

<b>Course Code &amp; Title</b>	<b>18PSU01 - GENERAL PSYCHOLOGY – I</b>		
<b>Class</b>	<b>I B.Sc. Psychology</b>	<b>Semester</b>	<b>I</b>
<b>Course Objectives</b>	<p><b>The course aims:</b></p> <ul style="list-style-type: none"> <li>• To teach the definition, goals, history, methods and scope of psychology.</li> <li>• To explain the process of sensation, perception and attention.</li> <li>• To discuss the meaning and forms of natural and altered states of consciousness.</li> <li>• To analyze the definition and nature of learning and various theories of learning.</li> <li>• To explain the nature and theories of memory, forgetting and methods of improving memory.</li> </ul>		

### SYLLABUS

<b>Unit – I</b>	<p><b>INTRODUCTION AND METHODS</b>  <b>What is Psychology?:</b> Definition – Goals – The History of Psychology – Schools - Modern Perspectives – Psychology In India – <b>Psychology :</b> The Science – <b>Methods:</b> Introspection – Observation – Survey – Experiment – Case Study – Correlation Research – <b>Scope of Psychology:</b> Branches of basic Psychology – Branches of applied Psychology</p>	<b>12 Hours</b>
<b>Unit-II</b>	<p><b>SENSATION, PERCEPTION AND ATTENTION</b>  <b>Sensation:</b> Meaning – Psychophysics: Thresholds – Weber’s Law – Adaptation – <b>Basic sensation:</b> Vision – Hearing – Touch and other Skin senses – olfaction- Gustation  <b>Proprioception:</b> Kinesthetic sense – Vestibular sense –  <b>Perception:</b> Meaning– Organising principles of perception - Constancies – Illusions – Hallucination - Factors that influence perception – Depth perception – ESP – <b>Attention:</b> Meaning – Types – Determinants.</p>	<b>11 Hours</b>
<b>Unit-III</b>	<p><b>CONSCIOUSNESS</b>  <b>Consciousness:</b> Definition – <b>Natural state of consciousness :</b> Biological Rhythms – Meaning- Neural mechanism- Waking State – Sleep – Stages - Function – Sleep Disorders – Dream – Theories of dream – <b>Altered States of Consciousness:</b> Meaning - Hypnosis – Drugs – Meditation.</p>	<b>11 Hours</b>
<b>Unit-IV</b>	<p><b>LEARNING</b>  <b>Learning:</b> Definition – Nature – <b>Association Learning:</b> Classical Conditioning: Pavlov’s experiment - Elements – Conditioned emotional response – Operant Conditioning: Reinforcement – Punishment – Reinforcement schedule - Applied Behavioural Analysis – <b>Cognitive Learning</b> – Latent learning– Observational learning – Four elements – Insight learning- Learned helplessness.</p>	<b>11 Hours</b>
<b>Unit-V</b>	<p><b>MEMORY AND FORGETTING</b>  <b>Memory:</b> Definition –<b>Memory Process:</b> Encoding – Storage – Retrieval – The information processing model – Sensory memory – Short term memory – Long term memory –  <b>Forgetting:</b> Meaning – Forgetting curve - Causes – Memory and Brain – Improving memory.</p>	<b>11 Hours</b>
	<b>Textbook:</b>	

	<p>Cicarelli, K. S., Meyer, E. G. &amp; Misra., “G. Psychology”, South Asia Edition.: Dorling Kingsley (India) Pvt, Ltd, New Delhi, 2008.</p> <p><b>Reference book:</b> Baron, A. R., “Psychology”, 5<sup>th</sup> Edition, Pearson Education, New Delhi, 2010.</p>
<b>Course Outcomes</b>	<p><b>On completion of the course ,the student should be able to:</b></p> <ul style="list-style-type: none"> <li>• understand meaning, history and various schools of psychology, methods of psychology and branches of basic and applied psychology.</li> <li>• explain meaning of sensation, sense organs and their functioning, perception principles, errors in perception, attention and its determinants.</li> <li>• understand the natural state of consciousness like biological rhythm, sleep, dream, sleep disorders and altered state of consciousness like hypnosis and drugs.</li> <li>• Examine the nature of learning, theories of learning, applied behavioural analysis and the concept of learned helplessness.</li> <li>• Understand the memory, information processing model, brain mechanism of memory and various methods to improve memory</li> </ul>