

<b>Annexure No.</b>	<b>53 B</b>
<b>SCAA Dated</b>	<b>29.02.2008</b>

**BHARATHIAR UNIVERSITY COIMBATORE-641046  
DEPARTMENT OF PSYCHOLOGY**

**M.SC APPLIED PSYCHOLOGY (SDE)  
SDE ANNUAL PATTERN**

(For the Students admitted during the Academic year 2007-2009 and onwards)

<b>YEAR</b>	<b>Paper No</b>	<b>Title of the paper</b>	<b>Max. Marks</b>
<b>I</b>	PSYSDE01	Advanced General Psychology	100
	PSYSDE02	Life Span Psychology	100
	PSYSDE03	Advanced Social Psychology	100
	PSYSDE04	Organizational Behavior	100
	PSYSDE05	Experimental Psychology-I	100
<b>II</b>	PSYSDE06	Psychopathology & Mental Hygiene	100
	PSYSDE07	Research Methodology	100
	PSYSDE08	Health Psychology	100
	PSYSDE09	Human Resource Management	100
	PSYSDE10	<b>Project Work or Counselling Psychology (Theory Paper)</b>	<b>100</b>
		Total	1000

**CORE COURSE – I**

**PSYSDE01 – ADVANCED GENERAL PSYCHOLOGY (SDE)**

(For the students admitted from the academic year 2007-2008 and on wards)

**Unit-I: Definitions and Bases of Human Behaviour**

Definition of psychology. Types of Psychological Research. Contemporary approaches to Psychology. Scope of Psychology.

Biological bases of Human Behavior: Nervous system. Neurons. Structures and Functions of the Brain. Endocrine system. Genetic and Evolutionary Blue print of Behavior.

**Unit II: Sensation & Perception, Learning & Memory**

Sensation: Visual system: Vision & Color Vision. Auditory system and other Senses.

Perception: Constancy Phenomena, Loss of organization, Types of Perception-Form, Depth, Movement. Illusions- Types of Illusion. Extrasensory Perception.

Learning: Nature of learning-Classical conditioning-Operant conditioning-Observational Learning-Cognitive factors and Learning. **Memory**: Nature of Memory-Memory Coding, Memory storage-Memory Retrieve- Forgetting.

**Unit - III: Thinking & Language, Intelligence & Creativity**

Thinking: Concept Formation- Problem solving- Critical Thinking- Reasoning-Decision Making. Language: Language and Cognition- Language Acquisition- Language Development.

Intelligence: Theories on Intelligence-Assessment-Extremes of Intelligence-Influences on Intelligence. Creativity: Nature of Creativity-Steps in creativity Process Characteristics of Creative thinkers.

**Unit - IV: Motivation & Emotion**

Motivation: Approaches to Motivation – Primary Motives and Learned Motives: Hunger, Sexuality, Social Motives, Need for Achievement.

Emotion: Biology of Emotion- Non-Biological Factors in Emotion - Classification in Emotion.

**Unit - V: Personality - Theories & Assessment**

Theories of Personality - Psychodynamic Perspective, Behavioral and Social Cognitive Perspectives Humanistic Perspective- Trait Perspective.

Assessment of Personality: Self-Report test- Behavioral Assessment- Cognitive Assessment-Projective Test.

**Reference Books**

1. Passer, M.W. & Smith, R.E. (2007). *Psychology – The Science of Mind and Behavior*. (3<sup>rd</sup> Edn). New Delhi: Tata McGraw-Hill.
2. Coon, D. & Mitterer, J, O. (2007). *Introduction to Psychology – Gateways to Mind and Behavior*. (11<sup>th</sup> Edn). USA: Thomson Wadsworth.

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**CORE COURSE – II**  
**PSYSDE02 – LIFE SPAN PSYCHOLOGY (SDE)**

**UNIT I**

Foundations of Development - Meaning of Development changes - Basic Issues - Obstacles in studying life span development - Recent Theoretical perspectives - Methods. Genetic foundations - Reproductive choices - Environmental Contexts for Development.

