

Department of Psychology

Psychology for Everyday Living

Course Outcomes

Course Outcomes:

CO1 Students would get the theoretical knowledge of basic concepts of psychology.

CO2 Students would gain knowledge of various types of intelligence.

CO3 Students would be able to get knowledge about personality attributes.

CO4 Students would get acquainted with various tips to groom their personality.

CO5 Students would be able to get to know about causes and symptoms of stress alongwith various strategies for coping with stress.

Credits : 2 (2 hrs/week)

Total Marks: 50

External Marks: 40

Internal Marks: 10

Time Allowed: 3 Hrs

Note:

- a) Nine questions would be set in all. Candidates would be required to attempt five questions.
- b) There would be two questions (8 marks each) from each of the four Units. Candidates would attempt one question from each Unit.
- c) Question No. IX would be compulsory. It shall be based on the entire syllabus and would contain eight short answer questions of one mark each.

Unit I

Science of Psychology: Definition, Goals, Basic and Applied areas of Psychology.

Self: Nature of self, Self-Regulation and Personal Growth.

Unit II

Intelligence: Definition; Theories: Theory of multiple intelligences, Triarchic theory, Emotional Intelligence.

Administration: Any one test of Intelligence/Emotional Intelligence.

Unit III

Personality: Definition; Theories: Trait and Type: Eysenck; Psychoanalytical: Freud; Humanistic: Maslow.

Administration: Any one objective test of Personality.

Unit IV

Stress and Coping: Nature of Stress; Sources; Stress reactions; Factors that influence reactions to stress.

Coping with stress: Modifying environment; Altering lifestyle.

Recommended Books:

Khatoon, N. (2012). *General Psychology*. Pearson: Delhi.

Baron, R.A. and Misra, G. (2016). *Psychology*. Pearson: Delhi.

Ciccarelli, S.K. and Meyer, G.E. (2006). *Psychology*. Pearson: Noida