

GURU NANAK VIDYAK SOCIETY'S
GURU NANAK COLLEGE OF ARTS, SCIENCE AND COMMERCE
AUTONOMOUS NAAC ACCREDITED A+



MASTER IN SCIENCE COUNSELLING PSYCHOLOGY SYLLABUS

TITLE OF THE PROGRAM: M.Sc.

ELIGIBILITY CRITERIA

For Two-Year M.Sc. Program

- A bachelor's degree (B.A., B.Sc) with Psychology.
- Three papers Psychology or six papers psychology at the bachelor's level
- A minimum of 50% aggregate marks at the bachelor's level

SEMESTER I

Course Name: PERSONALITY PSYCHOLOGY

MANDATORY 4 credits

Unit 1. Science of Personality: Methods, Assessment and Historical Approaches

- a. Study of the Person: Personality Research Methods
- b. Personality Assessment: Effect-size, Replicability, and Open-science
- c. Psychoanalytic aspects of personality. Psychodynamic perspective: contemporary issues. Culture and Psychoanalysis.
- d. Motives and personality: basic concepts, big three motives, d. Humanistic tradition.

Unit 2. Trait approach: How People Differ?

- a. Allport, R. B. Cattell, Eysenck's three factor.
- b. Lexical Approach. Big-Five and Five-Factor Model: theory, evidence and applications, circumplex approach, HEXACO, recent developments
- c. Person and Situation. Personality Judgments
- d. Measurement of trait and theoretical and measurement issues. Personality Stability. Personality development. Personality change: Personality dispositions over time.

Unit 3. Biological domain and Cognitive-Behavioral domain

- a. Genetic and personality evolutionary approach to personality.
- b. Physiological approaches to personality.
- c. Behaviorist and learning aspects of personality.
- d. Cognitive and Cognitive-experiential aspects of personality.

Unit 4. Social-cultural, Application

- a. Sex-gender, social interaction, and personality
- b. Culture and Personality
- c. Personality, Business, and Relationship

d. Mental and Physical Health: Personality disorders, Stress, coping adjustment and health.

Course Name: PSYCHOLOGY OF COGNITION AND EMOTION

MANDATORY 4 credits

Unit 1: Cognitive Neuroscience, Attention and Perception

- A. Cognitive Neuroscience: Neuronal Structure and Function; Intelligence and Neuroscience; Methods of cognitive neuroscience
- B. Visual Perception: Visual Object Recognition, Face perception
- C. Attention and Consciousness: Attention Processes, Theories of Attention, Consciousness of Mental Processes; Preconscious Processing
- D. Neuropsychological basis of Attention and Visual Perception

Unit 2. Memory and Language

- A. Memory: Models and Research Methods; Metacognition.
- B. Memory Processes; Mental Images, Maps, and Propositions.
- C. Language and language in context
- D. Neuropsychological basis of Memory and language

Unit 3. Thinking and Intelligence

- A. Problem Solving and Creativity
- B. Thinking, Decision Making and Reasoning. Neuropsychological basis of executive functions.
- C. Human Intelligence. Organization of Knowledge in the Mind
- D. Cognitive development: Piaget, Socio-Cultural, RR, Modularity of Mind.

Unit 4. Psychology of Emotions

- A. Theories of Emotions: Theories of emotions

- B. Biological basis of human emotions
- C. Measurement of Emotions
- D. Emotional Development and regulation

Course Name: STATISTICS FOR PSYCHOLOGY

Type of course: Mandatory 4 credits

Unit 1. Preliminary concepts and R

- A. Probability: axioms, random variables, expected value, central limit theorem
Distributions: discrete distributions- binomial, poisson; continuous distributions: normal, t, F, chi-square, jointly distributed random variables.
- B. Inference: estimation theory, properties of estimators, statistical hypothesis testing, Types of errors.
- C. Descriptive statistics: central tendency and variability, power and effect size. Data Visualization.
- D. R: R interface; syntax; importing and exporting data; data management. Descriptive; graphs; basic and multivariate statistics in R; R GUI, other software.

