

GC UNIVERSITY, FAISALABAD



Scheme of Studies

BS (Hons) Applied Psychology

*8 Semesters / 4 years Degree Program
for the year 2011 and onward*

Department of Applied Psychology

SCHEME OF STUDIES FOR BS (HONS.) APPLIED PSYCHOLOGY**Department of Applied Psychology**

Total Program Credit Hours: 134

Total Psychology Courses Credit: 100

SEMESTER - I

Course Code	Course Title	Credit Hours
Psy-301	English-I (Compulsory)	3(3-0)
Psy-302	Pakistan Studies (Compulsory)	2(2-0)
Psy-303	Introduction to Psychology-I	4(3-1)
Psy-304	Introduction to Mathematics -1 (Minor)	3(3-0)
	<u>Optional Subjects (any one from the following)</u>	
Psy-305	Statistics-I	3(2-1)
Psy-306	Sociology-I	3(3-0)
Psy-307	Geography-I	3(3-0)
		15

SEMESTER -II

Course Code	Course Title	Credit Hours
Psy-311	English-II (compulsory)	3(3-0)
Psy-312	Islamic Studies (compulsory)	2(2-0)
Psy-313	Introduction to Psychology-II	4(3-1)
Psy-314	Introduction to Mathematics-II	3(3-0)
	<u>Optional Subjects (any one from the following)</u>	
Psy-315	Statistics-II	3(2-1)
Psy-316	Sociology-II	3(3-0)
Psy-317	Geography-II	3(3-0)
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SEMESTER III

Course Code	Course Title	Credit Hours
Psy-401	Communication Skills-I (compulsory)	3(3-0)
Psy-402	History & Systems in Psychology	3(3-0)
Psy-403	Personality psychology	3(3-0)
Psy-404	Social Psychology	3(3-0)
	<u>Optional Subjects (any one from the following)</u>	
Psy-405	Mass Communication-I	3(3-0)
Psy-406	Education-I	3(3-0)
Psy-407	Economics-I	3(3-0)
		15

SEMESTER IV

Course Code	Course Title	Credit Hours
Psy-410	Communication Skills-II (Compulsory)	3(2-1)
Psy-411	Advanced Social Psychology	3(3-0)
Psy-412	Mental Health & Psychopathology-I	3(3-0)
Psy-413	Cognitive & Affective Processes	4(3-1)
	<u>Optional Subjects (any one from the following)</u>	
Psy-414	Mass Communication-II	3(3-0)
Psy-415	Educational-II	3(3-0)
Psy-416	Economics-II	3(3-0)
		16

SEMESTER - V

Course Code	Course Title	Credit Hours
Psy-501	Behavioral Neuroscience	4(4-0)
Psy-502	Mental Health & Psychopathology-II	4(4-0)
Psy-503	Research Methodology-I	3(3-0)
Psy-504	Application of Statistics in Psychology	3(2-1)
Psy-505	Educational Psychology	4(3-1)
		18

SEMESTER - VI

Course Code	Course Title	Credit Hours
Psy-510	Developmental Psychology	4(4-0)
Psy-511	Psychological Testing & Measurement-I	3(3-0)
Psy-512	Health Psychology	4(4-0)
Psy-513	Research Methodology-II	3(2-1)
Psy-514	Industrial/Organizational Psychology	4(4-0)
		18

SEMESTER – VII

Course Code	Course Title	Credit Hours
Psy-601	Clinical Psychology-I	4(4-0)
Psy-602	Psychological Testing & Measurement-II	3(2-1)
Psy-603	Counseling Psychology-I	4(4-0)
Psy-604	Human Resource Management	4(4-0)
Psy-605	Thesis (Synopsis Submission) OR	4(4-0)

	any one optional subject	
Psy-606	Organizational Behavior	4(4-0)
Psy-607	Cross-cultural psychology	4(4-0)
Psy-608	Trauma Psychology	4(4-0)
Psy-609	Consumer behavior	4(4-0)
		19

SEMESTER – VIII

Course Code	Course Title	Credit Hours
Psy-610	Internship	2(2-0)
Psy-611	Clinical Psychology-II	4(3-1)
Psy-612	Counseling Psychology-II	4(3-1)
Psy-613	Positive Psychology	4(4-0)
Psy-614	Thesis (Final draft and oral defense) OR	4(0-4)
	any one optional subject	
Psy-615	Forensic psychology	4(3-1)
Psy-616	Sports Psychology	4(4-0)
Psy-617	Military Psychology	4(4-0)
Psy-618	Gender Issues in Psychology	4(4-0)
		18

Semester 1st

Psy-301: English - I (Compulsory)

Credit Hours: 03(3-0)

Objectives

To enhance language skills and to develop critical thinking in the students

Course Contents

Basics of Grammar

- Parts of speech and use of articles
- Sentence structure, active and passive voice
- Practice in unified sentence
- Analysis of phrase, clause and sentence structure
- Transitive and intransitive verbs
- Punctuation and spelling

Comprehension

- Answers to question on a given text

Discussion

- General topics and every-day conversation (Topics for discussion to be at the discretion of the teacher keeping in view the level of students)

Listening

- To be improved by showing documentaries/films carefully selected by subject teachers

Translation skills

- Urdu to English

Paragraph Writing

- Topics to be chosen at the discretion of the teacher

Presentation Skills

- Introduction

Note: Extensive reading is required for vocabulary building

Books Recommended

1. Thomson, A.J. & Martinet, A.V. (1997). *Practical english grammar; Exercises I* (3rd Edition). Karachi: Oxford University Press.
2. Thomson, A.J. & Martinet, A.V. (1997). *Practical english grammar; Exercises II* (3rd Edition). Karachi: Oxford University Press.
3. Boutin, M. C., Brinand, S. & Grellet, F. (1993). *Writing intermediate; Oxford supplementary skills* (4th impression). Karachi: Oxford University Press.
4. Tomlinson, B. & Ellis, R. (1992). *Reading upper intermediate; Oxford supplementary skills* (3rd Impression). Karachi: Oxford University Press.

Psy-302: Pakistan Studies (Compulsory)

Credit Hours: 02(2-0)

Objectives

- To develop vision of historical perspective, government, politics, contemporary Pakistan, and ideological background of Pakistan.
- To study the process of governance, national development, issues arising in the modern age and posing challenges to Pakistan.

Course Outline

Historical Perspective

- Ideological rationale with special reference to Sir Syed Ahmed Khan, Allama Muhammad Iqbal and Quaid-e-Azam Muhammad Ali Jinnah
- Factors leading to Muslim separatism
- People and Land
 - i. Indus Civilization
 - ii. Muslim advent
 - iii. Location and geo-physical features.

Government and Politics in Pakistan

- Political and Constitutional phases:
 - b. 1947-58
 - c. 1958-71
 - d. 1971-77
 - e. 1977-88
 - f. 1988-99
 - g. 1999 onward

2. Contemporary Pakistan

- a. Economics institutions and issues
- b. Society and social structure
- c. Ethnicity
- d. Foreign policy of Pakistan and challenges
- e. Futuristic outlook of Pakistan

Books Recommended

1. Burki, S. J. (1980). *State & society in Pakistan*. The Macmillan Press Ltd.
2. Akbar, S. Z. (2000). *Issue in Pakistan's economy*, Karachi: Oxford University Press.
3. Burke, S. M. & Ziring, L. (1993). *Pakistan's foreign policy: An historical analysis*. Karachi: Oxford University Press.
4. Safder, M. (1994). *Pakistan political roots & development*. Lahore: Idara-e-Saqafat-e-Islamia.
5. Wilcox, W. (1972). *The emergency of Bangladesh*. Washington: American Enterprise, Institute of public research.
6. Ziring, L. (1980). *Enigma of political development*. England: WmDawson & sons Ltd.
7. Zahid, A. (1980). *History and culture of Sindh*. Karachi: Royal Book Company.
8. Afzal, M. R. (1998). *Political parties in Pakistan*. Vol. I, II, & III. Islamabad: National Institute of Historical and Culture Research.

Psy-303: Introduction to Psychology - I

Credit Hours: 04(3-1)

Objectives

- To describe psychology with major areas in the field, and identify the parameters of this discipline.
- To distinguish between the major perspectives on human thought and behavior.
- To appreciate the variety of ways psychological data are gathered and evaluated.

