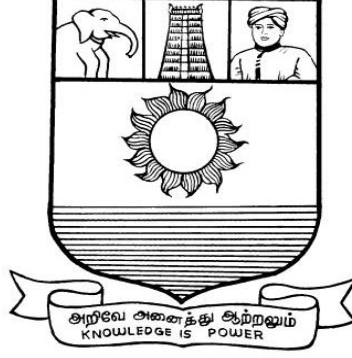


மனோன்மணியம் சுந்தரனார் பல்கலைக்கழகம்
திருநெல்வேலி- 627 012

**Manonmaniam Sundaranar University
Thirunelveli - 627 012.**



கல்விசார் நிலைக்குழக் கூட்டம்

**MEETING OF THE STANDING COMMITTEE ON
ACADEMIC AFFAIRS HELD ON 09.02.2017**

**syllabus for Diploma in Psychology Assistance Course offered
through Directorate of Vocational Education
(Community Colleges and Extension Learning Programme)
from 2017 - 2018**

DIPLOMA IN PSYCHOLOGY ASSISTANCE
SCHEME OF EXAMINATION

Subject code	Title of the Paper	Credit	Hours	Passing Minimum
Semester I				
C17PA11/E17PA01	Basic Psychological processes	6	90	40/100
C17PA12/E17PA02	Human Development	6	90	40/100
C17PA13/E17PA03	Health Psychology	6	90	40/100
C17CE10/E17CE10	Communicative English	6	90	40/100
C17PAP1/E17PAP1	Practical I- Psychology	6	90	40/100
Semester II				
C17PA 21/E17PA04	Basic Counselling Skills and Processes	6	90	40/100
C17PA22/E17PA05	Development of Models&Artifacts	6	90	40/100
C17LS23/E17LS05	Life skill	6	90	40/100
C17PA24/E17PA06	Case Study analysis	6	90	40/100
C17PAP2/C17PAP2	Practical II- Psychology	6	90	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 paper is 40%. Classification will be done on the basis of percentage marks of the total marks obtained in all the papers and as given below:

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

Syllabus

First Semester:-

- Paper I - Basic Psychological processes
- Paper II - Human Development
- Paper III - Health Psychology
- Paper IV - Communicative English
- Paper V - Practical 1 Psychology

Second Semester:-

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

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

Semester - I

(C17PA11/E17PA01)Basic Psychological Processes

UNIT 1: 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 2: BIOLOGICAL BASES OF BEHAVIOUR

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

UNIT 3: SENSORY PROCESSES

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

UNIT 4: 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 5: 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.

(C17PA12/E17PA02)HUMAN DEVELOPMENT

UNIT I: INTRODUCTION

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

UNIT II: FROM PRENATAL PERIOD TO CHILDHOOD

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

UNIT III: ADOLESCENCE

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

UNIT IV: EARLY AND MIDDLE ADULTHOOD

EarlyAdulthood: Characteristics and adjustments ;Middle age: Characteristics and adjustments

UNIT V: 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

(C17PA13/E17PA03)HEALTH PSYCHOLOGY

UNIT I: INTRODUCTION

Definition – Mind-body relationship

UNIT II: HEALTH BEHAVIOUR & PRIMARY PREVENTION

Health beliefs, behaviours and behaviour change – Health promotion – Changing Health Habits – Health enhancing behaviours – Health compromising behaviours

UNIT III: 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: BEHAVIOUR & CHRONIC DISEASE

Behavioural factors in Chronic diseases – behavioural factors in Cancer – Living with chronic illness

UNIT V: 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

(C17CE10/E17CE10)Communicative English

Unit I: Learning context

Concept of learning – Learning style –Grammatical framework – sentence framing – paragraph and texts

Unit II: Reading

Basic concept – Purposes of reading-Decoding-Reading materials – Barriers of reading

Unit III: Writing

Basic concept-Writing style-Terminology-stages-English spelling and punctuation – Written texts

Unit IV: Speaking

Language functions-Conversation- Features of spoken English – Types of English course: functional English, English literature, advance English – Phonetic

Unit V: Developing Communication Skills

Meaning –Classroom presence- Features of developing learning process- Practical skills and Listening- uses of communicative English

References

1. Raman,m.&S.Sharma (2011) communication skills,OUP,New Delhi: India
2. Lata,P.&S.Kumar(2011) communication skills,OUP,New Delhi: India,
- 3.Leech,G&J.Svartvik(2002) A communicative grammar of English,Pearson,India,
4. Sethi,J. and P.V. Dharmija (2007) A course in Phonetics and spoken English.Second edition, Prentice hall: New Delhi

(C17PAP1/E17PAP1)Practical – I- Psychology

Psychophysics

Attention

Sensation & Perception

Learning

Memory

TEXT BOOKS

1. *Experimental Psychology: with AdvancedExperiments*, 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 Scholberg, 1981, New Delhi, Taa McGraw Hill Co. Ltd.,

Semester II

(C17PA21/E17PA04) Basic Counselling Skills and Processes

UNIT 1: INTRODUCTION

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

UNIT 2: STRATEGIES THAT BUILD RAPPORT & CLIENT DIALOGUE

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

UNIT 3: STRATEGIES THAT AID IN GATHERING INFORMATION & ENHANCING RELATIONSHIP

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

UNIT 4: 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 5: 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

(C17PA22/E17PA05) DEVELOPMENT OF MODELS & ARTIFACTS

UNIT I:

Introduction to theories and models – Theories and Mental Models

UNIT II:

Piaget, Vigotsky and Artifacts

UNIT III:

Psychological model of instruments and instrumental activity

UNIT IV:

Psychological basis for instructions and learning

UNIT V:

Applications of models and artifacts and understanding developments

Reference Books:

1. Abbey, E., & Sargan, 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.

(C17LS23/E17LS05)LIFE SKILL**(Common to All Courses)**

UNIT- I ATTITUDE : Positive thinking – Goal setting – Problem Solving and Decision making – Leadership and Team Work.

UNIT- II COMMUNICATION SKILLS: Oral communication: Concept of English language – Fluency – Verbal communication in official and public situations.

UNIT-III COMMUNICATION SKILLS: Written Communication: Comprehension – Writing a formal letter like application for Job, enquiry, reply, complaint and such others – preparation of Resume, Curriculum Vitae.

UNIT- IV COMPUTING SKILLS – 1: Introduction to Computers, its various components and their respective functions – Memory storage devices – Microsoft (MS) Office – MS Word.

UNIT - V COMPUTING SKILLS – 2 Internet Basics – Origin of Internet – MODEM – ISP – Upload – Download – e-mail – Origin of worldwide web (www) Browsers – Search engines.

Reference books:

Life skill, Manonmaniam Sundaranar University Publications Division (2011)

(C17PA24/E17PA06)CASE STUDY ANALYSIS

UNIT I:

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

UNIT II:

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

UNIT III:

Physiological and Psychological assessments – MDPS – UPANAYAM

UNIT IV:

Identification of precipitating factors – Behavioural Observations

UNIT V:

Summarising and Reporting Case Studies

Reference Books:

1. Abbey, E., & Sargan, 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.

(C17PAP2/C17PAP2) Practical - II Psychology

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.,

