



மனோன்மணியம் சுந்தரனார் பல்கலைக்கழகம்
MANONMANIAM SUNDARANAR UNIVERSITY

**SYLLABUS FOR DIPLOMA IN PSYCHOLOGY ASSISTANCE PROGRAM
OFFERED THROUGH DIRECTORATE OF VOCATIONAL EDUCATION (COMMUNITY
COLLEGES AND VOCATIONAL SKILL DEVELOPMENT CENTRES) FROM 2019 –
2020**



கல்விசார் நிலைக்குழுக் கூட்டம்

**MEETING OF THE STANDING COMMITTEE ON
ACADEMIC AFFAIRS HELD ON WEDNESDAY
THE 22nd JANUARY 2020**

DIPLOMA IN PSYCHOLOGY ASSISTANCE

உளவியல் உதவியியலில் பட்டயம்

SCHEME OF EXAMINATION

Subject code	Title of the Course	Credit	Hours	Passing Minimum
Semester I				
C19PS11/E19PS01	Basic Psychological processes	6	90	40/100
C19PS12/E19PS02	Human Development	6	90	40/100
C19PS13/E19PS03	Health Psychology	6	90	40/100
C19CE10/E19CE10	Communicative English	6	90	40/100
C19PSP1/E19PSP1	Practical I- Psychology	4	120	40/100
Semester II				
C19PS21/E19PS04	Basic Counselling Skills and Processes	6	90	40/100
C19PS22/E19PS05	Development of Models & Artifacts	6	90	40/100
C19LS23/E19LS05	Life skill	6	90	40/100
C19PS24/E19PS06	Case Study analysis	6	90	40/100
C19PSP2/E19PSP2	Practical II- Psychology and Project	8	120	40/100

Eligibility for admission: Pass in 12thstd examination conducted by the Govt. of Tamil Nadu Board of Secondary Education, Government of Tamil Nadu or any other equivalent examination.

Examination: Passing Minimum for each Course is 40%. Classification will be done on the basis of percentage marks of the total marks obtained in all the Courses and as given below:

40 % but less than 50 %	- Third class
50 % but less than 60 %	- Second class
60 % and above	- First class

Theory Paper

Internal Marks-25
External Marks-75

Syllabus**First Semester:-**

- Course I - Basic Psychological processes
- Course II - Human Development
- Course III - Health Psychology
- Course IV - Communicative English
- Course V - Practical I-Psychology

Second Semester:-

- Course VI - Basic Counselling Skills and Processes
- Course VII - Development of Models & Artifacts
- Course VIII - Life Skill
- Course IX - Case Study analysis
- Course X - Practical II -Psychology and Project

***(Semester Pattern for Community College Only)**

Semester - I
Course I
(C19PS11/E19PS01)Basic Psychological Processes

UNIT I **18 Hrs**

INTRODUCTION

What is psychology? Why to study psychology? Psychology as a science - Methods of Psychology - Experimental method, Systematic Observation, Case Study method, Survey method

UNIT II **18 Hrs**

BIOLOGICAL BASES OF BEHAVIOUR

Brain and its functions – Principles of Heredity – Endocrine system and its functions

UNIT III **18 Hrs**

SENSORY PROCESSES

Some general properties of Senses: Visual sense – Auditory sense – Other senses

UNIT IV **18 Hrs**

ATTENTION & PERCEPTION

Selective attention; physiological correlates of attention; Internal influences on perception- learning – set - motivation & emotion - cognitive styles; External influences on perception- figure and ground separation – movement – organization – illusion

UNIT V **18 Hrs**

ALTERED STATES OF CONSCIOUSNESS

Consciousness; Stages of sleep; dreams; meditation; hypnosis.

