ST.JOSEPH’S COLLEGE FOR WOMEN (AUTONOMOUS), VISAKHAPATNAM

I SEMESTER **HOMESCIENCE** TIME: 4HRS/WEEK

HS 1303 (3) **GENERAL PSYCHOLOGY** MAX.MARKS:100

w.e.f. 2020 –2021(“20AH”) **SYLLABUS**

**OUTCOMES OF THE COURSE :** The students will be able to:

A) **REMEMBER AND EXPLAIN IN A SYSTEMATIC WAY :**

● The concept of psychology and its branches of study.

● About basic psychological concepts like Attention, Perception, , Memory and Motivation

B) **UNDERSTAND AND USE**:

● Understand the meaning of Personality

● Use theoretical perspectives of Psychology to understand human behaviour.

C) **CRITICALLY EXPLAINS, JUDGES :**

● The determining factors of human personality.

D) **WORKING IN OUT OF PRESCRIBED AREAS UNDER CO-CURRICULAR ACTIVITY :**

● Observing different types of personalities based on type theory

● Identifying children with extremes of intelligence in local schools.

**THEORY :**

**UNIT- I: Introduction to Science of Behaviour:**

• Psychology as a Science of Behaviour: Definition, scope and Methods of Studying Human Behaviour – Observation method , Experimental Method, Case Study method , Survey Method , Cross sectional and Longitudinal Methods – Merits and Demerits.

• Branches of Psychology – Definition and basic concept of different branchesDevelopmental Psychology, Clinical, Counselling psychology, Abnormal, Educational, Industrial, Social and Sports Psychology.

**UNIT – II: Basic Psychological Concepts :**

• Attention– Definition, Types -Voluntary and Involuntary; Determinants of attention.

• Perception **–** Definition, perceptual organization and perceptual Constancies and illusions.

• Memory – Definition, types and nature of memory. Methods of memorizing and

factors influencing memory. Forgetting – types and causes. Ways of improving

memory.

• Interests and Aptitude **–** Definition of the terms –factors affecting individual’s interest and attitude; Assessment of interests and attitudes using inventories and scales.

**UNIT – III: Personality**

• **Personality:** Definition, Concept and types of personality – Normal and abnormal personalities, Factors affecting development of personality ′ Assessment of personality – Projective Tests - Definition CAT, TAT, Rorschach inkblot test.

• Major Psychological Approaches – Psycho-dynamic, Behavioural, Humanistic, Cognitive, Socio-cultural and Trait perspectives.

• Psycho-dynamic Perspective: Freud’s Psycho- analytic theory – Understanding the structures of Id, ego and super ego and their interaction, Erickson’s Theory – Eight stages of development.

**UNIT – IV: Major Psychological Approaches - I**

• Behavioural Perspective: Learning – Definition, Steps in learning process, Learning laws, Theories of learning-Classical Conditioning, Operant conditioning and Watson’s Behaviourism.

• Humanistic Perspective: Motivation – Definition - Psychological basis – classificationPhysiological, Psychological and social motives, unconscious, Abraham Maslow’s theory of motivation.

**UNIT – V: Major Psychological Approaches - II**

• The Cognitive Perspective – Definition of terms - Cognition, Meta cognition, Intelligence, Intelligence Quotient (IQ) and Emotional Intelligence. ′ Assessment of Intelligence – Verbal and nonverbal tests, classification of children based on intelligence, extremities of intelligence - sub normal and the gifted.

• Gardner’s Multiple Intelligence theory.

• Trait Perspective – Type theory of Sheldon and Big Five Factor Theory.

\*\* \*\* \*\*

ST.JOSEPH’S COLLEGE FOR WOMEN (AUTONOMOUS), VISAKHAPATNAM

I SEMESTER **HOMESCIENCE** TIME: 2HRS/WEEK

HS1353 (2)  **COMPUTER APPLICATIONS – I**  MAX.MARKS:50

w.e.f. 2020 –2021(“20AH”) **PRACTICALSYLLABUS**

**OBJECTIVES:** To enable the students to:

• Acquire knowledge about computer fundamentals

• Learn and use the applications of MS office (MS Word, excel, PowerPoint in access)

• Apply the skills learnt to situations in Home Science

**COURSE:**

**UNIT – I: INTRODUCTION TO WINDOWS :**Desktop settings and creating shortcuts. Start meu, how to launch programs using start menu. Recycle bin, task bar, windows accessories.

**UNIT – II: M.S WORD :**M.S Word- Creating, saving and closing a document. Opening an existing document, page set up, spell check. Tables, selecting in tables, modifying table structure, editing text, text formatting, headers and footers. Bullets and numbering. Borders and shading, auto correct, auto text. Creating styles, columns, printing.

**UNIT – III: MS EXCEL AND MS POWERPOINT: MS EXCEL –** Starting parts of excel screen, quitting excel, selecting a cell entering cell, editing, clearing and formatting data in a cell. Inserting and deleting rows and columns, charts, formula and simple statistical applications.

**MS POWERPOINT –**Starting and quitting PowerPoint. Creating a presentation, Use of design templates, slide show. Inserting clipart, application of special effects, setting up a slide show.

**UNIT – VI: PAGE MAKER –** Page maker basics, working with a publication, the drawing tools, the text tools, importing graphics, transformations, utilities, working with large amount of texts, story editor.

**UNIT-V :INTERNET –** Creating a mail ID, sending mails, surfing the net. BOOKS – Course material would be provided.

**REFERENCESBOOKS :**

1. Baron, R.A. (2001), Psychology (5th edition), Pearson Education Inc., New Delhi.

2. Feldman, R.S. (1997), Essentials of understanding psychology (3rd Edition) McGraw Hill Companies. Inc. New York.

3. Mangal, S.K. (2019). General Psychology, revised edition, 2019, Sterling Publishers Pvt. Ltd.

4. Parameswaran, E.G. and Beena, C. (2002). Invitation to psychology, 1st edition, Neel Kamal Publications.

5. Sreevani, R. (2013). Psychology for Nurses, 2nd edition, 2013, Jaypee Brothers Medical Publishers (P) Ltd.

**CO-CURRICULAR ACTIVITIES :**

1. Assessment of students IQ using verbal and non-verbal tests

2. Identifying children with extremes of intelligence in local schools

3. Giving small tests to check the students’ memory, perception and Emotional intelligence

4. Assisting and guiding students to understand the concept of personality through lectures, small group seminars and workshops.

5. Observing different types of personalities based on type theory

6. Providing opportunity to interact with experts of different branches of Psychology like clinical psychologist, Counselling Psychology etc.

\*\* \*\* \*\*