- To gain insight into human behavior and into one's own personality or personal relationships.
- To explore the ways that psychological theories are used to describe, understand, predict and control or modify behavior.

Course Contents

1. Introduction to Psychology

- a. Nature and Application of Psychology with special reference to Pakistan.
- b. Historical Background and Schools of Psychology

2. Methods of psychology

- a. Observation
- b. Case History Method, Experimental Method
- c. Interviewing Techniques

3. Biological Basis of Behavior

- a. Neuron: Structure and Functions
- b. Central Nervous system & Peripheral Nervous system
- c. Endocrine Glands

4. Sensation, Perception and Attention

a. Sensation

- a. Characteristics and Major Functions of Different Sensations
- b. Vision: Structure and function of the Eye.
- c. Audition: Structure and function of the Ear.

b. Perception

- a. Nature of Perception
- b. Factors of Perception: Subjective, Objective, and Social.
- c. Kinds of Perception.
- d. Spatial Perception (Perception of Depth and Distance)
- e. Temporal Perception; Auditory Perception.

c. Attention

- a. Factors, Subjective and Objective
- b. Span of Attention.
- c. Fluctuation of Attention.
- d. Distraction of Attention (Causes and Control)

Practicum:

Following experiments shall be performed by the students:

- Color Zones of Retina
- Fluctuation in Attention
- Muller-Lyer Illusion
- Perceptual Grouping
- Size Constancy
- Span of Attention

Books Recommended

1. Atkinson R. C. & Smith E. E. (2000). *Introduction to psychology* (13th Ed.). USA: Harcourt Brace College Publishers.
2. Fernald, L.D, & Fernald, P. S. (2005). *Introduction to psychology*. USA: WMC Brown Publishers.
3. Glassman, W.E (2000). *Approaches to psychology*. Open University Press.
4. Hayes, N (2000). *Foundation of psychology* (3rd Ed.). Thomson Learning.
5. Lahey, B. B (2004). *Psychology: An introduction* (8th Ed.). New York: McGraw-Hill Companies, Inc.
6. Leahey, T. H. (1992). *A History of Psychology: Main currents in Psychological thought*. New Jersey: Prentice-Hall International, Inc.
7. Myers. D.G. (1992). *Psychology*. (3rd Ed.). New York: Wadsworth Publishers.
8. Ormord, J.e. (1995). *Educational psychology. Developing learners*. New Jersey: Prentice-Hall, Inc.

Psy-304: Introduction to Mathematics – I (Minor)

Credit Hours: 03(3-0)

Objectives

- To give the basic knowledge of mathematics to the students.
- To enable the students understand the use of the essential tools of basic mathematics
- To educate the learners to apply the concepts and the techniques in heir respective disciplines.

Course Contents:

1. Algebra:

Preliminaries: Real and complex numbers, introduction to sets, set operations, functions, types of functions.

Matrices: Introduction to matrices, types of matrices, inverse of matrices, Determinants, system of liner equations, Cramer’s rule.

Quadratic Equations: Solution of quadratic equations, nature of roots of quadratic equations, equation reducible to quadratic equations.

Sequence and Series: Arithmetic, geometric and harmonic progressions.

Permutation and Combinations: Introduction to permutation and combinations

Binomial Theorem: Introduction to binomial theorem.

Trigonometry: Introduction fundamentals of trigonometric identities.

Graphs: Graph of straight line, circle and trigonometric functions.

2. Statistics:

Introduction: Meaning and definition of statistics, relationship of statistics with social sciences, characteristics of statistics, limitations of statistics and main division of statistics.

Frequency Distribution: Organization of data, array, ungrouped and grouped data, types of frequency series, individual, discrete and continuous series, tally sheet method, graphic presentation of the frequency distribution, bar frequency diagram, histogram, frequency polygon, cumulative frequency curve.

Measures of central tendency: Mean, median and modes, quartiles, deciles and percentiles.

Measures of Dispersion: Range, inter quartile deviation, mean deviation, standard deviation, variance, moments, skewness and kurtosis.

Books Recommended

1. Kaufmann. J.E. (latest edition). *College Algebra and trigonometry*. Boston: PWS-Kent company.
2. Swokowski, E.W. (latest edition). *Fundamentals of algebra and trigonometry*.
3. Walpole, R.E. (latest edition). *Introduction of statistics*. New Jersey: Prentice Hall.

Semester 2nd

Psy-311: English – II (Compulsory)

Credit Hours: 03(3-0)

Objectives

To enhance language skills and to develop critical thinking in the students

Course Contents:

Short Stories:

- | | |
|-------------------------------|---------------------|
| 1. The Necklace | Guy De Maupassant |
| 2. The Duchess and the Jewler | Virginia Woolf |
| 3. The Fly | Katharine Mansfield |
| 4. The Little Willow | Francis Tower |
| 5. A Passion in the Desert | Honore De Balzac |

One Act Plays:

- | | |
|----------------------------|--------------------|
| 1. Something to Talk About | Eden Phillpots |
| 2. Smoke Screen | Harold Brighthouse |

Poems:

- | | |
|---------------------------------------|-----------------|
| 1. Departure and Arrival | T. S. Eliot |
| 2. A Poison Tree | William Blake |
| 3. Because I Could Not Stop For Death | Emily Dickinson |
| 4. Lights Out | Edward Thomas |
| 5. After Apple Picking | Robert Frost |
| 6. The Vanishing Village | R. S. Thomas |

Translation from Urdu into English

Idioms and Phrasal Verbs

Books Recommended

1. Thomson, A.J. & Martinet, A.V. (1997). *Practical english grammar; Exercises I* (3rd Edition). Karachi: Oxford University Press.
2. Thomson, A.J. & Martinet, A.V. (1997). *Practical english grammar; Exercises II* (3rd Edition). Karachi: Oxford University Press.
3. Boutin, M. C., Brinand, S. & Grellet, F. (1993). *Writing intermediate; Oxford supplementary skills* (4th impression). Karachi: Oxford University Press.
4. Tomlinson, B. & Ellis, R. (1992). *Reading upper intermediate; Oxford supplementary skills* (3rd Impression). Karachi: Oxford University Press.

Psy-312: Islamic Studies (Compulsory)

Credit Hours: 02(2-0)

Objectives

- To Provide basic information about Islamic Studies
- To enhance understanding of the students regarding Islamic Civilization
- To improve students' skills to perform prayers and other worships
- To enhance the skills of the students for understanding of issues related to faith and religious life.

Course Contents:

Introduction to Quranic Studies

- 1) Basic Concepts of Quran
- 2) History of Quran
- 3) Uloom-ul Quran

Study of Selected Text of Holy Quran

- 1) Verses of Surah Al-Baqra Related to Faith (Verse No. 284-286)
- 2) Verses of Surah Al-Hujrat Related to Adab-al-Nabi (Verse No. 1-18)
- 3) Verses of Surah Al-Mumanoon Related to Characteristics of Faithful (Verse No. 1-11)
- 4) Verses of Surah Al-Furqan Related to Social Ethics (Verse No. 63-77)
- 5) Verses of Surah Al-Inam related to Ihkam(Verse No. 152-154)
- 6) Verses of Surah Al-Ihzaab Related to Adaab al Nabi (Verse No. 6, 21, 40, 56, 57, & 58)
- 7) Verses of Surah Al-Hasher Related to thinking, Day of Judgment (Verse No. 18, 19, & 20)
- 8) Verses of Surah Al-Saf Related to Tafakar, Tadaber (Verse No. 1,14)

Seerat of Holy Prophet (S.A.W.) I

- 1) Life of Muhammad Bin Abdullah (Before Prophet hood)
- 2) Life of Holy Prophet (S.A.W) in Makkah
- 3) Important Lessons Derived from the life of Holy Prophet in Makkah

Seerat of Holy Prophet (S.A.W) II

- 1) Life of Holy Prophet(S.A.W) in Madina
- 2) Important events of life of Holy Prophet in Madina
- 3) Important Lessons Derived from the life of Holy Prophet in Madina