Prenatal Development - Characteristics - Importance of Conception - Prenatal Environmental Influences - Attitudes of Significant people - Medical interventions - Hazard during the Prenatal period.

**UNIT II**

Infancy And Toddlerhood - Characteristics - Adjustments - Learning capacities - Piaget's Cognitive Developmental Theory- Information Processing - Individual Differences in Early Mental Development - Language Development.

Developmental tasks - Erikson's Theory of Infant and Toddler Personality - Emotional Development - Temperament and Development - Development of Attachment - Self-Development - Hazards.

### **UNIT III**

Early Childhood - Characteristics - Developmental tasks - Body growth - Brain development - influences on Physical growth and Health - Motor development - Piaget's theory: The Preoperational Stage - Vygotsky's Sociocultural theory - Erikson's theory: Initiative versus Guilt

Late Childhood - Piaget's Theory: The Concrete Operational stage - Language Development - Learning in School. Erikson's theory: Industry versus Inferiority - Self-understanding – Emotional Development - Peer relations - Gender typing - Family influences - Problems of development.

### **UNIT IV**

Puberty - Body changes - Growth spurt - Consequences of Abstract thought Effects of Puberty: changes and Deviant maturing - Hazards.

Adolescence - Characteristics - Developmental tasks - Piaget's Theory: The formal Operational Stage - Cognitive development - Emotionality - Social interests and Morality changes during adolescence - Sex interests. Erikson's theory: Identity versus Identity Confusion.

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### **UNIT V**

Early adulthood - Characteristics - Sex - role adjustment - Erikson's theory: Intimacy versus Isolation - Family cycle - Diversity of adult lifestyles - career development - - Middle adulthood - Erikson's theory: Generativity versus Stagnation - changes in mental abilities

Late Adulthood - Life expectancy - Physical changes - Memory - Erikson's theory: Ego Integrity versus Despair - Change in Self concept and Personality - Psychological well-being - Relationships - Retirement and leisure.

### **Reference Books:**

1. Laura E. Berk, (2004), Development through the Life Span, New Delhi; Pearson Education
2. Hurlock, E.B (1980) Developmental Psychology: A Life Span Approach, New Delhi: Tata McGraw Hill.

### **CORE COURSE – III**

#### **PSYSDE03 – ADVANCED SOCIAL PSYCHOLOGY (SDE)**

(For the students admitted from the academic year 2007-2008 and on wards)

##### **Unit I: Social Psychology:**

Definition, Nature, Individual Behavior, Causes of Social behavior. Social Psychology in the New Millennium – Cognitive, Multicultural and Evolutionary Perspectives. Understanding the Causes of Others Behavior – Attribution and Theories of Attribution, Impression Formation and Management – Asch’s Experiment, The Fine Art of Looking Good, Accuracy of Social Perception And Minimizing the Errors in Attribution. Thinking about others and the social world – Schemas, Heuristics- Errors in Social Cognition – Negative and Optimistic Bias, Costs of Thinking Too Much, Counterfactual and Magical Thinking, Thought Suppression.

##### **Unit II: Behavior and Attitudes.**

Forming attitudes- Social learning- Direct experiences and Genetic factors- Attitudes influence on behavior. Persuasion- Cognitive approaches- Resistance to persuasion- Cognitive dissonance.

Social Identity -The Self Concept- Self Efficacy, Locus of Control, Self Determination - Self-Esteem- Self Serving bias. Gender Identity- Sex and Gender- Gender Stereotypes- Gender role behavior.

##### **Unit III: Prejudice and Discrimination**

Nature and origin – Social .Psychological, Cognitive sources of Prejudice- Discrimination – Techniques for countering the effects of Prejudice- Learning not to hate, Direct inter-group contact, Recategorization, Cognitive intervention. Interpersonal Attraction: Proximity and Emotions, Becoming Acquainted, Moving towards friendship - Interdependent relationships- Loneliness- Beyond friendship- Marriage- the ultimate close relationship.