Unit 2. Inferential statistics: inference about location

- A. Two group differences: t test- independent and dependent samples. R codes
- B. Multi-group differences: one-way ANOVA: independent and dependent samples. two-Way ANOVA: independent samples. ANCOVA. R codes
- C. Wilcoxon sign-rank test; median test; U test; Kruskal-Wallis test. R codes
- D. MANOVA and R codes

Unit 3. Association, Prediction and Other Methods

- A. Correlation: product moment, partial correlation, special correlations. R codes
- B. Linear regression (OLS). R codes
- C. Nonparametric correlations: Kendall's tau; other measures, chi square, binomial test,

proportions test. R codes.

D. Multiple regression. Moderation and Mediation analysis. Logistic regression. R codes.

Unit 4. Factor Analysis, SEM, and Other Multivariate Techniques

A. Factor analysis: basic concepts, methods of extraction and methods of rotation

B. Confirmatory Factor Analysis

C. Structural Equations Modelling

D. Multilevel Linear Modelling. Multiway Frequency Analysis.

Course Name: EXPERIMENTAL PSYCHOLOGY PRACTICAL

Type of course: Mandatory 2 credits

Six experiments to be designed in cognitive processes, personality, motivation and emotion from the areas given below:

a) Sensation, attention and perception, b) Memory, c) Reasoning, d) Decision making, e) Problem solving, f) Learning, g) Imagery, h) Motivation, i) Emotion, j) Personality, k) Thinking, l) Language.

UNIT 1: Experimental designing: Students will be divided into six groups. Each group has to choose an area by consensus or majority. Each student will have to design an experiment pertaining to the area chosen by the group. The student will present the experiment in the class. From these experiments, one experiment is selected as groups experiment. In this way, six experiments are obtained. A student can also design additional experiments in the areas other than the groups' area and present them along with presentations of respective areas. Six presentations and twelve supervision sessions are required for this. (1 credit).

UNIT 2: Experimental Computerizing: All students have to learn one open-source package for computerizing experiment (for example, PEBL, Open Sesame, etc.). This may be done by workshop by the teacher/students about the computerization. The individual experiment designed by each student has to be computerized and presented in a CD (and Email if needed)

for internal assessment. The printout of the program syntax AND/OR major steps in computer programming also need to be submitted along with this assignment. (1 credit).

UNIT 3: Experiments Conduction: These select six experiments (Unit 1) will then be conducted in the laboratory. If the facilities permit, these experiments can be carried out using the computer interface. (1 credits).

UNIT 4: Experimental Data Analysis and Report: The data obtained is analyzed by using software packages (e.g. R) and reported in a typed report. The report also needs to be submitted in a softcopy. (1 credit)

Course Name: Counselling Across the Lifespan

Type of course: Elective 4 Credits

Unit 1. Children and Adolescents

- a. Slow learners and talented/ exceptional
- b. Children with learning disability and ADHD
- c. Emotional, behavioural issues, conduct disorders, developmental disorders.
- d. Children with socially disadvantaged background and under achievers

Unit 2. Counselling Adults and the Elderly

- a. Premarital and marital counselling: role conflict, sex and sexuality issues and relationship enrichment skills.
- b. Workplace and employee counselling
- c. Elderly: Pre-retirement and retirement counselling
- d. Adjustment to Aging: Coping with loss of spouse and changes in family structure, health related issues, enhancing quality of life.

Unit 3. Counselling for Specific Mental Health Issues

- a. Anxiety and Depression
- b. Suicide prevention and management.
- c. Trauma and sexual abuse counseling
- d. Personality Disorders: A precursor to understand several issues in adulthood

Unit 4. Counselling Special Groups

- a. Special issues faced by women and feminist approach to counseling.
- b. Special issues faced by LGBTQIA+ and Queer Affirmative Counselling
- c. Rehabilitation counselling for persons with physical, sensory and intellectual disabilities: vocational and psychosocial aspects.
- d. Rehabilitation counselling for Drug addicts and alcoholics.

Course Name: Research Methodology for Psychology

Type of course: Research Methodology 4 credits

Unit 1. Philosophy and Ethics of Psychological Research.

