

PSO	Courses											
	P1	P2	P3	P4	P5	P6	P7	P8	P9	P10	P11	P12
1	x		x	x								
2	x			x								x
3				x								x

	1	2	3	4	5	6	7	8	9	10	11	12
4												x
5				x								
6						x						
7			x				x	x				
8		x								x		
9					x						x	
10					x		x		x		x	
11		x				x			x			
12	x							x				
13										x	x	
14	x			x	x	x						x
15	x				x	x					x	x