

**GC UNIVERSITY FAISALABAD**

**SCHEME OF STUDIES**

*Master of Science*

*In*

**APPLIED PSYCHOLOGY**

*Under Distance Education from 2012 and onward*



*Directorate of Distance Learning Education*

# Department of Applied Psychology

## OUTLINE OF CORE COURSES FOR M.SC. APPLIED PSYCHOLOGY DISTANCE EDUCATION

<i>Course Code</i>	<i>Course Title</i>	<i>Marks</i>
<b><u>Semester – I</u></b>		
Psy-D701	History and Systems in Psychology	100
Psy- D702	Research Methodology-1	100
Psy- D703	Application of Statistics in Psychology	100
Psy- D704	Cognitive and Affective Processes	100
Psy- D705	Behavioral Neurosciences	100
		<b>500</b>
<b><u>Semester – II</u></b>		
Psy- D710	Applications of Computer in Psychology	100
Psy- D711	Psychological Testing and Measurement	100
Psy- D712	Personality Psychology	100
Psy- D713	Social Psychology	100
Psy- D714	Abnormal Psychology	100
Psy- D715	Research Methodology-II	100
		<b>600</b>
<b><u>Semester – III</u></b>		
Psy- D720	Developmental Psychology	100
Psy- D721	Psychometrics	100
Psy- D722	Clinical Psychology	100
Psy- D723	Industrial / Organizational Psychology	100
Psy- D724	Educational Psychology	100
Psy- D725	Counseling Psychology	100
		<b>600</b>
<b><u>Semester – IV</u></b>		
Psy- D730	Health Psychology	100
Psy- D732	Thesis OR Two Optional Subjects	200
Psy- D733	Human resource Management (opt)	100
Psy- D734	Mass-Communication (opt)	100
Psy- D735	Cross-Cultural Psychology (opt)	100
Psy- D736	Gender Issues In Psychology (opt)	100
Psy- D737	Forensic Psychology (opt)	100
		<b>300</b>

**NOTE:** student who will not conduct thesis, they will have to opt two optional courses in 4<sup>th</sup> semester.

# **SEMESTER - I**

***Psy-D701: History and Systems in Psychology***

*Marks: 100*

***Objectives***

- To acquaint the learners with an overview of the background of present-day psychology.
- To promote basic understanding of the various processes of scientific development and transformation.
- To make students familiar with the chronological history of ideas which contribute to the field of Psychology.
- To learn the major figure and school of thoughts in the history of psychology.

***1. Philosophical Routes of Different Eras in Psychology***

***2. Introduction of School of Thoughts***

Structuralism, Functionalism, Behaviorism, Neo Behaviorism, Gestalt, Psychoanalysis, Humanistic, Existentialism, Cognitive,

***3. Contemporary Status of Various Areas of Psychology***

Social Psychology, Clinical Psychology, Military Psychology, Developmental Psychology, Industrial and Organizational Psychology, Psychometrics, Personality Psychology, Educational and Counseling Psychology, Experimental Psychology, Physiological Psychology, Psychology of Mass Communication, Advertisement and Consumer Behavior,

***4. Scope and Status in Pakistan***

***Books Recommended***

1. C.James Good Win.(2005).A History of modern psychology.
2. Suhutz & Suhutz.(2000).A history of modern psychology.
3. Viney & King (2003).A history of psychology: Ideas & context.

**Objectives:**

To provide an introduction to the basic logic of experimental research design.  
To provide the students technical tools for going from a hypothesis about the world,  
To a quantitative empirical statement based on the statistical analysis of experimental data

**1. Introduction to Research**

Meaning, purpose and function of Research.  
Scientific and non scientific approaches to knowledge.  
Goals of the Scientific Method.

**2. Concepts, Constructs and Variables.**

**3. Research Problem and Hypothesis**

**a) Characteristics and sources**

**b) Research Hypothesis**

i) Making the problem researchable

ii) The formulation of hypothesis

iii) Types of hypothesis

**4. Sampling**

Techniques, Types  
Advantages and disadvantages of each type

**5. Data, Collection.**

Technique and methods  
Observation: Types, Advantages and Disadvantages,  
problems in the conduct of observational research  
Interview  
Questionnaire  
Case study methods

**6. Ethical Issues in Psychological Research**

**Books Recommended**

1. McBurney D. H (2004). Research Methods in Psychology. New York: Inc.
2. Willig, C. (2003). Introducing Qualitative Research in Psychology.
3. Shaughnessy, J. J. (2005). (6th,ed). Research Methods in Psychology. America: McGraw Hill.
5. Gravetter, F. J. (2003). Research Methods in Psychology. America: Wards Worth. Inc.
6. Neuman, N. (2005). Qualitative & Quantitative methods in social Research.

