

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

SYLLABUS

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

Unit-V	MEMORY AND FORGETTING Memory: Definition – Memory Process: Encoding – Storage – Retrieval – The information processing model – Sensory memory – Short term memory – Long term memory – Forgetting: Meaning – Forgetting curve - Causes – Memory and Brain – Improving memory.	11 Hours
	Textbook: Cicarelli, K. S., Meyer, E. G. & Misra., “G. Psychology”, South Asia Edition.: Dorling Kingsley (India) Pvt, Ltd, New Delhi, 2008. Reference book: Baron, A. R., “Psychology”, 5 th Edition, Pearson Education, New Delhi, 2010.	
Course Outcomes	On completion of the course ,the student should be able to: <ul style="list-style-type: none"> • understand meaning, history and various schools of psychology, methods of psychology and branches of basic and applied psychology. • explain meaning of sensation, sense organs and their functioning, perception principles, errors in perception, attention and its determinants. • understand the natural state of consciousness like biological rhythm, sleep, dream, sleep disorders and altered state of consciousness like hypnosis and drugs. • Examine the nature of learning, theories of learning, applied behavioural analysis and the concept of learned helplessness. • Understand the memory, information processing model, brain mechanism of memory and various methods to improve memory 	