##### **Unit IV: Social Influence:**

Conformity- Sherif’s , Asch’s and Milgram’s studies on conformity- The predictors of conformity- Personality and Culture - Compliance Ingratiation , the foot in the door and the low ball, the door in the face and that is not all, pique, scarcity techniques. Prosocial Behavior - Reasons for helping – Bystander effect- Personality Traits and Religious faith in helping behavior- Increasing helping- Conflict: Reasons for conflict-factors to achieve peace.

##### **Unit V: Aggression**

Theories of aggression- Social, Personal, and Situational Influences on aggression- prevention and control of aggression- Punishment- Catharsis- interventions and other techniques

Group Influence - Function and Formation of Group Social Facilitation- Social loafing- Deindividuation-Group Polarization - Group think – Individuals influence on group.

##### **Reference Books**

1. Baron, R.A & Byrne, D. (2006). Social Psychology, New Delhi, Prentice Hall of India.
2. Myers D.G (2006). Social Psychology. New Delhi. Tata Mc- Graw Hill Publishing

## **CORE COURSE – IV**

### **PSYSDE04 – ORGANISATIONAL BEHAVIOUR (SDE)**

(For the students admitted from the academic year 2007-2008 and on wards)

#### **Unit I: Introduction to Organizational Behaviour**

Definition, Need and Importance of Organizational Behaviour – Nature and Scope – Management Roles – Management functions – Management Skills - Challenges and Opportunities for Organizational Behaviour - Contributing Disciplines to the Organizational Behaviour – Organizational Behaviour Models

#### **Unit II: Foundations of Individual Behaviour:**

Perception: Person Perception – Shortcuts in Judging Others-Interpersonal Perception- Its applications,

Attitudes: Sources of Attitudes and its Application

Personality – Personality Determinants – Dimensions of Self Concept- Personality Traits - Matching Personality and Jobs types – Traits relevant to Work Behaviour

#### **Unit III: Learning, Motivation and Job Satisfaction**

Learning: Theories of Learning, Shaping-Schedules of Reinforcement-Its Organizational Applications

Basic Motivation Concepts: Theories of Motivation – Content Theories: Maslow, Herzberg, Alderfer, McGregor, McClelland, Process Theories: Vroom, Porter and Lawler's Expectancy Model, Adams Equity Model, Skinners Reinforcement Model, Goal Setting Theory – Applications of Motivation Theory MBO – Employee recognition and involvement program

#### **Unit IV: Foundations of Group Behaviour**

Types of Groups – Models of Group Development- External Conditions Imposed on the Group – Group Structure – Group Process – Group Decision Making Group Think and Group Shift – Inter group Relations - Methods for Managing Inter-group Relations

Types of Teams – Models of Team Effectiveness – A developmental Model – A Systems Model Team Building

Conflict Process: Types of Conflicts - Conflict management Techniques – Functional and Dysfunctional Outcomes of Conflict

#### **Unit V: Dynamics of Organizational Behaviour:**

Communication Process – Barriers to Effective Communication - Directions of Communications – Non-verbal Communications

Leadership Theories: Personality Trait Theories – Behavioral Styles – Situational and Contingency Style - Transformational Leadership - Sources of Power

Change Process: Forces for Change – Resistance to Change – Overcoming Resistance to Change - Approaches to Management Organizational Change- Implementing Successful Change- Organizational Development Intervention Strategies

### **Reference Books**

1. Stephen P.Robbins, “Organizational Behavior”, Prentice Hall of India, 9<sup>th</sup> edition, 2006.
  2. Hellriegel, Slocum and Woodman, “Organizational Behavior”, South-Western, Thomson Learning, 9<sup>th</sup> edition, 2004.
  3. Fred Luthans, “Organizational Behavior”, McGraw Hill Book Co., 2005.
  4. New Strom & Davis, “Organizational Behaviour”, McGraw Hill, 2004
  5. Jaffa Harris and Sandra Hartman, “Organizational Behaviour”, Jaico, 2003.
  6. Jit S.Chand, Organizational Behavior, Vikas Publishing House Pvt. Ltd. 2<sup>nd</sup> edition, 2001
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### **CORE COURSE – V**