Reference Books:

1. Robert A Baron (2002), Psychology, 5th Edition, Prentice Hall, India.
2. Morgan, C.T. and King, R.A. (1994) introduction to Psychology, Tata McGraw hill co, Ltd, New Delhi. .
3. Ciccarelli, S. & Meyer, G.E. (2006).Psychology. New Delhi: Pearson Education.
4. Zimbardo, P.G. and Weber, A.L. (1997). Psychology.N.Y. Pearson.Edition.

Course II

(C19PS12/E19PS02)HUMAN DEVELOPMENT

UNIT I: 18 Hrs
INTRODUCTION

Human Development: Definition, concepts and nature - Meaning of developmental changes – Significant facts about development

UNIT II: 18 Hrs
FROM PRENATAL PERIOD TO CHILDHOOD

Characteristics: Prenatal period -Infancy –Babyhood - Early childhood - Late childhood

UNIT III: 18 Hrs
ADOLESCENCE

Puberty: Characteristics – Criteria – Causes – Growth spurt – Bodily changes – Effects of puberty changes; Adolescence: Characteristics –Physical and Social changes – Interest – Morality – Sex interest and Behavior

UNIT IV: 18 Hrs
EARLY AND MIDDLE ADULTHOOD

Early Adulthood: Characteristics and adjustments ;Middle age: Characteristics and adjustments

UNIT V: 18 Hrs
OLD AGE

Old age: Characteristics and adjustments

TEXT BOOKS

1. Developmental Psychology (1997)– A Life Span Approach, Elizabeth B. Hurlock, Fifth Edition, Tata McGraw Hill Publishing co. Ltd., New Delhi.
2. Santrock, J. W. (2013). Life Span development, 14th ed. McGraw Hill.
3. Berk L.E. (2005) Child Development, (2nd Ed.), New Delhi: Pearson Education.

Reference Books:

1. Papalia, D. E. (2004). Human Developmet. 9th ed. Tata McGraw-Hill.
2. Life Span Human Development, Brodzinggkg, D.M., Gormly A.V. &Aniborn, S.R. (1986) New Delhi: CBS Publisher.
3. Child Development, Berk, L.E. (2003), New Delhi : Pearson Education.
4. Child Development : An Indian Perspective, Srivastava, A.K. (1998) New Delhi : NCERT

Course III

(C19PS13/E19PS03)HEALTH PSYCHOLOGY

UNIT I: **18 Hrs**

INTRODUCTION

Definition – Mind-body relationship

UNIT II: **18 Hrs**

HEALTH BEHAVIOUR & PRIMARY PREVENTION

Health beliefs, behaviors and behavior change – Health promotion – Changing Health Habits – Health enhancing behaviors – Health compromising behaviors

UNIT III: **18 Hrs**

STRESS, PAIN & COPING

Defining, measuring and managing stress – sources of chronic stress – stress and illness – coping with stress – coping and external resources – social support – coping outcomes – stress management

UNIT IV: **18 Hrs**

BEHAVIOUR & CHRONIC DISEASE

Behavioral factors in Chronic diseases – behavioral factors in Cancer – Living with chronic illness

UNIT V: **18 Hrs**

BEHAVIOURAL HEALTH

Tobacco – Using Alcohol and other drugs – Eating disorders – Exercising

Reference Books:

1. Taylor, S. E. (2014). Health Psychology. 9th ed. McGraw-Hill Education
2. Brannon, L. & Feist, J. (2010). Health Psychology: An introduction to behaviour and health. 7th ed. Wadsworth Cengage Learning.
3. Ogden, J. (2012). Health Psychology. 5th ed. McGraw-Hill Education

Course IV

(C19CE10/E19CE10)COMMUNICATIVE ENGLISH

1. **Basic Grammar:**

- a. Review of grammar
- b. Remedial study of grammar
- c. Simple sentence
- d. Word passive voice etc.

2. **Bubbling Vocabulary:**

- a. Synonyms
- b. Antonyms
- c. One – work Institution

3. **Reading and Understanding English**

- a. Comprehension passage
- b. Précis – writing
- c. Developing a story from hints.

