

STELLA MARIS COLLEGE (AUTONOMOUS), CHENNAI

Course Schedule – June to November 2016

Department : Psychology
Name/s of the Faculty : Ms. Shantha Joseph
Course Title : Personality Development
Course Code : 15PY/GE/PD23
Shift : I

Week & No. of hours	Units & Topics	Teaching Methodology	Text & References	Method of Evaluation
June 16 – 22, 2016 (Day Order 1 to 6)	Unit 1 Introduction to Personality Overview of Determinants of Personality: Physical, Intellectual,	Lecture	Hurlock, Elizabeth <i>Personality Development</i> . New Delhi: Tata McGraw Hill Publishing Co, Ltd. 2003.	Oral Quiz
June 23 –30, 2016 (Day Order 1 to 6)	Emotional, Social, Education, Sex, and Family	Lecture	Hurlock, Elizabeth <i>Personality Development</i>	Oral Quiz
July 01 - 11, 2016 (Day Order 1 to 6)	Unit II Getting Acquainted with Ourselves Self-Discovery	Lecture	Walker, Velma. Lynn Brooke. <i>Becoming aware</i> , Iowa: Kendall/Hunt Publishing Company.2009	Oral Quiz
July 12 - 18, 2016 (Day Order 1 to 6)	Self-Disclosure-Advantages; Johari Window	Lecture	web resources	Written Exercise
July 19 - 26, 2016 (Day Order 1 to 6)	Self-Esteem-Strategies to improve Self–Esteem Values-Development of	Lecture	Walker, Velma. Lynn Brooke. <i>Becoming aware</i> , Iowa: Kendall/Hunt Publishing Company.2009	Oral Quiz Written exercise
July 27- Aug. 02, 2016 (Day Order 1 to 6)	Values, Clarifying Personal Values	Lecture	Walker, Velma. Lynn Brooke. <i>Becoming aware</i> , Iowa: Kendall/Hunt Publishing Company.2009	Third component Oral Quiz
August. 03-10, 2016 (Day Order 1 to 6)	Unit 3 Interpersonal Communication	Lecture	Walker, Velma. Lynn Brooke. <i>Becoming aware</i> ,	Oral Quiz

	and Relationships Communication Process: Verbal and Nonverbal Communication		Iowa: Kendall/Hunt Publishing Company.2009	
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August 11- 18, 2016 (Day Order 1 to 5)	Listening- Barriers to Listening The Fear of Getting Acquainted- Inaccuracy in Social Perception	Lecture Lecture	Walker, Velma. Lynn Brooke. <i>Becoming aware</i> , Iowa: Kendall/Hunt Publishing Company.2009	Oral quiz Case study excerise
August 19 - 24, 2016	C.A. Test			
August 26, 2016 (Day Order 6)	Third component			
August 27 – Sep.02, 2016 (Day Order 1 to 6)	Developing Positive Relationships Unit 4 Resolving Interpersonal Conflict Causes of	Lecture	Walker, Velma. Lynn Brooke. <i>Becoming aware</i> , Iowa: Kendall/Hunt Publishing Company.2009	Oral Quiz
September 06 – 14, 2016 (Day Order 1 to 6)	Conflicts Positive and Negative effects of Conflicts Behaviour	Lecture	Schwebel, Andrew, I. Harvey, A. Barocas. <i>Personal Adjustment and Growth</i> . U.S.A: Wm.C.Brown Publishers. 2000.	Oral Quiz
September 15 - 21, 2016 (Day Order 1 to 6)	Styles of Conflict Management Learning to be Assertive	Lecture	Schwebel, Andrew, I. Harvey, A. Barocas. <i>Personal Adjustment and Growth</i> . U.S.A: Wm.C.Brown Publishers. 2000.	Oral Quiz
September 22 - 29, 2016 (Day Order 1 to 6)	Unit 5 Emotions & Stress Characteristics of Emotions	Lecture	Schwebel, Andrew, I. Harvey, A. Barocas. <i>Personal Adjustment and Growth</i> . U.S.A: Wm.C.Brown Publishers. 2000.	Oral Quiz
September 30 – Oct. 07, 2016 (Day Order 1 to 6)	Dealing with Emotions like Fear, Anxiety	Lecture	Walker, Velma. Lynn Brooke. <i>Becoming aware</i> , Iowa:	Oral Quiz Third component