#### **PSYSDE05 – EXPERIMENTAL PSYCHOLOGY (SDE)**

(For the students admitted from the academic year 2007-2008 and on wards)

#### **Experiments Related to Advanced General Psychology**

1. Eysenck Personality Questionnaire
2. Anger Inventory
3. Stress Questionnaire
4. Personality Development Index
5. Self-Esteem

#### **Experiments Related to Life Span Psychology**

6. Self Concept Inventory
7. Emotional Maturity Scale
8. Fundamental Interpersonal Relations Inventory – Behaviour (FIRO-B) Scale
9. Mental Health Analysis
10. Thurstone Interest Schedule

#### **Experiments Related to Advanced Social Psychology**

11. Sociometry
12. Communication Experiment
13. Leadership Questionnaire
14. Choice Dilemma Experiment
15. Prisoner’s Dilemma Experiment

#### **Experiments Related to Organizational Behaviour**

16. Decision Making Styles
17. Need Hierarchy - Motivation Questionnaire
18. Power Orientation Questionnaire – Identification of Power Bases
19. Leadership Style Questionnaire – Managerial Grid
20. McGregor’s Theory X and Y Questionnaire

- This list is suggestive
- A minimum of 16 experiments/exercises must be completed

**CORE COURSE – VI**  
**PSYSDE06 – PSYCHOPATHOLOGY AND MENTAL HYGIENE (SDE)**  
(For the students admitted from the academic year 2007-2008 and on wards)

**Unit I: Understanding Psychopathology and Diagnosis And Assessment of Abnormal Behavior**

The Supernatural tradition- The Biological Tradition- the Psychological Tradition- the Present the Scientific method and an Integrative Approach. An integrative Approach to Psychopathology: One-Dimensional or Multi Dimensional Models- Genetic Contribution to Psychopathology- Neuroscience and Its Contribution to Psychopathology- Behavioral and Cognitive Science- Emotions.

Methods of Assessment- Interview and Psychological tests-Problems in Assessment.

**Unit II: Classification and Assessment and Anxiety Disorder and Somatoform Disorder and Dissociate Disorders**

Classification: Categories of Maladaptive behavior-Advantages and Disadvantages. DSM-IV: The major diagnostic Categories- The Multiaxial Approach. ICD-10: Classification.

The Complexity of Anxiety Disorder- Generalized Anxiety Disorder- Panic Disorder without Agoraphobia- Specific Phobia- Social Phobia – Post Traumatic disorders- Obsessive- Compulsive Disorder.

Somatoform Disorders -Dissociative Disorder:

**Unit III: Mood Disorders and Suicide and Eating and Sleeping Disorders**

Understanding and Defining Mood Disorders- Prevalence- Causes- Treatment- Suicide Major Types of Eating Disorders- Causes- Treatment- Obesity- Sleep Disorders: The major Dysomnias- Treatment

**Unit IV: Sexual and Gender Identity Disorders and Substance- Related and Impulse Control Disorder and Personality Disorders:**

Normal Sexuality- Gender Identity Disorders- Overview of Sexual Dysfunction- Assessing Sexual Behavior- Causes and Treatment of Sexual Dysfunction- Paraphilia- Assessing and Treating Paraphilia

Perspectives on Substance Related Disorder- Depressants- Stimulators- Opioids - Hallucinogens- Causes of Substance-Related Disorders- Treatment of Substance-Related Disorders- Impulse Control Disorders.

An overview of Personality Disorders- Cluster A Personality Disorders- Cluster B Personality Disorders- Cluster Personality Disorders

**Unit V: Schizophrenia and Other Psychotic Disorders and Developmental Disorders and Cognitive Disorders**

Perspectives on Schizophrenia- Clinical Description- Symptoms and Subtypes- Prevalence- Causes of Schizophrenia- Treatment of Schizophrenia.

Common Developmental Disorders- Pervasive Developmental Disorders- Mental Retardation.