**Objectives**

- To enable the students to use the terms and concepts to learn the Scientific Method.
  - To introduce statistical techniques employed within contemporary Psychology.
  - To use statistics in learning basic data analysis techniques.
1. ***Introduction***  
Basic Terms, Importance of Statistics in Psychology, Limitations of Statistics
  2. ***Frequency Distribution and Graphic Representation of Data***  
Data, Types of data, Frequency Distribution, Cumulative Frequency Distribution, Histogram, Polygon, Pictograph, Bar Diagram, Pie Chart,
  3. ***Measures of Central Tendency***  
Mean, Median, Mode
  4. ***Measures of Variability***  
Range, Mean Deviation, Quartile Deviation, Variance, Standard Deviation, Shepherd's Correction, Coefficient of Variance, Z score
  5. ***Correlation and Regression***  
Correlation & Causation  
Pearson Product Moment Correlation  
Spearman's Rank Order Correlation  
Linear Regression  
Scatter Diagram  
Standard Error of Estimation
  6. ***Probability Binomial and Normal Distributions***  
Permutation and Combination  
Definition of Probability  
Subjective Empirical and Classical Approach to Probability  
Laws of Probability
  7. ***Hypothesis Testing / Test of Significance***  
Z-Test            t-Test  
f-Test            Chi-Square
  8. ***Analysis of Variance***  
One way classification  
Two way classification
  9. ***Non Parametric Statistics***

Note: *Practical exercise will be given by the end of each topic / chapter.*

**Books Recommended**

1. David , S.M. (1999). Introduction to Practice of Statistics.
2. Gravatter & Wallnan (2004) Statistics for behavioral sciences.
3. Thorne & Giesen (2000) Statistical for behavioral sciences.
4. Kinear, P.R. & Gray, C.D. SPSS for windows made simple
5. David, C. Howell (2005) Statistical Methods for Psychology (5<sup>th</sup> Edition).
6. Russel Hurlburt (2003) Comprehensive behavior statistics.

**Objectives**

- To use current methodologies and concepts in experimental Psychology.
  - To equip students with techniques of communicating results of experiments.
  - To instill ethical approach to conduct the experimental research.
1. ***Perception***  
Perception and sensation, Gestalt concept of perception, Perceptual constancy, Figure and ground perception, Perception of depth time and movement, Motivational determinants of perception, Visual illusions
  2. ***Learning***  
Basic factors in learning and performance, Conditioning and its types, The role of reinforcement in learning, Variables affecting the rate and amount of conditioning, Controversial issues in learning, Transfer of learning
  3. ***Memory***  
Theories of Memory, The storage and retrieval processes, Memory experiments, Mnemonics (ways of improving memory)
  4. ***Thinking and Problem Solving***  
Nature of thinking, Concept formation, Set and Attitude as factors in Thinking, Creative Thinking
  5. ***Feelings and Emotions***  
Nature of feelings and Emotions  
Theories of Emotions  
Physiological concomitant of Emotions  
Facial and vocal expressions in Emotions  
Frustration, conflict and stress
  6. ***Motivation***  
Concepts of needs, Drives, Motives and incentives etc, Measurements of drives, Theories of Motivation  
Cognitive aspects of Motivation
  7. **Language**
  8. **Practical Work**  
Students will conduct minimum ten experiments from the list given below:
    1. Study of depth perception
    2. Problem solving
    3. Verbal learning
    4. Retro Active and Pro Active Inhibition
    5. Detection of Threshold
    6. Measurement of Differential Threshold



7. Study of Illusion
8. Measurement of Emotion
9. Memory Span
10. Measurement of Reaction Time
11. Level of Aspiration Vs Level of Achievement
12. Effect of Fatigue
13. Role of set in perception
14. Schedule of Reinforcement
15. Measurement of Memory changes

**Books Recommended**

1. Carlson, N.I. (2005) Foundation of physiological psychology.
2. Laehey, T.H.(2001) Learning & Cognition
3. Reisberg, D.(2001) Cognitions
4. Kantowitz, B.H.(2005) Experimental psychology.

**Objectives**

- To understand the various elements of biology and their influence on human thinking, feeling and acting.
- To comprehend the elements of Psychology which are affected by biological factors.
- To understand the interaction of psychological and biological factors in our life experiences.