			Kendall/Hunt Publishing Company.2009	
October 08-18, 2016 (Day Order 1 to 6)	Anger and Guilt Stress- Causes Tips for Managing Stress	Lecture	Walker, Velma. Lynn Brooke. <i>Becoming aware</i> , Iowa: Kendall/Hunt Publishing Company.2009	Oral Quiz
October 19, 2016 (Day Order 1)	Revision of the syllabus			

STELLA MARIS COLLEGE (AUTONOMOUS), CHENNAI

Course Schedule – June to November 2016

Department : Psychology
Name/s of the Faculty : Ms. Shantha Joseph
Course Title : Psychology of Well-being
Course Code : 15PY/PE/PW24
Shift : I

Week & No. of hours	Units & Topics	Teaching Methodology	Text & References	Method of Evaluation
June 16 – 22, 2016 (Day Order 1 to 6)	Unit I Positive Emotions and Well-Being Importance of Positive Emotions Building Positive Feelings	Lecture	Style Charlotte. <i>Brilliant Positive Psychology.</i> Dorchester: Pearson Education, 2011. Snyder .C.R, Lopez, Shane J, Pedrotti, Jennifer Teramoto. <i>Positive Psychology- The Scientific and Practical Explorations of Human Strengths.</i> New Delhi: Sage, 2011	Oral Quiz
June 23 –30, 2016 (Day Order 1 to 6)	Building Positive Feelings Overall Well-Being- Finding the Flow	Lecture	<i>Positive Psychology- The Scientific and Practical Explorations of Human Strengths.</i> New Delhi: Sage, 2011	Oral Quiz
July 01 - 11, 2016 (Day Order 1 to 6)	Becoming Present- Savouring Unit 2 Happiness and Psychological Well-Being Distinctions of Happiness:	Lecture	Style Charlotte. <i>Brilliant Positive Psychology.</i> Dorchester: Pearson Education, 2011	Oral Quiz
July 12 - 18, 2016 (Day Order 1 to 6)	The happiness Formula Psychological Well-Being-	Lecture	Style Charlotte. <i>Brilliant Positive Psychology.</i> Dorchester:	Third component

	Essential Components		Pearson Education, 2011	
July 19 - 26, 2016 (Day Order 1 to 6)	Well-Being- Essential Barriers to Well-Being. Unit 3 Developing Positive Emotions across Life-Span	Lecture	Snyder .C.R, Lopez, Shane J, Pedrotti, Jennifer Teramoto. <i>Positive Psychology- The Scientific and Practical Explorations of Human Strengths.</i> New Delhi: Sage, 2011	Oral Quiz
July 27- Aug. 02, 2016 (Day Order 1 to 6)	Childhood Youth Adulthood	Lecture	Snyder .C.R, Lopez, Shane J, Pedrotti, Jennifer Teramoto. <i>Positive Psychology- The Scientific and Practical Explorations of Human Strengths.</i> New Delhi: Sage, 2011	Oral Quiz
August. 03-10, 2016 (Day Order 1 to 6)	Adulthood Successful Aging Cultural Context Unit 4 Close Relationships and Well-Being	Lecture	Snyder .C.R, Lopez, Shane J, Pedrotti, Jennifer Teramoto. <i>Positive Psychology- The Scientific and Practical Explorations of Human Strengths.</i> New Delhi: Sage, 2011	Oral Quiz
August 11- 18, 2016 (Day Order 1 to 5)	Attachment Styles Characteristics of Close Relationships	Lecture	Snyder .C.R, Lopez, Shane J, Pedrotti, Jennifer Teramoto. <i>Positive Psychology- The Scientific and Practical Explorations of Human Strengths.</i> New Delhi: Sage, 2011	Oral Quiz