- a. Epistemological positions in psychological research: scientific realism, logical positivism; Ockham's razor;
- b. Popper and Kuhn's contribution: theory dependence of observation; understanding theory: components and connections – concepts, constructs, variables and hypothesis; Duhem–Quine thesis; Quine's critique of empiricism
- c. Ethical standards of psychological research: planning, conduction and reporting research
- d. Proposing and reporting quantitative research

Unit 2. Research Settings and Methods of Data Collection

- a. Observation and Interview method
- b. Questionnaire
- c. Survey research

- d. Other non-experimental methods

Unit 3. Experimental and Quasi-Experimental Methods

- a. Independent Groups Designs
- b. Repeated Measures Designs
- c. Complex Designs
- d. Quasi-experimental Designs and Program Evaluation

Unit 4. Qualitative research

- a. Philosophy and Conceptual foundations
- b. Interpretive Phenomenological Analysis; Discourse analysis
- c. Grounded Theory
- d. Narrative Analysis; Conversation analysis

SEMESTER II

Course Name: EVOLUTIONARY PSYCHOLOGY

Type of course: Mandatory 4 credits

Unit 1. Foundation of evolutionary psychology

- a. Historical development, landmarks in evolution of human beings & common misunderstandings
- b. Origins of human nature, evolutionary game theory.
- c. Evolution of psychological mechanism, evolutionary and psychological foundation of human behavior, psychological basis of culture
- d. Research methods and hypothesis-testing in evolutionary psychology, use and misuse of Darwinism

Unit 2. Major aspects of evolutionary theory: survival and mating

- a. Problems of survival: food acquisition, human fears and landscape and shelter preferences.
- b. Mate selection and sexual strategies
- c. Women's long-term mating strategies, men's long-term mating strategies
- d. Short-term sexual strategies across sexes

Unit 3. Parenting and social behavior

- a. Parenting: maternal involvement, parental involvement, parent-offspring conflict
- b. Kinship: theory of implicit and inclusive fitness and empirical support
- c. Cooperation: evolution of cooperation, reciprocal altruism,
- d. Cognitive adaptations for social exchange

Unit 4. Social behavior and specific topics

- a. Aggression as solution to adaptive problem & empirical evidence, sex differences in aggression, conflicts between sexes.

- b. Evolution of morality. evolution of Art. Evolution of Emotions.
- c. Cognitive development, modularity of mind, and innateness issues,
- d. Status, prestige and social dominance.

Course Name: Social Foundations of Human Behaviour

Type of course: Mandatory 4 Credits

Unit 1. Introducing Social Psychology

- a. Social-psychological way of looking at the world
- b. Interdisciplinary flavour
- c. Core concerns, and emerging trends in social psychology
- d. Social structure and human behaviour

Unit 2. Basic Processes

- a. Social perception: Person schema and group stereotypes
- b. Social cognition: Attribution-processes and errors
- c. Social judgment: Lasting false beliefs and their behavioural consequences
- d. Attitude: Nature of attitude and attitude change

Unit 3. The Self and the Social Relations

- a. Status of theory and research on love
- b. Interpersonal attraction
- c. Intimate relationships and breaking up
- d. Live-in-relationship and institution of marriage in India

Unit 4. Applications of Social psychology

- a. Social psychology and the law
- b. Implications of social psychology for health behaviour
- c. Forensic psychology: Physical attractiveness bias

- d. Social psychology and political behaviour

Course Name: Positive Psychology

Type of course: Mandatory 4 Credits

Unit 1. Introduction to Positive Psychology

- a. Need for a science of human strengths and virtues
- b. Deconstruction of illness ideology and inclusion of human strengths
- c. Positive Psychology: Assumptions, Goals and Definitions
- d. Three pillars of positive psychology

Unit 2. Positive subjective states

- a. Subjective well-being
- b. Positive emotions
- c. The flow experience
- d. Optimism and Hope

Unit 3. Positive individual traits

- a. Self-efficacy
- b. Creativity
- c. Wisdom
- d. Empathy and altruism

Unit 4. Positive Institutions

- a. Positive schooling
- b. Aging well and role of family
- c. Psychology of forgiveness for healthy society
- d. The Me/We balance: Building better communities

Course Name: PSYCHOLOGICAL TESTING AND PSYCHOMETRICS
PRACTICALS

Type of course: Mandatory 4 credits

Unit 1. Theoretical-conceptual orientation

- a. Measurement in psychology and in the natural sciences
- b. Measurement theories: classical test theory, modern test theory
- c. Test construction: item analysis, reliability, validity and norms
- d. Ethical issues in psychological testing

Unit 2. Test administration and reporting

At least two tests pertaining to Intelligence, Motivation, Emotion, Personality and/or Attitude to be administered, scored and interpreted & reported. For each administered test, item analysis, reliability and validity, and Group norms to be computed and reported in the file.