Introduction to Sunnah

- 1) Basic Concepts of Hadith
- 2) History of Hadith
- 3) Kinds of Hadith
- 4) Uloom-ul-Hadith
- 5) Sunnah & Hadith
- 6) Legal Position of Sunnah

Selected Study from Text of Hadith

Introduction to Islamic Law & Jurisprudence

- 1) Basic Concepts of Islamic Law and Jurisprudence
- 2) History and Importance of Islamic law & Jurisprudence
- 3) Sources of Islamic law and Jurisprudence
- 4) Nature of Differences in Islamic Law
- 5) Islam and Sectarianism

Islamic Culture & Civilization

- 1) Basic concepts of Islamic culture & Civilization
- 2) Historical development of Islamic Culture & Civilization
- 3) Characteristic of Islamic Culture & Civilization
- 4) Islamic Culture & Civilization and Contemporary Issues

Islam & Science

- 1) Basic Concepts of Islam & Science
- 2) Contribution of Muslims in Development of Science
- 3) Quran & Science

Islamic Economic System

- 1) Basic concepts of Islamic Economic System
- 2) Means of Distribution of Wealth in Islamic Economics
- 3) Islamic Concept of Riba
- 4) Islamic Ways of Trade & Commerce

Political System of Islam

- 1) Basic concepts of Islamic Political System
- 2) Islamic Concept of Sovereignty
- 3) Basic Institutions of Govt. in Islam

Islamic History

- 1) Period of Khlaft-e-Rashida
- 2) Period of Ummayyads
- 3) Period of Abbasids

Social System of Islam

- 1) Basic Concepts of Social System of Islam
- 2) Elements of Family
- 3) Ethical Value of Islam

Books Recommended

1. Ahmad Husain (1993). *Principles of Islamic jurisprudence*. Islamabad: Islamic Research Institute, International Islamic University.
2. H.S.Bhatia (1989) *Studies in Islamic law region and society*. New Delhi: Deep& Deep Publications.
3. Mir. Waliullah (1982). *Muslims jurisprudence and the Quranic law of crimes*. Islamabad: Islamic Book service.
4. Muhammad Zia-ul-Haq, Ph.D (2001). *Introduction to Al Sharia Al Islamia*. Islamabad: Allama Iqbal Open University Press.

Psy-313: Introduction to Psychology - II

Credit Hours: 04(3-1)

Objectives

- To describe psychology with major areas in the field, and identify the parameters of this discipline.
- To distinguish between the major perspectives on human thought and behavior.
- To appreciate the variety of ways psychological data are gathered and evaluated.
- To gain insight into human behavior and into one's own personality or personal relationships.
- To explore the ways that psychological theories are used to describe, understand, predict and control or modify behavior.

Course Contents:

1. Motives

- a. Definition and Nature
- b. Classification

Primary (Biogenic) Motives: Hunger, Thirst, Defecation and Urination, Fatigue, Sleep, Pain, Temperature Regulation, Maternal Behavior, Sex.

Secondary (Sociogenic) Motives: Play & Manipulation, Exploration and Curiosity, Affiliation, Achievement and Power, Competition, Cooperation, Social Approval and Self Actualization.

2. Emotions

- a. Definition and Nature
- b. Psychological change during Emotion (Neural, Cardial, Visceral, glandular), Galvanic skin response: Pupillometrics
- c. Theories of Emotion (James Lange Theory; Cannon Bard Theory, Schachter-Singer Theory)

3. Learning

- a. Definition of Learning
- b. Types of Learning: Classical and Operant, Conditioning
Methods of Learning: Trial and Error; Learning by insight; Observational Learning

4. Memory

- a. Definition and Nature
- b. Memory Processes: Retention, Recall and Recognition
- c. Forgetting: Nature and Causes

5. Thinking

- a. Definition and Nature.
- b. Tools of Thinking; Imagery; Language; Concepts
- c. Kinds of Thinking
- d. Problem Solving; Decision Making; Reasoning

6. Individual Differences

- a. Definitions of the Concepts
- b. Intelligence, Personality, Aptitude, Achievement

Practicum:

Following experiments shall be performed by the students:

- Concept Formation
- Maze Learning
- Memory: Function of Recitation
- Memory: Function of Time Saving Method
- Memory: Method of Serial Reproduction
- Problem Solving

Books Recommended

1. Atkinson R. C. & Smith E. E. (2000). *Introduction to psychology* (13th Ed.). USA: Harcourt Brace College Publishers.
2. Fernald, L.D, & Fernald, P. S. (2005). *Introduction to psychology*. USA: WMC Brown Publishers.
3. Glassman, W.E (2000). *Approaches to psychology*. Open University Press.
4. Hayes, N (2000). *Foundation of psychology* (3rd Ed.). Thomson Learning.
5. Lahey, B. B (2004). *Psychology: An introduction* (8th Ed.). New York: McGraw-Hill Companies, Inc.
6. Leahey, T. H. (1992). *A History of Psychology: Main currents in Psychological thought*. New Jersey: Prentice-Hall International, Inc.
7. Myers. D.G. (1992). *Psychology*. (3rd Ed.). New York: Wadsworth Publishers.
8. Ormord, J.e. (1995). *Educational psychology. Developing learners*. New Jersey: Prentice-Hall, Inc.

Psy-314: Introduction to Mathematics - II

Credit Hours: 03(3-0)

Objectives

- To give the basic knowledge of mathematics to the students.
- To enable the students understand the use of the essential tools of basic mathematics
- To educate the learners to apply the concepts and the techniques in their respective disciplines.

Course Contents:

Sets, Functions, Types of functions, Composition Inverse functions, Limit of a function and theorems on limits.

Average rate of change, Derivative of a function, Finding derivative from definition of derivative, Theorems of differentiation, The chain rule, Derivative of trigonometric functions, Derivative of logarithmic functions, Extreme Values, Application of maxima and minima.

Anti derivatives, Theorems on anti derivatives, Integration by method of substitution, Integration by parts, Integration involving partial fraction, Define integrals, Area under the curves.

Books Recommended

1. Kaufmann. J.E. (latest edition). *College Algebra and trigonometry*. Boston: PWS-Kent company.
2. Swokowski, E.W. (latest edition). *Fundamentals of algebra and trigonometry*.
3. Walpole, R.E. (latest edition). *Introduction of statistics*. New Jersey: Prentice Hall.

Semester 3rd

Psy-401: Communication Skills – I (Compulsory)

Credit Hours: 03(3-0)

Objective

To enable the students to meet their real life communication needs

Course Contents:

Paragraph writing

Practice in writing a good, unified and coherent paragraph

Essay Writing

Introduction and Technical aspects of essay writing

CV and Job Application

Translation Skills (Urdu to English)

Study Skills

Skimming and scanning, intensive and extensive, and speed reading, summary and prices writing and comprehension

Academic Skills

Letter/memo writing, minutes of meetings, use of library and internet

Presentation Skills

Personality development (emphasis on content, style and pronunciation)

Note: Documentaries to be shown for discussion and review

Books Recommended

1. Boutin, M. C., Brinand, S., & Grellet, F. (1993). *Writing: Intermediate Oxford supplementary skills* (4th impression). Oxford university press.
2. Thomson, A. J. & Martinet, A. V. (1986). *Practical english grammar* (3rd Ed.) Oxford university press.
3. Tomlinson, B. & Ellis, R. (1992). *Reading upper intermediate; Oxford supplementary skills* (3rd Impression). Karachi: Oxford University Press.

Psy-402: History & Systems in Psychology

Credit Hours: 03(3-0)

Objectives

- To develop a basic understanding of the various processes of scientific development and change and to become familiar with the chronological history of ideas which contribute to the field of Psychology

- To examine the historical context within which that historical development took place and the schools of Psychology
- To be able to place current Psychological thought within that historical development and context

Course Contents

1) Introduction

- a. Why study the history of psychology? Revisions in the traditional views of science, Persistent questions in psychology
- b. Early Greek Philosophy
- c. The first Philosophers: Thales, Alaxinander, Heraclites, Parmenides, Pythagoras, Empedoclesm, and Democritus
- d. Early Greek Medicine
- e. The Relativity of Truth: Protagoras, Gorgias, Xenophobes, Socrates, Plato, Aristotle; After Aristotle.
- f. Skepticism & Cynicism.
- g. Epicureanism and Stoicism, Neoplatonism and Emphasis on spirit, Contribution of Muslim Philosophers
- h. Scholasticism.