August 19 - 24, 2016	C.A. Test			
August 26, 2016 (Day Order 6)	Third component			
August 27 – Sep.02, 2016 (Day Order 1 to 6)	Purposeful Positive Relationship Behaviours Positive Communication	Lecture	Snyder .C.R, Lopez, Shane J, Pedrotti, Jennifer Teramoto. <i>Positive Psychology- The Scientific and Practical Explorations of Human Strengths.</i> New Delhi: Sage, 2011	Oral Quiz
September 06 – 14, 2016 (Day Order 1 to 6)	Positive Communication Unit 5 Pro-Social Behaviour-	Lecture	Style Charlotte. <i>Brilliant Positive Psychology.</i> Dorchester: Pearson Education, 2011	Case study exercise
September 15 - 21, 2016 (Day Order 1 to 6)	Portals of Altruism- the Egotism motive, forms of Egotism Empathy	Lecture	Style Charlotte. <i>Brilliant Positive Psychology.</i> Dorchester: Pearson Education, 2011	Case study exercise
September 22 - 29, 2016 (Day Order 1 to 6)	Optimism-learned optimism Gratitude-defining, cultivating gratitude		Style Charlotte. <i>Brilliant Positive Psychology.</i> Dorchester: Pearson Education, 2011	Oral quiz
September 30 – Oct. 07, 2016 (Day Order 1 to 6)	Forgiveness-defining ,cultivating forgiveness		Snyder .C.R, Lopez, Shane J, Pedrotti, Jennifer Teramoto. <i>Positive Psychology- The Scientific and Practical Explorations of Human Strengths.</i> New Delhi: Sage, 2011	Case study exercise
October 08-18, 2016	Developing Pro-social		Snyder .C.R, Lopez, Shane J,	Oral Quiz

(Day Order 1 to 6)	Behaviour- Mindfulness, living with mindfulness		Pedrotti, Jennifer Teramoto. <i>Positive Psychology- The Scientific and Practical Explorations of Human Strengths.</i> New Delhi: Sage, 2011	
October 19, 2016 (Day Order 1)	The benefits of mindfulness		Style Charlotte. <i>Brilliant Positive Psychology.</i> Dorchester: Pearson Education, 2011	Oral Quiz

STELLA MARIS COLLEGE (AUTONOMOUS), CHENNAI

Course Schedule – June to November 2016

Department : Psychology
Name/s of the Faculty : Ms. Shantha Joseph
Course Title : Social Psychology
Course Code : 16PY/AC/SP15
Shift : II

Week & No. of hours	Units & Topics	Teaching Methodology	Text & References	Method of Evaluation
June 16 – 22, 2016 (Day Order 1 to 6)	Unit I Meaning and Definition of Social Psychology Nature of Social Psychology	Lecture	Myers David G., <i>Social Psychology. 11th Edition.</i> McGraw Hill Book Company, 2012. Baron A. & Byrne D, <i>Social Psychology. 13th edition.</i> Prentice-Hall of India, 2014.	Oral Quiz
June 23 –30, 2016 (Day Order 1 to 6)	Scope of Social Psychology Research methods in social psychology Social Psychology in the new millennium	Lecture	Myers David G., <i>Social Psychology. 11th Edition.</i> McGraw Hill Book Company, 2012. Baron A. & Byrne D, <i>Social Psychology. 13th edition.</i> Prentice-Hall of India, 2014.	Oral Quiz Case studies
July 01 - 11, 2016 (Day Order 1 to 6)	Unit II Social Perception:Definition of Self-concept : self- image, self-esteem, self-presentation	Lecture	Singh Arun <i>Social Psychology .Eastern Economy Edition, India ,2015</i>	Oral Quiz
July 12 - 18, 2016 (Day Order 1 to 6)	Impression Formation and Impression Management Attribution- Meaning and definition	Lecture	Singh Arun <i>Social Psychology .Eastern Economy Edition, 2015</i>	Oral Quiz Case study Exercises