**1. *Neuroanatomy***

Basic Neuroanatomy, The Neuron (structure), Neuronal Characteristics, Types of Neuron Transmission and Communication Systems  
Neuronal Conduction, Control of Molecules (EPSP and IPSPS), Resting and Action Potential  
The Sodium Potassium Pump

**2. *Nervous System***

Embryonic Development of the Nervous System  
Major structures / parts of Nervous System, their functions and connections

**3. *Brain Damage***

Causes of Brain Damage  
Neurological / Neuropsychological Disorders

- Organic Brain Syndrome
- Epilepsy
- Psychiatric disorders with organic / biological etiology
- Affective disorder
- Anxiety disorder
- Mental retardation
- Sleep disorders
- Migraine
- Tumors; Types of Brain Tumors
- Amnesia

**4. *Neurochemistry***

Methods of identifying Neurotransmitters  
Criteria of identifying Neurotransmitters  
Synaptic transmission  
Characteristics of Neurotransmitters, Neuromodulators and Neurohormones  
Major transmitter substances (Dopamine, Neupinephrine, Scrotonin, Acetylcholine, Gaba, Glycine peptides)  
Metabolism  
Brain Pathways

**5. *Motivation***

Definition and basic psychological concepts

Homeostasis

Involvement of Brain areas and Neurotransmitters in Motivational Behaviour

Isotonic regulation, Temperature regulation

Thermostat

Aggression and its types

Sleep and circadian rhythms

Eating and types of eating disorders

Weight, glucose and metabolic regulation.

**Books Recommended**

1. Carlson,N.R.(2004) Physiology o f Behavior .
2. Kolb,B.(2003) Human Neuro psychology
3. Pinel,J.P.J.(2003) Biopsychology.
4. Fowler,T.J.(2003) Clinical Neuropsychology.
5. Garrett,B.(2003) Brain & Behavior.

**SEMESTER - II**

**Objectives**

Through this course students will be able to:

- Learn the application of computers in wide range of area of psychological research.
- know the basics of computer programmes
- learn the use of SPSS in psychological research.

1. Introduction to computer science
2. Introduction to Windows
3. Introduction to and operating
  - a. MS Office,
  - b. MS Word,
  - c. Excell and
  - d. Power Point
4. Introduction and usage of SPSS in Psychological Research

**Books Recommended**

1. Kinear, P.R. & Gray, C.D. SPPS for windows made simple
2. Thorne & Giesen (2000) Statistical for behavioral sciences
3. David, C. Howell (2005) Statistical Methods for Psychology (5<sup>th</sup> Edition).
4. Russel Hurlburt. (2003) Comprehensive behavior statistics.
5. Person, Ron., Christopher, V. B. & Shelley O' ara (1994). Using excel version 5 (k) for windows. Indian polis: Que Corporation.

**Objectives**

Through this course student will:

- Learn fundamental assessment skill in administration, scoring and interpretation of tests, report writing and recommendations.
- Have an overview of intelligence, personality, achievement and vocational test.
- Acquire knowledge of basic concepts of psychological assessment, standardization, reliability and validity.

**1. *Historical perspective and Origins of psychological Testing***

**2. *Nature, use and Limitations of psychological Testing***

**3. *Types of psychological Testing***

**4. *Test Administration and Factors Affecting the process***

**5. *Test Construction and Standardization***

Nature and types of items, Selection of items for Test format, Item Analysis, Difficulty level and Discriminatory Power of Items.

**6. *Reliability***

Definition, Types of Reliability, Error of measurement, Constant error, Reliability of speed tests, Factors influencing Reliability,

**7. *Validity***

Definition, types of validity, Cross validation, Interpretation of validity, Factors affecting validity,

**8. *Norms***

Types and uses

**9. *Test Scoring***

Note: Students will construct 40 objective test items, administer the test on a group and interpret the results.

**Books Recommended**

1. Anastasi, A. Psychological Testing
2. Freeman, F.S. Theory and practice of psychological testing
3. Singh, A.K. Measurement of research methods in behavioral sciences.
4. Cohen, R.J.(2005) Psychological Testing & Assessment.

**Objective**

The major objective of this course is to give students a detailed understanding of the nature and dynamics of human personality. Upon successful completion of this course, students should be able to:

- Think analytically and critically about personality.
- Define the basic units of personality and understand the basic processes associated with these.
- Evaluate and understand research pertaining to personality and personality processes.
- Understand the role of personality in thinking and behavior.
- Understand their own personality and other people's personalities.
- Understand the relative effects of "nature" (innate or inborn influences) and "nurture" (socialization and learning influences) on personality.