2) The Beginning of Modern Science and Philosophy

- a. Renaissance Humanism; Challenges to Church authority; Rene Descartes.
- b. Empiricism, Sensationalism, and Positivism.
- c. British Empiricism, French Sensationalism, Positivism.
- d. Rationalism
- e. Spinoza; Immanuel Kant; Johann Friedrich Herbert; Friedrich Hegel
- f. Romanticism and Existentialism
- g. Early developments in psychology and the rise of experimental psychology; Individual differences; Early research on Brain functioning, Voluntarism, Structuralism and other early approaches to psychology.

3) Psychobiology

- a. Karl and Lashley; New connectionism; Behavioral genetics
- b. Contemporary Psychology.
- c. The Diversity in Contemporary Psychology
- d. The tension between pure, scientific and applied psychology
- e. Psychology's status as a science; Post Modernism.

4) Systems and Schools of Thought

- a. Structuralism, Functionalism, Behaviorism.
- b. Gestalt psychology and Field Theory.
- c. Psychodynamics, Humanistic Psychology, Cognitive Psychology
- d. New trends in Psychology.
- e. Psychology in Pakistan.

Books Recommended

1. Ajmal, M. (1986). *Muslim contribution to psychotherapy and other essays*. Islamabad: National institute of Psychology, Quaid-i-azam University.
2. Boring, E. G. (1957). *A history of psychology*. New Jersey: Prentice-Hall.
3. Hergenhahn, B. R. (2001). *An introduction to the history of psychology*. New York: Wadsworth.
4. Leahey. T. H. (1987). *A history of psychology*. New Jersey: Prentice-Hall.
5. Sharma,N, & Sharma ,R. (2003). *History and school of psychology*. New Delhi: Atlantic Publishers.

Psy-403: Personality Psychology

Credit Hours: 03(3-0)

Objectives

- To examine in depth specific theories under each of the major psychological model of personality and examine each theories concept and principles, their explanation of personality development, their assessment techniques, and their application to treatment of psychopathology
- Students will be able to articulate the major concepts and principles of each personality theory discussed in the class and in the text
- Students will be able to articulate each theory's assessment techniques and the theory's approach to the treatment and understanding of psychopathology.

Course Contents

1. Psychology of personality

- a. introduction to the Discipline

- b. Meaning of personality
- c. Meaning of theory
- d. Components of personality theory

2. The psychoanalytic legacy: Sigmund Freud

- a. Biographical Sketch
- b. Basic Concepts
- c. Personality structure
- d. Application of psychoanalytic theory
- e. Psychotherapy
- f. Critical evolution

3. Personality's ancestral foundations: Carl Jung:

- a. Biographical Sketch
- b. Basic concepts :Conscious and unconscious :Archetype
- c. Further Applications: Dream Analysis ; psychopathology
- d. Critical evolution

4. Overcoming inferiority and striving for superiority: Alfred Adler

- a. Biographical Sketch
- b. Basic concepts
- c. Further Applications: Dream Analysis ; psychopathology
psychotherapy
- d. Critical evolution

5. Neo Freudians:

- a. Karen Horney
- b. Harry stack Sullivan
- c. Henry A Murray
- d. Erik Erikson
- e. Erik Fromm

6. Dispositional Theories:

- a. Gordon Allport
- b. Raymond Cattell

7. Humanistic and Existential Theories:

- a. Abraham Maslow
- b. Carl Rogers
- c. George Kelly

8. Behaviorist Theories:

- a. B.F. Skinner
- b. John Dollard and Neal E. Miller

Current paradigms:

Books Recommended

1. Allen, B. P. (1997). *Personality theories: Development, growth and diversity*. (2nd Ed.). Boston: Allyn & Bacon.
2. Buss, D. M. (2004). *Evolutionary psychology: The science of mind*. (2nd Ed.). Boston: Allyn & Bacon.
3. Ewen, R. B. (1998). *An Introduction to theories of Personality*. (5th Ed.). New Jersey: Lawrence Erlbaum Associate Publishers.
4. Feist, J. (1985). *Theories of personality*. Sydney: Holt Rinehart & Winston.
5. Pervin, L. A., Cervone, D. & John, O. P. (2005). *Personality theory & research*. (9th Ed.). New York: John Wiley & Sons.
6. Schultz, D. P. & Schultz, S. E. (2005). *Theories of personality*. (8th Ed.). New York: Wadsworth / Thomson Learning Inc.

Psy-404: Social Psychology

Credit Hours: 03(3-0)

Objectives

- 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.
- To develop an increased knowledge of the key concepts, terminology and language used within the field of social psychology
- To analyze human behaviors utilizing the socio-psychological principles.
- To 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.

Course Contents

- 1. Introduction to Social Psychology**
Nature and scope of social psychology
- 2. Social Perception**

- Self in Social World
- Attribution
- 3. Socialization**
 - Nature: Perspectives of Socialization.
 - Agents of Socialization
 - Process 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

Books Recommended

1. Fisher, R. J. (1992). *Social psychology: An applied approach*. New York: St Martin Press.
2. Forsyth, D. F. (1987). *Social psychology*. California: Brooks Publishing Company.
3. Franzoi, S. L. (2006). *Social Psychology*. (7th Ed.). New York: McGrawHill.
4. Myers, D. G. (2005). *Exploring social psychology*. (8th Ed.). New York: McGraw Hill.
5. Wayant, J. M. (1986). *Applied social psychology*. New York: Oxford University Press.

Semester 4th

Psy-410: Communication Skills –I I (Compulsory)

Credit Hours: 03(3-0)

Objectives

To enable the students to meet their real life communication needs

Course Contents

Introduction to Communication Skills:

- Receptive Skills (Input):
 - a) Listening
 - b) Reading
- Productive Skills (Output):
 - a) Speaking
 - b) Writing

Listening:

News, Telephone, Lecture, Discussion, Radio, Announcement, Headlines

Speaking:

Dialogue, Details of daily routine, Any interesting incident, How do you Look like?
Phonetics: Pronunciation, Oral, Pictures, Story

Reading:

Stories, Comprehension, Precis writing

Writing:

Poetry, essays, applications, official letters
Grammar: a) Syntax b): Morphology
Syntax deals with sentences and their structure
Vocabulary

Books Recommended

1. Boutin, M. C., Brinand, S., & Grellet, F. (1993). *Writing: Intermediate Oxford supplementary skills* (4th impression). Oxford university press.
2. Thomson, A. J. & Martinet, A. V. (1986). *Practical english grammar* (3rd Ed.) Oxford university press.
3. Tomlinson, B. & Ellis, R. (1992). *Reading upper intermediate; Oxford supplementary skills* (3rd Impression). Karachi: Oxford University Press.

Psy-411: Advanced Social Psychology

Credit Hours: 04(4-0)

Objectives

- To examine a number of major research topics in social psychology
- Students are expected to gain substantial knowledge of the field including major concepts, theories, empirical findings, and controversies.
- Students will also have the opportunity to communicate critically and creatively about these theories and findings.

Course Contents:

1. Orientation to Theories

- a. Stereotypes
- b. Prejudice and Discrimination
- c. Nature
- d. Social causes
- e. Historical Manifestation
- f. Combing Prejudice and hate crimes

2. Interacting with others

- a. Interpersonal attraction – need
- b. Characteristics of other situation and problems
- c. Intimacy – Parent-child
- d. Interpretational violence

3. Group Influence

- a. Nature and functions
- b. How groups affect individual performance
- c. Facilitation
- d. Social loafing
- e. Coordination in groups
- f. Cooperation or conflict
- g. Perceived fairness in groups
- h. Decision making by groups

4. Leadership

- a. History of leadership
- b. Types and leadership styles
- c. Effective leadership process
- d. Core activities of a leader
- e. Leadership training
- f. Leadership and Gender

5. Role of media in Social Psychology

- a. Perception, Persuasion
- b. Propaganda
- c. Portrayal of Role models & media and agent of change

6. Social Psychology in Action

Applying social Psychology to:

- a. Interpersonal aspects of the legal system
- b. Health related behavior
- c. World of work

Books Recommended

1. Feldman, R. S. (1998). *Social psychology: Theories, research and application*. New York: McGraw-Hill.
2. Fisher, R. J. (1982). *Social psychology: An applied approach*. New York: St. Martin Press.
3. Forsyth, D. F. (1987). *Social psychology*. California: Brooks Publishing Company.
4. Myers, D. G. (2005). *Exploring social psychology*. (8th Ed.). New York: McGraw Hill.
5. Wayant, J. M. (1986). *Applied social psychology*. New York: Oxford University Press.

