

**Semester I**

**Introduction to Psychology**

1. Psychology as a Science
2. The Evolution of Psychology History, Approaches, and Questions
3. Psychological Science
4. Sensing and Perceiving
5. States of Consciousness
6. Altering Consciousness with Psychoactive Drugs
7. Learning
8. Remembering and Judging
9. Intelligence and Language

**Developmental Psychology**

1. Introduction to Developmental Psychology
2. Growth and Development
3. Lifespan Theories
4. Stages of Development Prenatal Development
5. Infancy Through Childhood
6. Stages of Development Adolescence
7. Stages of Development Adulthood
8. Individual Differences in Learning

**Foundation of Mental Health and Adjustment**

1. Scientific Advances and World Progress
2. History of Mental Illness
3. Emotions and Motivations
4. Personality
5. Psychology in Our Social Lives

**Abnormal Psychology**

1. Understanding Abnormal Psychology
2. ADHD and Behaviour Disorders in Children
3. Anxiety and Related Disorders
4. Dissociative Disorders
5. Mood Disorders
6. Personality Disorders
7. Schizophrenia Spectrum Disorders
8. Autism: Insights from the Study of the Social Brain
9. Hunger and Eating
10. Treating Psychological Disorders

**SEMESTER II**

**Learning Difficulties**

1. Introduction to Special Education
2. Children with Mental Retardation
3. Gifted Children
4. Children with Learning Disabilities (LD)
5. Children with Behaviour Disorders
6. Children with Hearing Impairment
7. Children with Visual Impairment
8. Language Impairment
9. Children with Physical and Health Impairment
10. Handling Common Behavioural Problems in Children

**Basics of Counselling, Techniques and Practices**

1. Nature and Scope of Guidance and Counselling
2. Counselling
3. Vocational Guidance
4. Techniques of Guidance
5. Skills of a Counsellor
6. Communication in Counselling
7. Parental Counselling
8. Educational Guidance and Counselling
9. Counselling and the Teacher
10. Guidance and Counselling for Special Problems
11. Group Counselling and Guidance
12. Psychometric Assessment in Guidance
13. Common Developmental Problems
14. Self-Management Skills and Social Competency

**Assessment in Guidance and Counselling**

1. Psychological Testing
2. Emotional Intelligence
3. Testing Emotional Intelligence and Training
4. Personality Tests
5. Intelligence and IQ testing
6. Testing Attitudes and Interests
7. Vocational Tests, Career Guidance and Counselling
8. Testing Spiritual Intelligence

**Project**

Students are required to submit a Project Online by the end of the Semester II.