Perspectives on Cognitive Disorders- Delirium- Dementia.

### **Reference Books**

1. Barlow, D.H.&Durand, V.M. (2005). *Abnormal Psychology: An Integrative Approach*. (4<sup>th</sup> Edition). U.S.A: Thomson Wadsworth.
2. Carson, R.C., Butcher, J.N.&Mineka, S. (2005). *Abnormal Psychology and Modern Life*.(11<sup>th</sup> Edn). Singapore: Pearson Education.

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**CORE COURSE – VII**

**PSYSDE07 – RESEARCH METHODOLOGY (SDE)**

(For the students admitted from the academic year 2007-2008 and on wards)

#### **Unit I**

Meaning Of Research: Objectives, Types, Approaches, Significance of Research – Research Process - Criteria of Good Research – Problems encountered by Researchers in India.

Measurement Scales: Nominal Scales, Ordinal Scales, Interval Scale, Ratio Scale – Source of Errors in Measurement – Test of Validity – Test of Reliability – Test of Practicality.

#### **Unit II**

Research Problem: What is a Research Problem? – Selecting the Problem – Defining the Problem – Techniques involved in defining a Problem. Hypothesis: What is a Hypothesis? – Characteristics of Hypothesis – Testing of Hypothesis.

Research Design: Meaning – Need – Features of a Good Design – Related Concepts – Different Research Designs - Basic Principles of Experimental Designs – Important Experimental Designs.

#### **Unit III**

Sampling Designs: Census and Sample Survey – Implications of a Sample Design - Steps in Sample Design – Criteria of Selecting a Sampling Procedure – Characteristics of a Good Sample Design – Different types of sample designs - Random Sample – Complex Random Sample Designs.

Sampling Fundamentals: Need for Sampling – Fundamentals Definitions – Important Sampling Distributions – Central Limit Theorem – Sampling Theory – Concept of standard error - Sample size and its determination.

#### **Unit IV**

Methods Of Data Collection: Collection of Primary Data – Observation Method – Interview Method – Collection of data through questionnaires - Collection of data through schedules – Difference between Questionnaires and Schedules – Some other methods of Data collection - Collection of Secondary Data – Case Study Method.



**Processing And Analysis Of Data:** Processing operations – Problems in Processing- Types of Analysis – Statistics in Research – Correlation – Chi-square – t-test, ANOVA – Multivariate Analysis Techniques.

### **Unit V**

**Interpretation and Report Writing:** Meaning – Why Interpretation? – Technique of Interpretation – Precaution of Interpretation – Significance of Report Writing – Steps in Writing Report – Layout of the Research Report – Types of Report – Oral Presentation – Precautions for writing Research Reports.

**Computer And Its Role In Research:** Computer Applications – The Computer System – Internet – Computer and Researchers.

### **References:**

1. **Kothari C.R.** Research Methodology – Methods and Techniques, Second Edition, New Delhi, New Age International (P) Ltd 2004.
2. **Kerlinger F.N.** Foundations of Behavioral Research, New York, Reinhart & Weinstein 1973.

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## **CORE COURSE – VIII PSYSDE08 – HEALTH PSYCHOLOGY (SDE)**

(For the students admitted from the academic year 2007-2008 and on wards)

### **Unit 1: The Beginning and the Origin Health Promotion**

The meaning, definitions and history of Health Psychology- the Need for Health Psychology- the Relationship of the Mind and Body-The BioPsychosocial Model of Health Psychology

The Behavioral Factors in Disease and Disorder- the Changing Health Habits- the Cognitive and Behavioral Models to Health Behavior's Change- the Transtheoretical Model- the Social Engineers: Venues for health- Habit Modification.

### **Unit II Health Enhancing Behavior and Health Compromising Behaviour**

Exercise- Accident prevention- Alcoholism and Problem Drinking- Synergistic Effect of Smoking- History of Smoking Problems- Reasons for smoking- Nature and addiction of smoking- intervention to reduce smoking- smoking prevention

Substance Dependence – Alcoholism and Problem Drinking – Synergistic Effect of Smoking – History of Smoking problems – Reasons for Smoking – nature and Addiction of Smoking – Intervention to Reduce Smoking – Smoking Prevention.