Psy-412: Mental Health & Psychopathology-I

Credit Hours: 03(3-0)

Objectives

- To describe the historical emergence of Mental Health Psychopathology 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. **Models of Psychopathology**

- Biological Model
- Psychodynamic Model
- Behavioral Model
- Cognitive Model
- Humanistic Model
- Socio-Cultural Model
- Eclectic Approach

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

Books Recommended

1. American Psychiatric Association. (2000). *Diagnostic and statistical manual of mental disorders* (4th Ed. Text Revised). Washington, DC: American Psychiatric Association Press.
2. Comer, R. J. (2004). *Abnormal psychology*. USA: Freeman & Company.
3. Neale, J. M. & Davison, G. C. (2004). *Abnormal psychology*. New York: John Wiley & Sons.

Psy-413: Cognitive and Affective Processes

Credit Hours: 03(2-1)

Objectives

- To understand the contributions made to the understanding of human thought processes by cognitive psychologist.
- To become familiar with the basic subjects of cognitive study including perception, attention, consciousness, memory, imagery, comprehension, categorization, problem-solving and language.
- To develop a view of human cognition that is grounded in research and based on an integration of the student's faith with what psychologists have observed.

- To develop each student's skills in analytical and synthetic thinking, research methods.

Course Contents

Introduction

- Historical Perspective
- Cognitive neuroscience

Visual & Auditory Perception

- Sensory memory: Iconic memory & echoic memory
- Pattern recognition
- Selective adaptation on linguistic feature detectors
- Failure to detect change to people during a real world interaction, dichotic listening task

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

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

Memory

- Theories of Memory
- The storage and retrieval processes
- Memory experiments
- Mnemonics (ways of improving memory)

Thinking and Problem Solving

- Nature of thinking
- Concept formation

- Set and Attitude as factors in Thinking
- Creative Thinking

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

Motivation

- Concepts of needs
- Drives, Motives and incentives
- Measurements of drives
- Theories of Motivation
- Cognitive aspects of Motivation

Language

- Chomsky's contribution
- Language Comprehension: Parsing
- Linguistic Determinism: Whorf-Sapir hypothesis

Practicum:

Following experiments shall be performed by the students:

- Study of Depth Perception
- Verbal Learning
- Retro Active and Pro Active Inhibition
- Detection of Threshold
- Measurement of Differential Threshold
- Measurement of Emotion
- Memory Span
- Measurement of Reaction Time
- Level of Aspiration Vs Level of Achievement
- Effect of Fatigue
- Schedule of Reinforcement
- Measurement of Memory changes

Books Recommended

1. Groome, D. (1999). *Cognitive psychology: Processes and disorders*. London: Psychology Press.

2. Medin, D., Rose, B. & Markmen, D (2005). *Cognitive psychology*. (4th Ed.). New York: John Wiley Inc.
3. Reed, S. K. (2000). *Cognition*. (5th Ed.). Belmont: Wadsworth/ Thomson learning.
4. Sternberg, R. (2005). *Cognitive psychology*. New York: Wadsworth.
5. Sternberg, R. J. (1999). *Cognitive psychology*. (2nd Ed.) New York: Harcourt college publishers.

Semester 5th

Psy-501: Behavioral Neuroscience

Credit Hours: 04(4-0)

Objectives

- To understand the present methodologies and concepts in experimental psychology / neuroscience.
- To equip students with techniques of communicating results of experiments.
- To instill an ethical approach to conduct the experimental research.

Course Contents

Origins of Neuro-psychology

- Neurological explanation of behavior
- Historical roots of Physiological Psychology
- Evolution of brain
- Genetics and evolution of behavior
- Ethical issues in Neuropsychological research

Psychology of Neural Cells

- Neurons
- Types of neurons
- Nerve impulse
- Communication within a neuron
- Communication between neurons

Physiology of Nervous System

- Basic features of nervous system
- Central Nervous System
- Peripheral Nervous system

- Development of the brain
- Investigating how the brain controls behavior

Emotions and Regulation of Internal Body States

- Neural control of emotional response patterns
- Role of orbit frontal cortex in social judgment and emotions
- Neural basis of the communication of emotions
- Endocrine system and emotions
- Homeostasis
- The psychology and biology of thirst
- The multiple controls of hunger
- Physiological mechanisms of sleep and walking

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

Books Recommended

1. Carlson, N. R. (1999). *Foundations of Physiological Psychology*. (4th Ed.). Boston: Allyn and Bacon.
2. Kalat, J. W. (1998). *Biological psychology*. (6th Ed.). California: Brooks/Cole Publishers Company.

Psy-502: Mental Health & Psychopathology-II

Credit Hours: 04(4-0)

Objectives

- To describe and classify several disorders.
- To give the knowledge of the psychological theories and models for the field of abnormal psychology to the learners.

- To develop understanding of assessment, etiology, symptoms and treatments of the major psychological disorders.
- Familiarity with research methods and ethical considerations appropriate for the study of abnormal psychology.

Course Contents

- Introduction and basic concept of abnormal behavior
- Differential Diagnosis and Etiological Factor described in DSM-IV-TR.

Axis I, II, III, & IV

Anxiety Disorders	Somatoform Disorders
Dissociative Disorder	Schizophrenia
Mood Disorders	Eating Disorders
Adjustment Disorders	Sexual & Gender Identity Disorders
Developmental & Childhood Disorders	
Substance Related Disorders	Factitious Disorders
Sleep Disorders	Delirium & Dementia
Amnesic Disorders	Cognitive Disorders

Books Recommended

1. American Psychiatric Association. (2000). *Diagnostic and statistical manual of mental disorders*. (4th Ed. Text Revised). Washington, DC: American Psychiatric Association Press.
2. Comer, R. J. (2004). *Abnormal psychology*. USA: Freeman & Company.
3. Neale, J. M. & Davison, G. C. (2004). *Abnormal psychology*. New York: John Wiley & Sons.

Psy-503: Research Methodology - I

Credit Hours: 03(3-0)

Objectives

- The course designed to familiarize the students with all aspects of research processes from generation of research idea to data collection, analysis, and interpretation of findings.
- The course also aims to develop scientific reasoning and understating of link between theory and empirical investigation.

Course Contents

Introduction to Research

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

Concepts, Constructs and Variables

Research Problem and Hypotheses

- Characteristics and sources of Research Problems
- Research Hypothesis
- Sources of Hypotheses
- Making the problem researchable
- The formulation of hypothesis
- The nature & types of hypotheses
- Operational definitions

Sampling

- Sampling Techniques: Probability, Non-probability
- Advantages and disadvantages of each type

Classification and Types of Research Designs

- Basic verses Applied Research
- Qualitative verses Quantitative
- Triangulation

Ethical Issues in Psychological Research

- Historical Background: Experiments of Milgram
- APA Code of Conduct

Books Recommended

1. Ellis, L. (1994). *Research methods in social sciences*. Madison: Brown and Benchmark Publishers.
2. Goodwin, C. J. (2002). *Research in psychology: Methods and design*. (3rd Ed.). New York: John Wiley & sons.
3. Gravetter, F. J. (2003). *Research methods in psychology*. USA: Wards Worth. Inc.
4. Kerlinger, F. N. (1986). *Foundation of behavior research*. New York: Holt Rinehart & Winston, Inc.
5. McBurney D.H. (2004). *Research methods in psychology*. New York: Wards Worth. Inc.
6. Shaughnessy, J. J. Zechmeister, E. B. & Zechmeister, J. S. (2005). *Research methods in psychology*. (5th Ed.). Singapore: McGraw-Hill.

Psy-504: Application of Statistics in Psychology

Credit Hours: 03(2-1)

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.