Apply their learning to cope better with stressful situations.

1. ***Introduction to Personality Psychology: theory, assessment and research***
2. ***Evolutionary Approach of Personality Psychology***
3. ***Psychoanalytical Approach: Sigmund Freud***
4. ***Neopsychoanalytical Approach: Carl Yung, Alfred Adler, Anna Freud, Karen Horney, Erich Fromm, Henry Murray***
5. ***The Trait Approach: Gordon Allport, Raymond Cattell, Hans Eysenk, McCrae & Costa.***
6. ***Humanistic & Phenomenological Approach: Abraham Maslow & Carl Rogers***
7. ***Learning / Social Learning Approaches: B.F. Skinner, Julian Rotter, Albert Bandura***
8. ***Cognitive Approach: George Kelley***
9. ***Biomedical Approach***
10. ***Contemporary Issues: gender, culture, positive psychology***

## ***11. Application and Critical Evaluation of Approaches***

*Note: Students will present a seminar paper during the semester on the selected topics.*

### **Books Recommended**

1. Schultz, D.P., & Schultz, S.E. (2005). Theories of Personality. (ed. 8th), NY: Wadsworth/ Thomson Learning Inc.
2. Burger, J.M. (2000). Personality (ed. 5th) Thomson Learning Inc.
3. Friedman, H.S. & Schustack, M.W. (2003). Personality: classic theories and modern research. Singapore: Pearson Education Inc.
4. Libert, R.M., & Libert, L.L. (1998). Personality strategies and issues. NY: Brooks/Cole Publishing Company.
5. Monte, C.F. (1999). Beneath the mask: an introduction to theories of personality. NY: Harcourt Brace College Publishers.



**Objectives**

By attending this course Participants will be able to .....

- Understand, organize, analyze and interpret the basic conceptual frame work of social psychology by applying it in their daily and work setting in a visible fashion.
- Develop an increased knowledge of the key concepts, terminology and language used within the field of social psychology
- Analyze human behaviors utilizing the socio-psychological principles.
- Recognize their capabilities and strengths by application of socio-psychological concepts for solving daily life problems and challenges to achieve higher levels of creativity in dealings of life.

**1. *Introduction to Social Psychology***

Nature and scope of social psychology

**2. *Social Perception***

Self in Social World

Attribution

**3. *Socialization***

Nature :Perspectives on Socialization.

Agents of Socialization

Socialization of Gender Roles

**4. *Attitudes***

Nature &Structure Formation of attitude

Attitude Change

Attitude Predicts Behavior

**5. *Persuasion***

Elements of Persuasion

Resistance in persuasion

**6. *Prejudice***

Nature and power of power of prejudice

Sources of prejudice

7. ***Aggression***  
What is aggression?  
Theories of aggression  
Influences on aggression  
How can aggression be reduced?

8. ***Social relations***  
Conformity  
Altruism

9. ***Group Dynamics***  
Nature & Scope of group  
Interaction in Group  
Culture and social Norms

❖ **Students will chose a social issue and make a presentation.**

After selecting a social issue and gathering data (theories, Statistics on international level/national etc) about it, they will describe the need of social psychologist regarding that issue of our society. They will elaborate how, why & in which way Psychologist can play a role?

❖ **Assignment # 2**

Students will give assignments on assigned topic.

**Books Recommended**

1. Myer, D.G. (2005). Exploring Social Psychology (8<sup>th</sup> ed.). New York: McGrawHill.
2. Franzoi, S.L. (2006). Social Psychology. (7<sup>th</sup> ed.). New York: McGrawHill.

**Objectives**

- To describe the historical emergence of Abnormal Psychology as a concept and as an area of clinical practice.
- To identify and compare various theories about the cause of abnormal behavior.
- To discuss the ethical and legal consideration associated with abnormal behavior.
- To describe and classify several disorders.