### **Unit III: Stress and Coping Pain and its Management**

Stressors- Person- Environment Fit- What makes Events Stressful?- Theories of Stress- Stress Studies- Sources of Chronic Stress- Stress and Illness- Coping with stress- External Resources in Coping- Social Support- The Stress Management Techniques

Significance and Elusive Nature of Pain- Clinical issues in Pain Management- Pain Control Techniques- Chronic Pain Management Programs

### **Unit IV: Chronic Illness and Their Management and Terminal Illness and Their Management**

Quality of life- Emotional Responses to Chronic Illness- Personal Issues in Chronic Disease- Coping with chronic illness- Psychological Interventions and Chronic Illness

Psychological Issues in Advancing Illness- Death Across the Life Span- Stages of Adjustment in Dying- Psychological Management of Terminally ill- Alternative Care- Problem of Survivors

### **Unit 5 Heart Disease, Hypertension, Stroke, Diabetes and Their Management and Psychoneuroimmunology, AIDS, Cancer, Arthritis and Their Management**

Coronary Heart Disease (CHD)- Gender and CHD- Psychological factors and CHD- Hypertension – Psychosocial factors and Hypertension- Effective Treatment- Stroke- Risk Factors- Consequences- Treatment of stroke- Diabetes- Types- Intervention of Diabetes

The immune system- Assessment- Stress and Immune System- Autoimmune Disorders- and Intervention- History of AIDS- Psychological Impact of HIV infection- Intervention – A profile of Cancer- Psychosocial factor Coping and Intervention- Arthritis- Types of Treatment

Health promotion- Stress and its Management- Health Services- Management of Serious Illness- Trends of the Future – Becoming a Health Psychologists

### **Reference Books**

1. Shelley.E. Taylor( 2006). Health Psychology (6<sup>th</sup> Edition). New Delhi. Tata McGraw-Hill Publishing Company Ltd.
2. Brannon.L. and Feest.J (2004). Health Psychology, BioPsychosocial Interaction (4<sup>th</sup> Edition). New York. John Cooley and Sons
3. Sanderson. C.A (2004). Health Psychology, New York. John Colley and Sons Inc.

## **CORE COURSE – IX**

### **PSYSDE09 – HUMAN RESOURCES MANAGEMENT (SDE)**

(For the students admitted from the academic year 2007-2008 and on wards)

#### **Unit I: Introducing Human Resources Concepts**

Strategic Role of Human Resources and the HR Scorecard: Nature of HRM, Scope of HRM, Systems Approach to HRM, Traditional HR vs. Strategic HR, HRM in the new Millennium

HRM Human Resources Planning: Process of Human Resource Planning, Responsibility for HRP, Effective Human Resource Planning

#### **Unit II: Determining, Attracting and Selecting Human Resources:**

Job Analysis: Uses of Job Analysis, Process of Job Analysis, Methods of Collecting Job Analysis, Job Description, Job Specification, Role Analysis

Job design and Quality of Work Life: Techniques for Designing Jobs

Recruiting Human Resources: Sources of Recruitment, Methods of Recruitment, Recruitment – Indian Experiences

Employee Testing and Selection: Types of Tests, Tests as Selection Tools

Interviewing Candidates: Types of Interview, Interview Process, Reference Checks

#### **Unit III: Developing Human Resources:**

Appraising and Managing Performance: Performance Appraisal Process, Methods of Performance Appraisal, 360 degree Feedback System, Problems with Performance Appraisal

Training and Developing Employees: Need for Training, Systematic Approach to Training, Types of Training, Training Methods, Evaluation of Training

Career and Succession Planning: Concept of Career, Career Stages, Career Planning, Career Development, Succession Planning

#### **Unit IV: Rewarding Human Resources:**

Employee Compensation,: Objectives of Compensation Planning, Compensation of Pay Structure, Factors Influencing Compensation Levels