4. **Writing English**

- a. Writing Business letters.
- b. Paragraph writing
- c. Essay writing
- d. Dialogue writing

5. **Speaking English**

- a. Expressions used under different circumstances
- b. Phonetics

Reference :

1. V.H.Baskaran – “English Made Easy”
2. V.H.Baskaran – “English Composition Made Easy”
(Shakespeare Institute of English Studies, Chennai)
3. N.Krishnaswamy – “Teaching English Grammar”
(T.R.Publication, Chennai)
4. “Life Skill” – P.Ravi, S.Prabakar and T.Tamzil Chelvam,
M.S.University, Tirunelveli.

Course V

(C19PSP1/E19PSP1)Practical – I

Psychology

- Psychophysics
- Attention
- Sensation & Perception
- Learning
- Memory

TEXT BOOKS

1. Experimental Psychology: with Advanced Experiments, Volume 1 & 2, Rajamanickam, M. (2005). New Delhi: Concept Publishing Company.
2. Manual of experimental psychology, Parameshwaran, E. G. & Rao, B. T. (1968). Bombay: Lalvani Publishing House.

Reference Books:

1. Laboratory experiments in general psychology, Baker, L.M., Weisiger, C. & Taylor, M.W. (1960). Oxford Univ. Press.
2. Cognitive Psychology In and Out of Laboratory, Galloti, K. M. (2004). USA: Thomson Wadsworth.
3. Essentials of Psychological Testing, Cronbach, L.J. 1972. New Delhi, Prentice Hall Inc.
4. Experimental Psychology, Woodworth R.S. and Scholsberg, 1981, New Delhi, Taa McGraw Hill Co. Ltd.,

Semester II

Course VI

(C19PS21/E19PS04)Basic Counselling Skills and Processes

UNIT I **18 Hrs** **INTRODUCTION**

Counselling Definition - Basic Counselling techniques –Basic Principles of Counselling –The Helping relationship – The helping process - Personal qualities of a Counsellor.

UNIT II **18 Hrs** **STRATEGIES THAT BUILD RAPPORT & CLIENT DIALOGUE**

Attending & Encouraging – Restating – Paraphrasing – Reflecting – Perception Checking – Summarising

UNIT III **18 Hrs** **STRATEGIES THAT AID IN GATHERING INFORMATION& ENHANCING RELATIONSHIP**

Asking questions –Probing – Self Disclosure – Confrontation – Communication skills

UNIT IV **18 Hrs** **INTERVENTION & TERMINATION SKILLS**

Training Clients in Relaxation – Coaching, Demonstrating and Rehearsing – Improving Client's Self Talk – Improving Client's rules – Improving Client's perceptions – Negotiating homework – Conducting middle sessions – Terminating helping

UNIT V **18 Hrs** **ISSUES IN COUNSELING CHILDREN & ADOLESCENTS**

Serving Special Populations: Use of Creative Techniques –cultural issues – exceptional and other special population of children – Counseling of youth at risk – legal and ethical considerations

Reference Books:

1. **Practical Counselling & Helping Skills.** By Richard Nelson-Jones. 5th Edition, 2005, Sage Publications
2. **Basic Counselling Skills – A Helper's Manual.** By Richard Nelson-Jones. 2nd Edition, 2008, Sage Publications
3. **Introduction to Counselling – Texts & Activities.** By Richard Nelson-Jones. 2nd Edition, 2009, Sage Publications
4. **Counselling – Theory and Practice.** By Wayne Perry

Course VII

(C19PS22/E19PS05)DEVELOPMENT OF MODELS & ARTIFACTS

UNIT I: Introduction to theories and models – Theories and Mental Models	18 Hrs
UNIT II: Piaget, Vigotsky and Artifacts	18 Hrs
UNIT III: Psychological model of instruments and instrumental activity	18 Hrs
UNIT IV: Psychological basis for instructions and learning	18 Hrs
UNIT V: Applications of models and artifacts and understanding developments	18 Hrs