**1. *The Concept and Criteria of Normality and Abnormality***

**2. *Historical Background of Abnormal Psychology***

Ancient Demonology and Medieval Witchcraft,  
Philosophical Era  
Renaissance and Rise of Humanitarian Approach  
Emergence of Organic View Point  
Origin of Psychological View Point

**3. *Classification of Psychological Disorders***

Introduction to the current classification systems (DSM-IV and ICD-10)  
Introduction to Psychological disorders according to DSM – IV

**4. *Selected Models of Psychotherapies***

**5. *Overview of Mental Health in Pakistan***

**Note:** *Students will be required to write and present seminar paper on any topic related to their course.*

**Books Recommended**

- |    |                        |                                     |
|----|------------------------|-------------------------------------|
| 1. | Coleman, J.C. (2004)   | Abnormal Psychology and Modern life |
| 2. | Comer, R.J. (2002)     | Abnormal Psychology                 |
| 3. | Munsinger, H.          | Principle of Abnormal Psychology    |
| 4. | Davidson, Neale (2001) | Abnormal Psychology                 |
| 5. | APA                    | DSM (latest)                        |
| 6. | Zieglar, D.J. & Hjelle | Personality Theories                |
| 7. | WHO                    | ICD-10                              |
| 8. | Brown, T.A. (2001)     | Casebook in Abnormal Psychology.    |
| 9. | Sarason, I.G. (2002)   | Abnormal psychology.                |

Objectives:

1. To learn basic principles of experimental design and scientific method.
2. To give an opportunity to collect data of their own which is relevant to the theories, principles and concepts and encountered during the 1<sup>st</sup> semester.
3. To acquire skill of writing a scientific report of research carried out.

#### **1. Tools Formation**

Preparation of Questionnaire and interview.  
Advantages/Disadvantages of questionnaire and interview.  
Types of questionnaire and interview.

#### **2. Measurement Scales**

Types of Measurement  
Types of scales,  
Advantages and disadvantages

#### **3. Classification and Types of Research Designs**

Basic versus Applied Research  
Qualitative versus Quantitative  
Triangulation

#### **4. Issues in psychological research**

Experimentation and open field method  
correlation and causation  
convergence and divergence  
probabilistic/statistical inferential and single case methods  
qualitative and quantitative debate in psychology

#### **5. Report writing and programme Evaluation research**

Scientific report writing  
Thesis and journal format according to APA or BPA standards  
Research Evaluation Programme

#### **6. Psychological Research in Pakistan**

History and background of research  
Research orientation of various psychological institution i-e universities post graduate department, armed forces, public service commission etc. in Pakistan.

#### **7. Practical work (term project)**

(students will be required to submit a research report on a selected issues)

### **Books Recommended**

1. Courtney, D. H (2004). Research Methods in psychology. New York: Inc.
2. Willig, C. (2003). Introducing Qualitative Research in Psychology.
3. Shaughnessy, J. J. (2005). (6th, ed). Research Methods in Psychology. America: McGraw Hill.
4. Gravetter, F. J. (2003). Research Methods in Psychology. America: Wards Worth. Inc.
5. Neuman, N. (2005). Qualitative & Quantitative methods in social Research.
6. Elmes, D. G., Kantowitz, H. L., & Roediger, H. L. (2003). Research methods in psychology (7th ed.).
7. Belmont: Wadsworth/Thomson Learning. Davis, S. F., & Smith, R. A. (2005). An introduction to statistics and research methods: Becoming a psychological detective. New Jersey: Pearson Prentice Hall.
8. Kerlinger, F. N., & Lee, H. B. (2000). Foundations of behavioral research (4th ed.). Belmont: Wadsworth/Thomson Learning.

# **SEMESTER - III**

**1. *Introduction***

- (a) Nature & Historical Perspective of Developmental Psychology
- (b) Research Methods for Developmental Changes
- (c) Ethics in Research on Life Span Development

**2. *Prenatal Development***

- (a) Prenatal Development
- (b) Genetic Influences in Development
- (c) Environmental Influences

**3. *Infancy***

- (a) Physical Development
- (b) Cognitive Development in infancy with reference to Piaget's theory.
- (c) Language Development in Infancy
- (d) Socio-emotional Development in Infancy

**4. *Childhood***

- (a) Physical Development
- (b) Cognitive Development
- (c) Personality Development (Role of familiar/extra-familiar influences)

**5. *Adolescence***

- (a) Physical Development
- (b) Social Development
- (c) Ego-identity

**6. *Early Adulthood***

- (a) Physical Development
- (b) Family and occupational adjustment

**7. *Middle Age***

- (a) Physical changes
- (b) Social adjustment
- (c) Family and occupational adjustment

**8. *Gerontology***

- (a) Approaches of children to death
- (b) Approaches of adults to death
- (c) The elderly and death
- (d) Bereavement and death

**Books Recommended**

1. Cole, M. and Cole, S. (1989). The Development of Children.
2. Craig, C.J. and Baucerve, D. (1999). Human Development.
3. Dacey, J.S. and Travers, J.F. (1996). Human Development.
4. Freiberg, K.L. (1992). Human Development.
5. Hetherington, E.M. and Parke, R.D. (1986). Child Psychology.
6. Hurlock, E.B. (1994). Developmental Psychology.
7. Jolley, J.M. and Mitchell, M.L. (1996). Life-span Development.
8. Santrock, J.W. (2002). Life-span Development.