July 19 - 26, 2016 (Day Order 1 to 6)	Theories of attribution Attribution errors	Lecture	Myers David G., <i>Social Psychology. 11th Edition.</i> McGraw Hill Book Company, 2012. Baron A. & Byrne D, <i>Social Psychology. 13th edition.</i> Prentice-Hall of India, 2014.	Oral QiuZ Third component
July 27- Aug. 02, 2016 (Day Order 1 to 6)	Unit III Attitude Nature and Formation of Attitudes	Lecture	Myers David G., <i>Social Psychology. 11th Edition.</i> McGraw Hill Book Company, 2012. Baron A. & Byrne D, <i>Social Psychology. 13th edition.</i> Prentice-Hall of India, 2014.	Oral QiuZ
August. 03-10, 2016 (Day Order 1 to 6)	Theories of attitude change The fine Art of Persuasion –	Lecture	Singh Arun Social Psychology .Eastern Economy Edition, India ,2015	Oral Quiz
August 11- 18, 2016 (Day Order 1 to 5)	Resistance to Persuasion Unit IV Conformity Definition of Conformity	Lecture	Myers David G., <i>Social Psychology. 11th Edition.</i> McGraw Hill Book Company, 2012.	Case Study Exercise
August 19 - 24, 2016	C.A. Test			
August 26, 2016 (Day Order 6)	Third component			
August 27 – Sep.02, 2016	Factors influencing	Lecture	Myers David G.,	Oral quiz

(Day Order 1 to 6)	conformity Classic studies- Sheriff, Asch,		<i>Social Psychology. 11th Edition.</i> McGraw Hill Book Company, 2012.	
September 06 – 14, 2016 (Day Order 1 to 6)	Milgram's obedience studies - Resisting Social Pressure Unit V Interpersonal Attraction and Altruism The Beginning of Attraction: Proximity,	Lecture	Myers David G., <i>Social Psychology. 11th Edition.</i> McGraw Hill Book Company, 2012.	Oral quiz
September 15 - 21, 2016 (Day Order 1 to 6)	physical attraction, similarity The need to affiliate and the characters Altruism,	Lecture	Singh Arun Social Psychology .Eastern Economy Edition, India ,2015	Oral quiz
September 22 - 29, 2016 (Day Order 1 to 6)	Effect of Observable characteristics. Prosocial Behaviour: meaning and definition	Lecture	Myers David G., <i>Social Psychology. 11th Edition.</i> McGraw Hill Book Company, 2012.	Oral Quiz
September 30 – Oct. 07, 2016 (Day Order 1 to 6)	Internal and external influences on decision to help	Lecture	Myers David G., <i>Social Psychology. 11th Edition.</i> McGraw Hill Book Company, 2012.	Oral Quiz
October 08-18, 2016 (Day Order 1 to 6)	Increasing helping Behaviour	Lecture	Myers David G., <i>Social Psychology. 11th Edition.</i> McGraw Hill Book Company, 2012.	Oral Quiz
October 19, 2016 (Day Order 1)	Revision of the syllabus			

STELLA MARIS COLLEGE (AUTONOMOUS), CHENNAI

Course Schedule – June to November 2016

Department : PSYCHOLOGY
Name/s of the Faculty : DIVYA DOVINA T.
Course Title : BASIC PSYCHOLOGY
Course Code : 16PY/MC/BP14
Shift : II

Week & No. of hours	Units & Topics	Teaching Methodology	Text & References	Method of Evaluation
June 16 – 22, 2016 (Day Order 1 to 6)	Unit1 INTRODUCTION Definition of Psychology Psychology as a science: Methods of Psychology	LECTURE	Morgan, C.T., King, R.A., Weisz, J.R., &Schopler, J. <i>Introduction to Psychology, 7th Edition.</i> Singapore: McGraw- Hill, 2007. Baron, R.A., <i>Psychology. 5th Edition.</i> India: Prentice Hall, 2002.	Oral quiz
June 23 –30, 2016 (Day Order 1 to 6)	Different schools of Psychology and modern perspectives of Psychology Scope and branches of Psychology	LECTURE	Morgan, C.T., King, R.A., Weisz, J.R., &Schopler, J. <i>Introduction to Psychology, 7th Edition.</i> Singapore: McGraw- Hill, 2007. Baron, R.A., <i>Psychology. 5th Edition.</i> India: Prentice Hall, 2002.	Oral quiz