Reference Books:

1. Abbey, E., &Surgan, S. ed. (2012). Emerging methods in Psychology. Transaction Publishers.
2. Osbeck, L. M., Nersessian, N. J., Malone, K. R., &Newstetter, W. C. (2011). Science as Psychology: Sense making and identity in science practice. Cambridge University Press.
3. Robert A Baron (2002), Psychology, 5th Edition, Prentice Hall, India.
4. Morgan, C.T. and King, R.A. (1994) introduction to Psychology, Tata McGraw hill co, Ltd, New Delhi.

Course VIII

(C19LS23/E19LS05)Life Skill

I Life Coping or adjustment

- (a) External and internal influence in one's life
- (b) Process of coping or adjustment
- (c) Coping with physical change and sexuality
- (d) Coping with stress, shyness, fear, anger far live and criticism.

II Attitude

- (a) Attitude
- (b) Self acceptance, self – esteem and self actualization
- (c) Positive thinking

III Problem Solving

- (a) Goal Setting
- (b) Decision Making
- (c) Time Management and stress Management.

IV Computers

- (a) Introduction to Computers
- (b) M.S.Office
- (c) Power Point

V Internet

- (a) Introduction to internet
- (b) E – mail
- (c) Browsing

References:

- 1) Life Skill Programme course I & II by Dr. Xavier Alphona MCRDCE Publications. R.K.Mutt Road, Chennai – 28
- 2) ஆளுமை பண்பு வளர்த்தல் மற்றும் தகவல் தொடர்பு by M.Selvaraj Community College,Palayamkottai
- 3) “Life Skill” –P.Ravi, S.Prabahar & T.Tamil Chelvam, M.S. University, Tirunelveli

Course IX
(C19PS24/E19PS06)CASE STUDY ANALYSIS

UNIT I: **18 Hrs**

Introduction to clinical observations and case study analysis – case study methodology

UNIT II: **18 Hrs**

Collection of Identification and Demographic Details – History of presenting complaints and illnesses

UNIT III: **18 Hrs**

Physiological and Psychological assessments – MDPS – UPANAYAM

UNIT IV: **18 Hrs**

Identification of precipitating factors – Behavioral Observations

UNIT V: **18 Hrs**

Summarising and Reporting Case Studies

Reference Books:

1. Abbey, E., & Surgan, S. ed. (2012). Emerging methods in Psychology. Transaction Publishers.
2. Thomas, G. (2011). How to do your Case Study: A guide for students and researchers. Sage, New Delhi.
3. Robert A Baron (2002), Psychology, 5th Edition, Prentice Hall, India.
4. Morgan, C.T. and King, R.A. (1994) introduction to Psychology, Tata McGraw hill co, Ltd, New Delhi.

Course X

(C19PSP2/E19PSP2)Practical – II Psychology and Project

- Thinking
- Motivation
- Emotion
- Attitude
- Interests

TEXT BOOKS

1. Experimental Psychology: with Advanced Experiments, Volume 1 & 2, Rajamanickam, M. (2005). New Delhi: Concept Publishing Company.
2. Manual of experimental psychology, Parameshwaran, E. G. & Rao, B. T. (1968). Bombay: Lalvani Publishing House.

Reference Books:

1. Laboratory experiments in general psychology, Baker, L.M., Weisiger, C. & Taylor, M.W. (1960). Oxford Univ. Press.
2. Cognitive Psychology In and Out of Laboratory, Galloti, K. M. (2004). USA: Thomson Wadsworth.
3. Essentials of Psychological Testing, Cronbach, L.J. 1972. New Delhi, Prentice Hall Inc.
4. Experimental Psychology, Woodworth R.S. and Scholsberg, 1981, New Delhi, Taa McGraw Hill Co. Ltd.,