Course Contents

Introduction

- Basic Terms
- Importance of Statistics in Psychology
- Limitations of Statistics

Frequency Distribution and Graphic Representation of Data

- Data, Types of data
- Frequency Distribution
- Cumulative Frequency Distribution
- Histogram & Polygon
- Pictograph, Bar Diagram, & Pie Chart

Measures of Central Tendency

- Mean, Median, & Mode

Measures of Variability

- Range, Mean Deviation
- Quartile Deviation, Standard Deviation
- Variance, Shepherd's Correction,
- Coefficient of Variance, Z score

Correlation and Regression

- Correlation & Causation
- Pearson Product Moment Correlation
- Spearman's Rank Order Correlation
- Linear Regression
- Scatter Diagram
- Standard Error of Estimation

Probability Binomial and Normal Distributions

- Permutation and Combination
- Definition of Probability
- Subjective Empirical and Classical Approach to Probability
- Laws of Probability

Hypothesis Testing / Test of Significance

Z-Test t-Test
f-Test Chi-Square

Analysis of Variance

- One way classification
- Two way classification

Non Parametric Statistics

Practicum:

Use of Statistical package for social sciences (SPSS)/Mini tab

Books Recommended

1. Collins, M. & Drever, J. (1994). *A first laboratory guideline in psychology*. London: Methuen.
2. Guilford, J. P. & Frunhter, B. (1978). *Fundamental statistics in psychology and education*. New York: McGraw-Hill.
3. Henry, E. & Garrett, T. E. (1975). *Statistics in psychology and education*. New York: Longman Publishers.
4. Postman, L. J. & Egan, J. (2001). *Experimental psychology: An introduction*. New Delhi: Kalyan Publishers.
5. Trevor, G. B. & Christine, M. F. (2001). *Applying the research model: Fundamental measurement in the human sciences*. Lawrence: Erlbaum Associates, Inc.

Psy-505: Educational Psychology

Credit Hours: 04(3-1)

Objectives

- To enable the students to apply learning theories to classrooms situations.
- To examine the importance of the psychology of the individual to the development of self- esteem, cooperative learning, individual difference, motivation and learning styles.
- To describe the relationships of teachers, parents and students that lead to a productive learning environment.
- To articulate their own beliefs about education and the role of educational psychology.

Course Contents

Introduction

- Definition, Nature, Scope and key concepts
- Development of Educational Psychology
- Educational Psychology Today

Individual Differences

- Intelligence, Cognitive styles
- Learner' Characteristics: Abilities, Motivation, Interest, Aptitude

Learning Theories and Implications for Practice

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

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

Motivation and Students Learning

- Theories of Motivation
- Educational Implications of Motivational Theories and Research

Classroom Management

- Managing the Classroom
- Methods of Control
- psychology of teaching (Constructivism)
- Characteristic of a good teacher

Exceptional Students

- Exceptional children in the classroom
- Children in need of special education
- Counseling and Vocational guidance
- Behavior Modification

Practicum

Students will visit a educational institutions and submit a Case Report on Educational Problems.

Books Recommended

1. Borich, G. D. & Tombari, M. L. (1997). *Educational psychology: A contemporary approach*. (2nd Ed.). New York: Addison Wesley Longman, Inc.
2. Cartwright, G. P., Cartwright, C. A. & Ward, M. E. (1985). *Educating special learners*. (2nd Ed.). California: Wadsworth Publishing Company.
3. Crow, L. & Crow, A. (2000). *Educational psychology*. New Delhi: Euroasia Publishing House Ltd.
4. Lefranceis, G. R. (1988). *Psychology for teaching*. (6th Ed.). California: Wordsworth Publishing Co.
5. Slavin, R. (1994). *Educational psychology*. Boston: Allyn & Bacon.
6. Sprinthall, N. & Sprinthall, R. (1987). *Educational psychology: A developmental approach*. (4th Ed.). New York: Ruadom House.

Semester 6th

Psy-510: Developmental Psychology

Credit Hours: 04(4-0)

Objectives

- To know the important aspects of developmental research and some of the theoretical explanations of the development process
- To understand the relationship between heredity and environment as they form the foundation of human development
- To understand the advancement in Cognitive, moral, and social development occurring in late childhood
- To understand the crises and their effects on the individuals in various developmental stages throughout the lifespan
- To understand the developmental challenges of adolescence.

Course Contents

Introduction

- Nature, Scope, & Historical Perspective of Developmental Psychology
- Research Methods for Developmental Changes
- Ethics in Research on Life Span Development

Prenatal Development

- Prenatal Development
- Genetic Influences in Development
- Environmental Influences

Infancy

- Physical Development
- Cognitive Development in infancy with reference to Piaget's theory
- Language Development in Infancy
- Socio-emotional Development in Infancy

Childhood

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

Adolescence

- Physical Development
- Social Development
- Ego-identity

Early Adulthood

- Physical Development
- Family and occupational adjustment

Middle Age

- Physical changes
- Social adjustment
- Family and occupational adjustment

Gerontology

- Approaches of children to death
- Approaches of adults to death
- The elderly and death
- Bereavement and death

Books Recommended

1. Ahmad, F. Z. (1993). *Mental health and patterns of child rearing in Pakistan*. Pakistan: Institute of Clinical Psychology, University of Karachi, Karachi.
2. Bee, H. (1994). *Life-span development*. Harper Collins College Publishers.
3. Berk, E. L. (2000). *Child development* (5th Ed.). Boston: Allyn & Bacon.
4. Feldman, R. S. (1999). *Child development: Atypical approach*. USA: Prentice-Hall, Inc.
5. Papalia, E. D., Olds, W. S., & Feldman, D. R. (2001). *Human development* (8th Ed.). New York: McGraw-Hill.
6. Sprinthall, N. A. & Coolins, W. A. (1984). *Adolescent psychology: A developmental view*. (3rd Ed.). USA: McGraw-Hill.

Psy-511: Psychological Testing and Measurement - I

Credit Hours: 03(3-0)

Objectives

- To introduce the students to the basic theoretical psychometric concepts and use of psychological tests.
- Main course objectives include understanding of the basic principles of psychological measurement and the techniques of test construction, administration, and validation. Test rationale, construction, characteristics and the use of evaluation are emphasized.

- To understand statistical concepts, including scales of measurement
- To understand reliability, validity, and understanding social and cultural factors related to the assessment and evaluation of individuals, groups, and specific populations.

Course Contents

Introduction

- Nature, uses and Limitations of psychological Testing

Historical perspective and Origins of psychological Testing

Types of psychological Testing

Test Administration and Factors affecting the process

Test Construction and Standardization

- Nature and types of items
- Selection of items & Test format
- Item Analysis: (Difficulty level, Discriminatory Power of Items, & Distracters' Analysis)

Reliability

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

Validity

- Definition & types of validity
- Cross validation
- Factors affecting validity

Norms

- Types and uses

Test Scoring

Books Recommended

1. Aiken, L. R. & Marnat, G. G. (2009). *Psychological testing and assessment*. (12th Ed.). New Delhi: Dorling Kindersley Pvt. Ltd.
2. Anastasi, A. (1988). *Psychological testing*. (6th Ed.). New York: Macmillan
3. Anastasi, A. & Urbina, S. (1997). *Psychological testing* (7th Ed.). New York: Prentice-Hall, Inc
4. Cronbach, L. J. (1970). *Essentials of psychological testing*. (3rd Ed.). London: Harper & Row Publishers.
5. Thorndike, R. L. & Hagen, E. P. (1995). *Measurement and evaluation in psychology and education*. (4th ed.). New York: Macmillan.

Psy-512: Health Psychology

Credit Hours: 04(3-1)

Objectives

- To understand the present methodologies and concepts in health psychology
- To equip students with knowledge of physical illnesses related to psychological problems

Course Contents:

Introduction

The brain hypothesis

- The Biomedical Model
- The Bio-psychosocial Model
- Aims of Health Psychology

The Systems of Body

- Nervous System
- Endocrine System

Health Belief and Health Behavior

- Factors in predicting Health Behavior
- The Modification of Health Behavior
- Health Enhancing Behavior
- Health Compromising Behavior: Smoking, Use of Alcohol
- Intervention to reduce smoking and alcohol consumption

Psycho physiological Disorders and Health Psychology

- Stress, Theories of Stress and Illness
- Cardiovascular Disorder
- Asthma, AIDS, Diabetes, Cancer

Patient in the Treatment Setting

- Use of Health Services
- Patient Practitioner Interaction
- Pain and Its Management

Practicum:

Students will submit five case studies of physical illnesses related to psychological disturbances or of psychological and behavioral factors of an illness / health compromising behavior (smoking, alcohol, drug abuse etc.)