<p>July 01 - 11, 2016 (Day Order 1 to 6)</p>	<p>Unit2 SENSATION AND PERCEPTION Sensation: Basic concepts and processes in sensation Types of senses</p>	<p>LECTURE</p>	<p>Morgan, C.T., King, R.A., Weisz, J.R., &Schopler, J. <i>Introduction to Psychology, 7th Edition.</i> Singapore: McGraw- Hill, 2007. Baron, R.A., <i>Psychology. 5th Edition.</i> India: Prentice Hall,2002.</p>	<p>Oral QUIZ</p>
<p>July 12 - 18, 2016 (Day Order 1 to 6)</p>	<p>Sensory adaptation, habituation and integration of senses Perception- basic concepts, learning, set, motivation and emotion</p>	<p>LECTURE</p>	<p>Morgan, C.T., King, R.A., Weisz, J.R., &Schopler, J. <i>Introduction to Psychology, 7th Edition.</i> Singapore: McGraw- Hill, 2007. Baron, R.A., <i>Psychology. 5th Edition.</i> India: Prentice Hall,2002.</p>	<p>Oral Quiz</p>
<p>July 19 - 26, 2016 (Day Order 1 to 6)</p>	<p>External influences on perception- Figure ground separation Different processes of perception- laws of organization, depth perception, constancy of perception, perception of movement</p>	<p>LECTURE</p>	<p>Morgan, C.T., King, R.A., Weisz, J.R., &Schopler, J. <i>Introduction to Psychology, 7th Edition.</i> Singapore: McGraw- Hill, 2007. Baron, R.A., <i>Psychology. 5th Edition.</i> India: Prentice Hall,2002.</p>	<p>Oral Quiz</p>

<p>July 27- Aug. 02, 2016 (Day Order 1 to 6)</p>	<p>Unit3 CONSCIOUSNESS Fundamental Process, nature of consciousness Variations in levels of consciousness and brain activity</p>	<p>LECTURE</p>	<p>Morgan, C.T., King, R.A., Weisz, J.R., &Schopler, J. <i>Introduction to Psychology, 7th Edition.</i> Singapore: McGraw- Hill, 2007. Baron, R.A., <i>Psychology.</i> <i>5thEdition.</i> India: Prentice Hall,2002.</p>	<p>Oral Quiz</p>
<p>August. 03-10, 2016 (Day Order 1 to 6)</p>	<p>Sleep and dreams: stages of sleep and sleep disorders Dreams: theory of dreams</p>	<p>LECTURE</p>	<p>Morgan, C.T., King, R.A., Weisz, J.R., &Schopler, J. <i>Introduction to Psychology, 7th Edition.</i> Singapore: McGraw- Hill, 2007. Baron, R.A., <i>Psychology.</i> <i>5thEdition.</i> India: Prentice Hall,2002.</p>	<p>Oral Quiz</p>
<p>August 11- 18, 2016 (Day Order 1 to 5)</p>	<p>Meditation, Hypnosis Psi Phenomena Psychoactive drugs</p>	<p>LECTURE</p>	<p>Morgan, C.T., King, R.A., Weisz, J.R., &Schopler, J. <i>Introduction to Psychology, 7th Edition.</i> Singapore: McGraw- Hill, 2007. Baron, R.A., <i>Psychology.</i> <i>5thEdition.</i> India: Prentice Hall,2002.</p>	<p>Oral Quiz Third component</p>
<p>August 19 - 24, 2016</p>	<p style="text-align: center;">C.A. Test</p>			

