

Rayat Shikshan Sanstha's
SADGURU GADAGE MAHARAJ MAHAVIDYALAYA, KARAD

Department Of Psychology

B.A. Part II Semester III Paper III

Subject Code - PSYO3

Child Psychology

Module 1 : BEGINNINGS

- 1.1 Genetic foundation of Genes
 - A) The Collaborative Genes
 - B) Genes and Chromosomes
 - C) Genetic Principles
 - D) Chromosomal and Gene linked Abnormalities
- 1.2 Prenatal Development
 - A) The Course of Prenatal Development
 - B) The Teratology and Hazards to prenatal Development

Module 2 : INFANCY

- 2.1 Physical growth and development in infancy
 - A) Pattern Of Growth
 - B) The Brain
 - C) The Sleep
 - D) The Nutrition
- 2.2 Motor Development
 - A) Reflexes
 - B) Gross Motor Skills
 - C) Fine Motor Skills
- 2.3 cognitive Development Piaget's theory Infant Development
 - A) Cognitive Process
 - B) The Sensory Motor Stage

Module 3 : EARLY CHILDHOOD

- 3.1 Physical Changes
 - A) Body growth and change
 - B) Motor Development Gross motor skills Fine motor skills
 - C) Nutrition and Exercise
- 3.2 Cognitive Changes
 - A) Piaget's preoperational Stages
- 3.3 Emotional and Personality Development
 - A) The Self
 - B) Emotional Development

Module 4 : MIDDLE AND LATE CHILDHOOD

- 4.1 Physical Changes and Health

- A) Body Growth and changes
 - B) Motor Development
 - C) Health, Illness and Disease
- 4.2 Cognitive Changes
- A) Piaget's Cognitive Developmental Theory
- 4.3 Socio-emotional development
- A) Emotional Development
 - B) Developmental Changes in parent-Child Relationships
 - C) Peers : Development Changes and Peer Status

Books for Reading:

1. Santrock, J.W. (2011). Life- Span Development, Thirteenth Edition, New Delhi : Tata Mcgraw Hill Education Private Limited.

Book for Reference :

1. Borude, R.R. Kumathekar, Medha & Golvilkar, Shila (2023). Vaikasik Manasashatra , Dusari Aavruti, Pune: Pune Vidhyarth Gruh Praksashan. 4
2. Papalia, Diane E. and Olds Sally Wendkos (2004). Human Development, 9th ed., New Delhi : Tata McGraw – Hill Publishing company Ltd,

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SADGURU GADAGE MAHARAJ MAHAVIDYALAYA, KARAD
Department Of Psychology
B.A. Part II Semester III Paper IV
Subject Code - PSYO4
Applied Psychology

Module I : Self Direction in a changing World

- 1.1 Social Change
 - A) Living in a Technological World
 - B) Living with other social Changes
- 1.2 The challenge of self-Direction
 - A) Self- Direction and Society
 - B) Positive psychology and the Humanistic Perspective
 - C) Living in Today's individualistic Society
- 1.3 Themes of Personal Growth
 - A) Living with contradiction and Uncertainty
 - B) Continuity and change
 - C) The experience of personal Growth

Module II : Towards Better Health

- 2.1 Body Image
 - A) How we feel about our Bodies?
 - B) Media and Body Image
 - C) Our Ideal Body
- 2.2 Health and the mind-Body Relationship
 - A) The Immune System
 - B) Personality
 - C) Life Style Choices
- 2.3 Promoting Wellness
 - A) Taking Charge of Your Own Health
 - B) Eating Sensibly
 - C) Keeping physically fit
 - D) Finding Social Support

Module III : Stress

- 3.1 Understanding Stress
 - A) Conceptualizing Stress
 - B) Major Causes of Stress
 - C) Stress in College
- 3.2 Reactions to Stress
 - A) Physiological Stress

- B) Major Causes of Stress
- C) How Do You react to Stress?

3.3 Managing Stress

- A) Modifying Your Environment
- B) Altering Your Lifestyle
- C) Using Stress for Personal Growth

Module IV : Seeking selfhood

4.1 What Is Self- Concept?

- A) The components of the Self
- B) Self-Image
- C) Ideal Self
- D) Social Self

4.2 Core Characteristics of Self-Concept

- A) Self-Consistency
-) Self-Esteem
- C) Self-Enhancement and self-verification

4.3 The Self-Concept and personal Growth

- A) The Self You/d Like to Be
- B) Learning from Criticism
- C) Greater Self-Direction

Recommended Reading

Book for Study :

Kirsh, S.J., Duffy, K.G., & Atwater, E. (2015). Psychology for living – Adjustment, Growth, and Behavior Today. (11th ed.) Noida(UP) : Person India Education Services Pvt. Ltd.