Books Recommended

1. Bernard, L. C. & Krupat, E. (1994). *Health psychology: Bio-psychological factors in health and illness*. New York: Harcourt Brace College Publishers.

2. Boll, T. J., Raczynski, J. M., & Leviton, L. C. (2004). *Handbook of clinical health psychology: Disorders of behavior and health*. Washington, DC: American Psychological Association.
3. Brannon, L. & Reist, J. (2000). *Health psychology: An introduction to behavior and health*. (4th Ed.). USA: Wadsworth.
4. Cockerham, W. C. (1998). *Medical sociology*. New Jersey: Prentice Hall.

Psy-513: Research Methodology -I I

Credit Hours: 03(2-1)

Objectives

- To enable the students to select research designs, methodologies and measurement strategies used in psychological research and to enable them to assess the strengths and weaknesses
- To enable the students to understand research concepts to permit a critical analysis of research and evaluation studies with respect to quality bias, ethics, and potential application
- To equip them to apply research concepts and principles in the development and use of qualitative and quantitative methodologies

Course Contents

Tools Formation

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

Data Collection

- Techniques and methods
- Observation: Types, Advantages and Disadvantages
- Problems in the conduct of observational research
- Interview
- Questionnaire
- Case study methods

Measurement Scales

- Types of scales, Advantages and disadvantages

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 Methods

Report Writing and Program Evaluation Research

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

Psychological Research in Pakistan

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

Practicum:

Students will be required to submit a research report on a selected issue

Books Recommended

1. Ellis, L. (1994). *Research methods in social sciences*. Madison: Brown and Benchmark Publishers.
2. Goodwin, C. J. (2002). *Research in psychology: Methods and design*. (3rd Ed.). New York: John Wiley & sons.
3. Gravetter, F. J. (2003). *Research methods in psychology*. USA: Wards Worth. Inc.
4. Kerlinger, F. N. (1986). *Foundation of behavior research*. New York: Holt Rinehart & Winston, Inc.
5. McBurney D.H. (2004). *Research methods in psychology*. New York: Wards Worth. Inc.
6. Shaughnessy, J. J. Zechmeister, E. B. & Zechmeister, J. S. (2005). *Research methods in psychology*. (5th Ed.). Singapore: McGraw-Hill.

Psy-514: Industrial / Organizational Psychology

Credit Hours: 04(4-0)

Objectives

- To introduce the students to the basic infrastructure and nature of organizations
- Main course objectives include understanding of the basic principles of industrial / organizational psychology, assessment at work places and counseling techniques for employees' psychological problems

Course Contents

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

Work 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. Cris, A. & Donald, S. (1978). *Organizational learning*. USA: Addison-Wesley.
2. Debra, L. N. & James, C. Q. (2000). *Organizational behavior*. (3rd Ed.). Cincinnati: South-Western Inc.
3. Edgar, H. S. (1985). *Organizational culture and leadership*. San Francisco: Jossey-Bass.
4. Jerald, G. & Baron, R. A. (2000). *Behavior in organizations*. (7th Ed.). Upper Saddle River, N.J: Prentice Hall.

Semester 7th

Psy-601: Clinical Psychology - I

Credit Hours: 04(4-0)

Objectives

- To understand and change the abnormal behavior, cognition, and emotions through the application of psycho-therapeutic principles and techniques
- To equip the students with a strong knowledge, skill and acumen in the detection, evaluation and diagnosis of various psychological conditions

Course Contents

Introduction

- Definition
- Characteristics of clinical psychology
- Activities and work settings of clinical psychologists
- Distinguishing clinical psychology from related professions
- Scientific nature of clinical psychology

Historical Background of Clinical Psychology

- Ancient roots
- Eighteenth and nineteenth centuries: Ground work for clinical psychology
- The birth of the discipline: 1890 – 1910
- Childhood: World war I through world war II
- Adolescence: Post world war II
- Adulthood: Milestones of the discipline

Psychological Models in Clinical Psychology

- The role of theoretical models

- Psychoanalysis
- Interpersonal Models
- Humanism
- Behavioral Model
- Cognitive Model
- Biological Models

Research Methods in Clinical Psychology

Clinical Assessment & Diagnosis

- Clinical interview
- Assessment of intelligence
- Personality assessment: (Projective & Objective Techniques)
- Behavioral assessment
- Neuropsychological assessment

Books Recommended

1. Boll, T. J., Raczynski, J. M., & Leviton, L. C. (2004). *Handbook of clinical health psychology: Disorders of behavior and health*. Washington, DC: American Psychological Association.
2. Hecker, J. E. & Thorpe, G. L. (2005). *Introduction to clinical psychology: Science, practice, and ethics*. New Delhi: Pearson Education Inc.

Psy-602: Psychological Testing and Measurement - II

Credit Hours: 03(2-1)

Objectives

- To introduce the students to the basic theoretical psychometric concepts and use of psychological tests.
- Main course objectives include understanding of the basic principles of psychological measurement and the techniques of test construction, administration, and validation. Test rationale, construction, characteristics and the use of evaluation are emphasized.
- To understand statistical concepts, including scales of measurement

- To understand reliability, validity, and understanding social and cultural factors related to the assessment and evaluation of individuals, groups, and specific populations.

Course Contents

Methods of Personality Assessment

- Projective and objective techniques
- Self-report inventories
- Behavioral Assessment
- Measures of interest

Measurement of Intelligence

- Tests of intelligence (Individual and group tests)
- Scholastic abilities and test for special population

Aptitude and Achievement Test

- Multiple aptitude test batteries
- Tests of separate abilities
- Occupational testing

Uses of Psychological Tests in the Different Fields

- Industrial settings
- School settings
- Clinical settings

Social and Ethical Issues in Psychological Testing

Practicum:

Students will administer, score, and interpret the results of 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	ROR	BGT	WAT	RPM

Books Recommended

6. Aiken, L. R. & Marnat, G. G. (2009). *Psychological testing and assessment*. (12th Ed.). New Delhi: Dorling Kindersley Pvt. Ltd.

7. Anastasi, A. (1988). *Psychological testing*. (6th Ed.). New York: Macmillan
8. Anastasi, A. & Urbina, S. (1997). *Psychological testing* (7th Ed.). New York: Prentice-Hall, Inc
9. Cronbach, L. J. (1970). *Essentials of psychological testing*. (3rd Ed.). London: Harper & Row Publishers.
10. Thorndike, R. L. & Hagen, E. P. (1995). *Measurement and evaluation in psychology and education*. (4th ed.). New York: Macmillan.

Psy-603: Counseling Psychology - I

Credit Hours: 04(4-0)

Objectives

- To understand and change the maladaptive behavior, cognition, and emotions through the application of counseling principles and techniques
- To equip the students with a strong knowledge, skill and acumen in the detection, evaluation and diagnosis of various psychological conditions

Course Contents

An Overview of Counseling Psychology

- Definitions of counseling psychology
- Difference between guidance, counseling and psychotherapy
- Historical development of counseling psychology

Counseling Process

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

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

Tests in Counseling

- Tests in counseling
- Qualities of a good test
- Classification of tests
- Administration, Interpretation and diagnosis

Psychological Tests

- Intelligence tests / aptitude tests
- Interest / career inventories
- Personality tests
- Achievement tests

Books Recommended

1. Caizzo, D., & Grpss, D. (1991) *Introduction to Counseling*. Boston: Allyn & Bacon.
2. Gladding, T. S. (1988). *Counseling: A comprehensive profession*. Toronto: Merrill Publishing Company.
3. Ivery, A., & Ireys, M. (1993). *Counseling psychotherapy: A multicultural perspective*. Boston: Allyn & Bacon.
4. Nugent, A. F. (1994). *An introduction to the profession of counseling*. (2nd Ed.). New Jersey: Prentice-Hall Inc.
5. Peterson, V. J., & Nisenholz, B. (1999). *Orientation to counseling*. (4th Ed.). London: Allyn & Bacon.
6. Rao, S. N. (1987). *Counseling Psychology*. New Delhi: Tata McGraw-Hill Publishing Company Limited.