<p>August 26, 2016 (Day Order 6)</p>	<p>Unit4 Learning Definition of learning</p>	<p>LE CTURE</p>	<p>Morgan, C.T., King, R.A., Weisz, J.R., &Schopler, J. <i>Introduction to Psychology, 7th Edition.</i> Singapore: McGraw- Hill, 2007. Baron, R.A., <i>Psychology.</i> <i>5thEdition.</i> India: Prentice Hall,2002.</p>	<p>Oral Quiz</p>
<p>August 27 – Sep.02, 2016 (Day Order 1 to 6)</p>	<p>Theories of learning - Classical conditioning Operant conditioning, Cognitive Learning, Social Learning</p>	<p>LECTURE</p>	<p>Morgan, C.T., King, R.A., Weisz, J.R., &Schopler, J. <i>Introduction to Psychology, 7th Edition.</i> Singapore: McGraw- Hill, 2007. Baron, R.A., <i>Psychology.</i> <i>5thEdition.</i> India: Prentice Hall,2002.</p>	<p>Oral Quiz</p>
<p>September 06 – 14, 2016 (Day Order 1 to 6)</p>	<p>Unit 5 MEMORY Meaning and Stages of memory</p>	<p>LECTURE</p>	<p>Morgan, C.T., King, R.A., Weisz, J.R., &Schopler, J. <i>Introduction to Psychology, 7th Edition.</i> Singapore: McGraw- Hill, 2007. Baron, R.A., <i>Psychology.</i> <i>5thEdition.</i> India: Prentice Hall,2002.</p>	<p>Oral Quiz</p>

<p>September 15 - 21, 2016 (Day Order 1 to 6)</p>	<p>Atkinson and Shiffrin Model: sensory, short-term, long term memory</p>	<p>LECTURE</p>	<p>Morgan, C.T., King, R.A., Weisz, J.R., &Schopler, J. <i>Introduction to Psychology, 7th Edition.</i> Singapore: McGraw- Hill, 2007. Baron, R.A., <i>Psychology. 5th Edition.</i> India: Prentice Hall, 2002.</p>	<p>Oral Quiz</p>
<p>September 22 - 29, 2016 (Day Order 1 to 6)</p>	<p>Levels of processing theories</p>	<p>LECTURE</p>	<p>Morgan, C.T., King, R.A., Weisz, J.R., &Schopler, J. <i>Introduction to Psychology, 7th Edition.</i> Singapore: McGraw- Hill, 2007. Baron, R.A., <i>Psychology. 5th Edition.</i> India: Prentice Hall, 2002.</p>	<p>Oral Quiz</p>
<p>September 30 – Oct. 07, 2016 (Day Order 1 to 6)</p>	<p>Long term memory- organizations and process Organization of long term memory</p>	<p>LECTURE</p>	<p>Morgan, C.T., King, R.A., Weisz, J.R., &Schopler, J. <i>Introduction to Psychology, 7th Edition.</i> Singapore: McGraw- Hill, 2007. Baron, R.A.,</p>	<p>Oral Quiz Third component</p>

			<i>Psychology. 5th Edition. India: Prentice Hall, 2002.</i>	
October 08-18, 2016 (Day Order 1 to 6)	Encoding and storing long term memories Retrieval from long term memory Forgetting- Motivated forgetting, Interference, amnesia	LECTURE	Morgan, C.T., King, R.A., Weisz, J.R., & Schopler, J. <i>Introduction to Psychology, 7th Edition.</i> Singapore: McGraw- Hill, 2007. Baron, R.A., <i>Psychology. 5th Edition. India: Prentice Hall, 2002.</i>	Oral Quiz
October 19, 2016 (Day Order 1)	Techniques of improving memory	LECTURE	Morgan, C.T., King, R.A., Weisz, J.R., & Schopler, J. <i>Introduction to Psychology, 7th Edition.</i> Singapore: McGraw- Hill, 2007. Baron, R.A., <i>Psychology. 5th Edition. India: Prentice Hall, 2002.</i>	Oral Quiz