Financial Incentives and Employees Benefits and Services: Statutory and Non-statutory benefits, Incentive Plans, Individual Incentives, Group and Team Based Incentive Plans, Fringe Benefits, Establishing Strategic Pay plans,

#### **Unit V: Recent Trends and Practices in Managing Human Resources**

Participation and Empowerment: Forms of Participation, Alternative Approaches to Participation, Prospects of Empowerment

International Human Resources Management: Pressures of Globalization, Cultural Differences and HRM, International Recruitment Policy, International Selection Criteria, International Training and Development, International Compensation.

**REFERENCE TEXT:**

1. Rao V.S.P “Human Resources Management: Text and Cases”, Second Edition, Excel Books New Delhi 2007
  2. Gary Dessler, “Human Resources management”, Tenth Edition, P\Pearson-Prentice Hall, New Delhi, 2005
  3. David A DeCenzp and Stephen P Robbins, “Personnel and/Human Resource Management”, Third Edition, New Delhi 2004
  4. Raymond J. Stone, “Human Resources Management”, John Wiley & Sons, New York 2005
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**CORE COURSE – X**

**The students will have a choice of choosing either a project work or a theoretical paper.**

**PSYSDE10 – PROJECT WORK (SDE)**

**OR**

**PSYSDE10 – COUNSELLING PSYCHOLOGY (SDE)**

(For the students admitted from the academic year 2007-2008 and on wards)

**PSYBC10 – PROJECT WORK (SDE)**

1. The objective of the Project work is to further their knowledge in Psychology under the direct supervision of a Faculty Member of the Department of Psychology of any University and its affiliated colleges.
2. A Candidate undertaking Project Work should be equipped with the theoretical knowledge in the discipline and interpretation of data and drawing meaningful inferences.
3. The report must be submitted to the Bharathiar University within the stipulated time and the viva voce examination will be conducted at specified places (Contact Bharathiar University SDE for further guidelines).
4. In case a candidate could not submit the report within the date specified he/she may be granted extension of time for three months at two times for submitting their report.
5. Guides for the Project Work will be allotted as per the student – preference.

**OR**

**PSYBC10 – COUNSELLING PSYCHOLOGY (SDE)**

**Unit I**

Counseling as a helping profession - Introduction – Historic Perspectives - Activities of Counselor – Basic Principles – Future Direction of the Profession.

Counselors Work Setting - Educational Settings: Training Programs for Counselors in Educational Setting – Credentialing of School Counselors - The Role and Functions of Counselors in School Settings – Relationship with Other Helping Profession.

**Unit - II**

Theories of Counseling – Goals of Counseling – The Counseling Process – Relationship Establishment – Problem Identification and Exploration – Short-Term Counseling or Brief Therapy – Special Counseling Populations.

Group Techniques: Definitions and Explanations – Group Counseling – Group Leadership – Group Process – Group Guidance Activities.

**Unit-III**

Human Assessment for Counseling: Selecting a Test – Types of Standardized Tests – Developing a Testing Program – Guidelines for Human Assessment.

Observation – Observation Instruments – Developing the Rating Scale – DSM-IV-TR- Self-reporting – Group Assessment Techniques – Ecological Assessment - Records.

**Unit -IV**

Counseling for Career Planning and Decision Making: Definitions – Changing Nature of Work – Theories of Career Development – Implications of Career Theories for Counselors.

Principles of Career planning in Schools - Role of Counselor in Student’s Career Development – Techniques for Career Planning – Computerized Career Assistance System – Types.

**Unit-V**

The Consultation Process – Consultation Models – Skills – Consultation in School Settings – Consultation Services to Community and Business Organizations.

Prevention and Wellness: Prevention – Prevention in Nonschool Settings – Stress Management – Recreation and Leisure – Ethical Issues.

**Reference Books:**

1. Robert L. Gibson and Marianne H. Mitchell, (2006) Introduction to Counseling and Guidance, New Delhi, Prentice Hall of India Private Limited.

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