**Objectives**

- Students will learn the interpretation of psychological tests including projective (e.g. T.A.T.), intelligence (e.g. WAIS-R) and personality (e.g. MMPI)
  - To make students understand statistical characteristics of test scores.
1. ***Various Methods of Personality Assessment***  
Projective and non-projective techniques  
Self-report inventories, Behavioural tests  
Measures of interest
  2. ***Measurement of Intelligence***  
Tests of intelligence (Individual and group tests)  
Scholastic abilities and test for special population
  3. ***Aptitude and Achievement Test***  
Multiple aptitude, Test batteries, Test of separate abilities, Occupational testing
  4. ***Use of psychological tests in the field of Industry, School setting and Clinic***
  5. ***Social and ethical issues in implementation of psychological testing with special reference in Pakistan***

**Practical Work**

Students will administer score and interpret the results from the following psychological tests with the consent of concerned teacher and prepare a psychometric report on the basis of the results.

MMPI	CPI	RISB	GATB	DAT
EPPS	HTP	WAIS	WISC	TAT
16PF	Rorschach	Bender Gestalt Test		
Word Association Test		Raven's Progressive Metrics		

**Objectives**

- To understand and change the abnormal behavior, cognition, and emotions through the application of principles and techniques.
  - To equip the students with a strong knowledge of skill and acumen in the detection, evaluation and diagnosis of various psychological conditions.
- 1. *Definition and Scientific Nature of Clinical Psychology.***
  - 2. *Historical Background of clinical psychology.***
  - 3. *Approaches to Clinical Psychology.***
  - 4. *Research methodology.***
  - 5. *Classification***
  - 6. *Clinical assessment & diagnosis***
    1. Assessing Psychological disorders
      - a) Clinical interview
      - b) Assessment of intelligence
      - c) Personality assessment
      - d) Behavioral assessment
      - e) Neuropsychological assessment
    2.
      - (a) Diagnosis & Prognosis
      - (b) Clinical judgment
  - 7. *Clinical Interventions***
    - a) Psychotherapy
    - b) Psychodynamic approaches
    - c) Behavioral & cognitive Behavioral assessment
    - d) Phenomenological & humanistic existential approaches
    - e) Pharmacotherapy.

**Note: *Students will submit four clinical reports.***

**Books Recommended**

1. Davrron, G.C. Neale, J.M. (2000) Abnormal Psychology. New York
2. Comer, R.J. (2004) Abnormal Psychology
3. Barlow, D.H. Durand, V.M. (2001) Abnormal Psychology: An Integrative Approach
4. Korchin, S.J. (1986) Modern Clinical Psychology
5. Davison and Neale (2002) Abnormal Psychology
6. Compas B.E. (2002) Introduction to Clinical Psychology.
7. Hacker, J.E. (2005) Introduction to Clinical Psychology.
8. Gibson,R.L.(2003) Introduction to Counseling & guidance.
9. Trull,T.J.(2001). Clinical Psychology.
10. Corsini, R.J. (2005) Current Psychotherapies.
11. APA DSM
12. WHO ICD 10

***Introduction***

- History of Industrial and Organization Psychology
- Cross-cultural Psychology
- Research in Industrial and Organizational Psychology

***Dynamics of Interaction***

- Elements of communication
- Flow of communication
- Formal and informal work groups
- Group work: Problem solving and decision making

***Leadership***

- Theories of leadership
- New directions
- Training leadership skills
- Special leaders and special situations

***Motivation***

- Nature of Motivation
- Theories of Motivation
- Using Motivation at work

***Job Satisfaction and Job Commitment***

- Theories of Job Satisfaction
- Assessment of Job Satisfaction
- Differences between people
- Job Commitment

***Stress***

- What is Stress?
- Theoretical Models of Stress
- Stressors
- Outcomes of Stress

***Works Conditions***

- Arranging time and space for work
- Effective work systems and equipments

***Employee Health***

- Mental health and injuries at work
- Preventing injuries and illness
- Interventions

**Books Recommended**

1. Aamodt, M.G. (2004). Applied Industrial/Organizational Psychology.
2. Berry, L.M. (1998). Psychology at Work.
3. Muchinsky, P.M. (2000). Psychology Applied to Work.
4. Spector, P.E. (2000). Industrial/Organizational Psychology.
5. Davis, K. & Neistrom, J.W. (1985). Human Behaviour at Work.
6. Schultz, D.P. & Schultz, E.S. (1990). Psychology and Industry Today.
7. Smither, R.D. (1994). The Psychology of Work and Human Performance.
8. Smith, R.D. (1996). Organizational Development.