Psy-604: Human Resource Management

Credit Hours: 04(4-0)

Objectives

- To introduce the students to the basic infrastructure and nature of organizations
- Main course objectives include understanding of the basic principles of organizational behavior, assessment at work places and management of personnel

Course Contents

- 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

Books Recommended

1. Angelo, S. D. & Ricky, W. G. (2001). *Human resource management*. Boston: Houghton Mifflin.
2. Daniel, C. F. & Hugh, J. A. (1983). *Managing individual and group behavior in organizations* (2nd Ed.). New York: McGraw Hill.

Psy-605: Thesis (selection of topic and Synopsis Submission)

Credit Hours: 04(4-0)

Objectives

Aim to provide students with the opportunity to:

- Carry out independent and sustained research under appropriate supervision.
- Develop advanced research skills and techniques.
- Present their findings in scholarly documented form.

It will be assigned only, if the student fulfills the eligibility criteria, defined by the chairman of the department, which includes:

1. Academic merit / CGPA (3.00 and above) in previous 6 Semesters
2. An English proficiency and research aptitude test
3. Thesis Proposal of 600 words / interview
4. Availability of an appropriate supervisor

Semester 8th

Psy-610: Internship

Credit Hours: 02(2-0)

Objectives

- To understand and change the abnormal behavior, cognition, and emotions through the application of psycho-therapeutic principles and techniques
- To equip the students with a strong knowledge, skill and acumen in the detection, evaluation and diagnosis of various psychological conditions

There will be an eight weeks internship in some organizations for each student. The internship will be done after 8th semester. The students will write a report of her / his internship. A faculty supervisor of the internship, in consultation with the concerned organization will assess the performance of the student during the internship. The students will carry out internship as per the following plan:

1. At least four diagnostic reports
2. Minimum four therapeutic sessions with different patients
3. The diagnostic batteries must consist of:
 - Two projective tests (e.g., TAT, HFD, RISB)
 - One objective test (e.g., MMPI, BDI / IPAT-D, BAI / IPAT-A)
 - One neuropsychological test (e.g., SDCT, QNST)
 - One IQ test (e.g., SPM)
4. Students will have to preferably assess at least:
 - One psychotic patient
 - One patient of depression / anxiety
 - One patient of addiction
 - One case of childhood disorder

Psy-611: Clinical Psychology - II

Credit Hours: 04(3-1)

Objectives

- To understand and change the abnormal behavior, cognition, and emotions through the application of psycho-therapeutic principles and techniques
- To equip the students with a strong knowledge, skill and acumen in the detection, evaluation and diagnosis of various psychological conditions

Course Contents

Psychotherapy: Research Issues and Efficacy

- What is psychotherapy?
- Research issues
- Does psychotherapy work?

Psychodynamic Psychotherapy

- Background and basic principles
- Freudian psychoanalysis
- Carl Jung's analytical psychotherapy
- Alfred Adler's individual psychology

Humanistic, Experiential, and Family Therapies

- Existential psychotherapies
- Gestalt therapy
- Client centered therapy
- Experiential therapy
- Family therapy
- Group therapies

Cognitive – Behavioral Interventions

- Behavior therapy techniques
- Cognitive modification procedures
- Cognitive – behavior therapy: Specific applications
- Cognitive – behavior therapy: Holistic approaches

Specializations in Clinical Psychology

- Clinical Neuro-psychology
- Clinical Health Psychology
- Forensic Psychology

Practicum:

Students will submit “Clinical Reports”: psycho-diagnostic reports of at least four patients by using psychological tests and DSM-IV-TR will be prepared. After diagnosis, they will suggest therapeutic interventions as well.

Books Recommended

3. Boll, T. J., Raczynski, J. M., & Leviton, L. C. (2004). *Handbook of clinical health psychology: Disorders of behavior and health*. Washington, DC: American Psychological Association.
4. Hecker, J. E. & Thorpe, G. L. (2005). *Introduction to clinical psychology: Science, practice, and ethics*. New Delhi: Pearson Education Inc.

Psy-612: Counseling Psychology - II

Credit Hours: 04(3-1)

Objectives

- To understand and change the maladaptive behavior, cognition, and emotions through the application of counseling principles and techniques
- To equip the students with a strong knowledge, skill and acumen in the detection, evaluation and diagnosis of various psychological conditions

Course Contents

Counseling Theories

- What is a theory?
- Why do we need theory? The issues of conceptualization in counseling practice
- The diversity of theorizing in counseling
- Different theories of counseling
- The underlying unity of approaches to counseling

Themes and Issues in the Psychodynamic Approach to Counseling

- The origins of psychodynamic counseling: the work of Sigmund Freud
- The post-Freudian evolution of the psychodynamic approach
- The critical analysis of psychodynamic approach

From Behaviorism to Constructivism: The Cognitive-Behavioral Approach to Counseling

- The origins of the cognitive – behavioral approach

- The application of behavioral ideas in counseling practice
- Behavioral methods in counseling
- Cognitive processes
- An appraisal of the cognitive – behavioral approach

Theory and Practice of the Person – Centered Therapy

- The evolution of person – centered approach
- The image of the person in person – centered approach
- Therapeutic relationship
- Therapeutic process
- An appraisal of the person – centered therapy

Feminist Approaches: The Radicalization of Counseling

- Feminism as philosophy
- Theory and Practice of feminist counseling
- Issues in feminist counseling

Narrative Approaches to Counseling: Working with Stories

- Competing ways of understanding narrative
- Externalizing the problem
- Enlisting community resources and audiences

Morals, Values, and Ethics in Counseling Practice

- Values in counseling
- Ethics and moral reasoning
- Application of moral principles and ethical codes: from theory to practice

Practicum:

Students will submit “Counseling Reports”: they will diagnose at least four clients by using psychological assessment tools. After diagnosis, they will suggest therapeutic interventions as well.

Books Recommended

1. Caizzo, D., & Grpss, D. (1991) *Introduction to Counseling*. Boston: Allyn & Bacon.
2. Gladding, T. S. (1988). *Counseling: A comprehensive profession*. Toronto: Merrill Publishing Company.
3. Ivery, A., & Ireys, M. (1993). *Counseling psychotherapy: A multicultural perspective*. Boston: Allyn & Bacon.
4. Nugent, A. F. (1994). *An introduction to the profession of counseling*. (2nd Ed.). New Jersey: Prentice-Hall Inc.
5. Peterson, V. J., & Nisenholz, B. (1999). *Orientation to counseling*. (4th Ed.). London: Allyn & Bacon.

6. Rao, S. N. (1987). *Counseling Psychology*. New Delhi: Tata McGraw-Hill Publishing Company Limited.

Psy-613: Positive Psychology

Credit Hours: 04(4-0)

Objectives

- To enrich the students regarding positive aspect of human nature
- To introduce the subjective state of well being, optimism and emotional intelligence that facilitates the development of human resource in any society

Course Contents

- Introduction
- Nature and scope of Positive Psychology
- Evolutionary perspectives
- Positive personal traits
- Nature and associated psychological factors
- Hope; optimism; happiness; love; empathy; attachment; emotional intelligence; tolerance; forgiveness; Gratitude; faith; morality; wisdom and creativity; resilience; spirituality; Altruism.
- Self-determination theory and intrinsic motivation
- Social development and well being

Books Recommended

1. Corer, L., KEYES, M., & Handit, J. (Eds.). (2002). *Flourishing- positive Psychology & the life*. Washington: APA Publication.
2. Lias, A. L. & Ursole, M. (Eds.). (2002). *A psychology of human strengths*. Washington: APA Publication.
3. Rizvi, A. A. (1990). *Muslims psychology and positive psychology*. Lahore: Institute of Muslim psychology.

Psy-614: Thesis (Final Draft & Oral Defense)

Credit Hours: 04(4-0)

The End