Book For Reference :

1. Atwater, E (1994). Psychology for Living (5th ed.) New Delhi: Prentice- Hall of India Privated Ltd.
2. Barve, B.N. (1998). JivanmancheManasshastra. Jalana: SankapIPub.
3. Weiten, W. & Margarent, A.L. (1994). Psychology Applied to Modern Life, (7th ed.). Singapore: Thomson AsiaPvt.

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Department Of Psychology
B.A. Part II Sem. IV Paper V
Subject Code – PSY05
Developmental Psychology

Module : 1 ADOLESCENCE

- 1.1 Physical changes
 - A) Puberty
 - B) Adolescent sexuality
- 1.2 Cognitive Development
 - A) Piaget's Theory
 - B) Information Processing
- 1.3 Socio-emotional Development
 - A) Parental Monitoring and Parent – Adolescent conflict
 - B) Friendships and Peer Group

Module : 2 EARLY ADULTHOOD

- 2.1 The transmission from Adolescence and Adulthood
 - A) Physical Development
 - B) Sexuality
- 2.2 cognitive Development and Career
 - A) Cognitive Development
 - B) Career and Work
- 2.3 Socio-emotional Development
 - A) Attraction, Love and Close relationships
 - B) Adult Lifestyle

Module : 3 MIDDLE ADULTHOOD

- 3.1 Physical Development
 - A) Physical Development
 - B) Sexuality
- 3.2 cognitive Development
 - A) Intelligence
 - B) Information Processing
- 3.3 Socio- emotional Development
 - A) Personality Theories and Development
 - B) Close Relationships

Module : 4 LATE ADULTHOOD

- 4.1 Physical Development
 - A) Longevity
 - B) The course of Physical Development in Late Adulthood
- 4.2 Cognitive Development

- A) Cognitive Functioning in Older Adults
 - B) Mental Health
- 4.3 Socio-emotional Development
- A) Personality, The self and Society
 - B) Families and social Relationships

Recommended Reading :

1. Santrock, J.W.(2011). Life- Span Development, Thirteenth Edition, New Delhi : Tata Mcgraw Hill Education private Limited.

Book for Reference :

1. Borude, R.R. Kumathekar, Medha & Golvilkar, Shila (2023). Vaikasik Manasashatra , Dusari Aavruti, Pune: Pune Vidhyarth Gruh Praksashan. 4
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Department Of Psychology
B.A. Part II Semester- VI Paper-VI
Subject Code- PSY06
Modern Applied Psychology

Module I : Taking charge

1.1 Personal Control

- A. Explaining Perceived Control
- B. The Benefits Of Perceived Control
- C. Misperception and Maladjustment
- D. Learned Optimism
- E. Defensive Pessimism

1.2 Decision Making

- A. The process of Decision Making
- B. Critical Elements In Decision Making
- C. Post-Decision Regret
- D. Making Better Decisions Growth

1.3 Decisions and personal Growth

- A. Making New Decisions
- B. Some Practical Applications

Module II : Making and keeping friends

2.1 Meeting People

- A. Are First Impressions Most Important
- B. Factors that Influence First Impressions
- C. Mistaken Impression

2.2 Keeping Friends

- A. When Friends Get Together?
- B. Self-disclosure- Those Little secrets
- C. Gender Differences in friendship
- D. Staying Friends

2.3 When It's Hard to Make Friends?

- A. shyness
- B. Loneliness

Module III : Love and Commitment

3.1 Love is a Many splendored (and Defined) Thing

- A. The Many Definitions of Love
- B. Love and friendship
- C. Love and Attachment

3.2 finding Love

- A. Online Dating

- B. The importance of self-disclosure
- 3.3 Marriage and Other Committed Relationships
 - A. Cohabitation
 - B. Marriage
- 3.4 Adjusting to Intimate Relationships
 - A. Attitude adjustment
 - B. Sharing Responsibilities
 - C. Communication and Conflict
 - D. Making the Relationship Better
 - E. Sexuality

Module 4 : You go for help

- 4.1 Psychotherapy
 - A. Gender differences in adulthood
 - B. Cultural Issues
 - C. Applying it to yourself
- 4.2 Insight Therapies
 - A. Psychoanalysis
 - B. Person-Centered Approach
- 4.3 Cognitive and Behavioural Therapies
 - A. Behavioural therapies
 - B. Cognitive therapies
 - C. Cognitive Behavioural Therapy

Recommended Reading

Book for Study :

Kirsh, S.J., Duffy, K.G., & Atwater, E. (2015). Psychology for living – Adjustment, Growth, and Behavior Today. (11th ed.) Noida(UP) : Person India Education Services Pvt. Ltd.

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3. Weiten, W. & Margarent, A.L. (1994). Psychology Applied to Modern Life, (7th ed.). Singapore: Thomson AsiaPvt.