**Objectives**

- To enable the students to apply psychological theories in the process of education.
- To improve the student's learning by the use of learning theories.
- To impress upon the students the importance of motivation in learning.
- To enable the students to comprehend the problems of retarded or gifted children.
- To impress upon the students the importance of class room discipline and its advantages.

**1. *Educational Psychology and Effective Interactions***

Definition and key concepts

Important topic in Educational Psychology Today

**2. *Learning Theories and Implications for Practice***

Thorndike's Connectionism, Classical Conditioning, Operant Conditioning, Social Cognitive Learning, Behavioral Theories and Learning,

**3. *Cognitive Psychology and the Construction of Knowledge***

Meaning and Emergence of Cognitive Psychology

Major Approaches to learning with a cognitive psychology orientation

Information processing and the acquisition of knowledge

**4. *Motivation and Students Learning***

Theories of Motivation

Educational Implications of Motivational Theories and Research

**5. *Classroom Management***

Managing the Classroom

Methods of Control

**6. *Exceptional Students***

Exceptional children in the classroom

Children in need of special education

*Note: Students will visit a school and present a critical analysis about the educational Environment.*

**Books Recommended**

- |    |                           |   |
|----|---------------------------|---|
| 1. | Crawford, W.J.P Dececco   | Psychology of learning and instruction                |
| 2. | Craw and Craw             | Educational Psychology                                |
| 3. | Snowman, Biehler          | Psychology Applied to Teaching                        |
| 4. | Skinner, C.E.             | Educational Psychology                                |
| 5. | Wolfolk, E.A.             | Educational Psychology                                |
| 6. | Elliott, S.N. Kratochwill | Educational Psychology, Effective Teaching,           |
|    | T.R. Cook, J.L. & Travers | Effective Learning                                    |
| 7. | Slavin, R.E.              | Educational Psychology, Theory and Practice           |
| 8. | Wakefield, J.F            | Educational Psychology, Learning to be problem Solver |
| 9. | Wool Folk, A.E.           | Educational psychology                                |

**1. *An Overview of Counseling***

- (a) Definitions of Counseling
- (b) Difference between guidance, counseling and psychotherapy
- (c) Historical development of counseling

**2. *Counseling Process***

- (a) Building a Counseling Relationship: Factors that influence the counseling process, Types of initial interviews, Exploration and identification of goals
- (b) Working in a Counseling Relationship: Counselor skills in understanding and action phases, specific relationship problems, The real relationships
- (c) Termination of Counseling Relationships: Functions of termination, Timing of termination, Issues related to termination

**3. *Counseling Theories and Interventions***

- (a) Psychoanalytic approaches
- (b) Adlerian approaches
- (c) Existential approaches
- (d) Person-centered approaches
- (e) Cognitive-behavioural approaches
- (f) Reality therapy

**4. *Tests in Counseling***

Tests in counseling, Quality of good tests, Classification of tests, Administration, Interpretation and diagnosis.

**5. *Areas of Counseling***

Career counseling  
Education/counseling in school and colleges  
Industry/organizational counseling  
Marriage/Family counseling  
Rehabilitation and mental health counseling  
Others areas for counseling

**6. *Tests***

Intelligence test/aptitude  
Interest/career  
Personality  
Achievement test

**Note: students will submit 03 counseling reports.**

**Books Recommended**

1. Brown, D. (1996). Introduction to the Counseling Profession.
2. Corey, G. (2001). Theory and Practice of Counseling and Psychotherapy.
3. Gladding, S.T. (1996). Counseling: A Comprehensive Professional.
4. Kocharr, S.K. (2000). Guidance and Counseling in Colleges and Universities.
5. Patterson, C.H. (1980). Theories of Counseling & Psychotherapy.
6. Schapira, S.K. (2000). Choosing a Counseling or Psychotherapy.
7. Gibson, R.L. (2003). Introduction to counseling & Guidance.
8. Brems, C. (2001). Basic skills in psychotherapy & counseling