Unit 3. Test development

Students will be divided into six groups. Each group has to choose an area by consensus or majority. Each student will have to develop a psychological test pertaining to the area chosen by the group. Every student

In each group will present his or her ideas about developing a specific psychological test in the class. After these presentations, one specific psychological construct is selected as group's construct. In this way, six psychological tests revolving around six psychological constructs are to be developed.

Unit 4. Reporting of newly developed tool

The newly developed tool has to be administered on a group of at least 30 individuals. The item analysis, reliability and validity, norms are to be computed and reported in

the file.

Course Name: Assessment in Counselling Psychology

Type of course: Elective 4 credits

Unit 1. Introduction to psychological assessment

- a. History of psychological assessment
- b. Nature and scope of psychological assessment.
- c. Non- standardized techniques of assessment: behavioral observation, interview, case history.
- d. Ethical and professional standards for tests.

Unit 2. Assessment of ability and aptitude

- a. Assessment of intelligence: WISC all editions, WAIS, Kamat Binet, Bhatia battery, Ravens' progressive matrices.
- b. Assessment of aptitude: DAT, David's Battery of Differential Abilities (DBDA),
- c. Assessment of development: VSMS ,Seguine form board, Bayley's Scales
- d. Assessment of children with learning disabilities.

Unit 3. Assessment of Personality

- a. Personality assessment: CPQ, HSPQ, 16 PF, NEO –PI -3.
- b. Projective tests of personality : CAT, TAT, Rosenzweig picture frustration study (adult and children), HTP
- c. Assessment of social desirability and other issues in personality assessment.
- d. Assessment of interests: Strong Campbell Interest inventory, Holland's self-directed search.

Unit 4. Assessment in other related areas

- a. Computer and ICT assisted assessment

- b. Issues in competency assessment
- c. Psychological assessment and planning interventions
- d. Psychological interpretation and report writing

Course Name: On the Job training in Different Psychology related Work Sectors

Type of course: On the Job Training/ Field Project (OJT/FP)

Guidelines for Implementation:

1. Coordinators would coordinate the field placement of students assigned to them.
2. Coordinators can choose to place the student in a specialisation related job setting or any other psychology related organisation and industry depending on availability, requirement or students interest.
3. Student can opt to search for an internship/apprenticeship on their own, provided that they furnish a letter from the organisation stating that the student has been selected for the internship and would follow the guidelines of the academic requirement of the students OJT.
4. Student would have to intern in the related work setup for minimum 4 weeks and maximum 6 weeks, depending on the academic calendar, completion of the second term and the scheduling of examinations.
5. Supervision and training would be the sole responsibility of the organizations. Course Teacher/coordinator would not be required to supervise on field. However the coordinator will have to coordinate with the organization.
6. Students would have to furnish a “Certificate of Completion of OJT” from the organization stating satisfactory completion and positive evaluation of the said student.
7. The organization will require to fill in an Evaluation Sheet (provided by the Department) duly signed by a competent authority.
8. Student would require to submit a report to the Department on the OJT which will be a part of the evaluation.

SEMESTER III

CBT AND REBT: Basic and Application

4 credits

Biological basis of Human behavior

4 credits

Psychotherapy

4 credits

Research Proposal

4 credits

Effective Counselling Skills

4 credits

Internship

4 credits

SEMESTER IV

Critical and Theoretical Psychology

4 credits

Preacticum in counselling psychology (OJT)

4 credits

Counselling and Psychotherapy approaches and techniques

4 credits

Emerging and contemporary interventions in psychology

4 credits

Research Dissertation

6 credits