# **SEMESTER - IV**

**1. *Introduction***

- (a) The brain hypothesis
  - (i) The Biomedical Model
  - (ii) The Bio-psychosocial Model
  - (iii) Aims of Health Psychology
- (b) The Systems of Body
  - (i) Nervous System
  - (ii) Endocrine System

**2. *Health Belief and Health Behaviour***

- (a) Factors in predicting Health Behaviour
- (b) The Modification of Health Behaviour
- (c) Health Enhancing Behaviour
- (d) Health Compromising Behaviour
  - (i) Smoking
  - (ii) Alcohol
  - (iii) Intervention to reduce smoking and alcohol consumption

**3. *Psychophysiological Disorders and Health Psychology***

- (a) Stress
- (b) Theories of Stress and Illness
- (c) Cardiovascular Disorder
- (d) Asthma
- (e) AIDS
- (f) Diabetes
- (g) Cancer

**4. *Patient in the Treatment Setting***

- (a) Use of Health Services
- (b) Patient Practitioner Interaction
- (c) Pain and Its Management

**Practical Work**

As term paper, 5 case studies highlight the role of psychological and behavioral factors of an illness or health compromising behavior (smoking, alcohol, drug abuse etc.)

**Books Recommended**

- 1. Alder, N. (1994). Health and Psychology: Why do some people get sick and some stay well?
- 2. Bandura, A. (1986). Social Foundations of Thought and Action: A Social Cognitive Theory.

3. Brown, J.P., (1997). Conceptual Approaches to the Assessment of Quality of Life.
4. Daniel (1994). Health Care Benefit.
5. Davidson, G.C. (2000). Abnormal Psychology.
6. Johnston, W.W., (1993). Effect of stress management on blood pressure in mild primary hypertension.
7. Jones, F., (1998). Expectations of an exercise prescription scheme: An exploratory study using repertory grids.
8. Ogden, J. (2000). Health Psychology
9. Taylor, S.E. (1996). Health Psychology
10. Paul, B. (2000). Introduction to Clinical Health Psychology.

- Introduction
- Staffing Organizations: Selection and Placement
- General Practices in Personnel Selection
- Personality and Interest
- Non-test Methods of Personnel Selection
- Personnel training
- Job Design
- Job Analysis
- Job Evaluation
- Performance Appraisal
- Career Development
- Developing Team Work Skills

**Practical Work**

**students will submit a report on human resource management.**

**Books Recommended**

1. Muchinsky, P.M. (1993). Psychology Applied to Work: An Introduction to Industrial and Organizational Psychology
2. Baron, J.N. (1999) Strategic human resources
3. Mathis, R.L. (2003) Human resource management
4. Berman, E.M. (2006) Human resource management in public service
5. Singh, Y.K. (2006) Human resource management.
6. Decenzo, D.A. (2005) Fundamentals of human resource management
7. Noe (2006) Human resource management.

**1. *Criminal Psychology***

Introduction to Criminal Psychology  
Perspectives on Human Nature  
Theories of Crime  
Measuring criminal Behaviour  
Behavioural Analysis in Criminal Investigation  
Police Recordings  
Psychology in the Court, Police and Community  
Crime Prevention  
Modern Trends in Criminal Psychology

**2. *Psychological Approaches to Understand Crime***

Psycho-biological theories, Social learning theories, Biochemical and Constitutional theories of crime  
Psychological Theories of Aggression and Violence  
Analysis of Violent Situation  
Analysis of Violent Offender  
Criminal Victimization

**3. *Psychopathology and Crime***

Mental disorders and crime  
Antisocial personality disorders  
Delinquency and crime  
Sexual offenses and offenders personality  
Drug abuse and crime  
Research survey on criminal behaviour in Pakistan

**4. *Individual Research Project / Report***

**Books Recommended**

1. Bartol, C.R. (1986) Criminal Behaviour: A Psychological Approach
2. Gibbons, D.C. (1987) Society, Crime and Criminal Behaviour
3. Moir, A. & Jassel, D. (1995) A Mind to Crime.
4. Flannery, R.B. (1997). Preventing Youth Violence.
5. Goldstein, N. (1986). Aggression and Crime of Violence.
6. Cliver, M. (1989). Psychology and Crime
7. Swanson, N.C. (1996). Criminal Investigation
8. Andrews, D.A. (1994). The Psychology of Criminal Conduct
9. Douglas, D.S. (1999). Predicting violence in mentally and personality disordered individuals