UNIVERSITY OF RAJASTHAN
JAIPUR

SYLLABUS

M.Sc. (Psychology)

(Semester Scheme)

I & II Semester – 2019-20
III & IV Semester – 2020-21

Dy. Registrar
(Academic)
University of Rajasthan
JAIPUR
M.A./M.Sc. Psychology (Semester Scheme)

Syllabus (2020)

Course Structure: M.A./M.Sc. Psychology (Semester Scheme) course will be comprising of Four (4) Semesters. Each Semester of Master's course will offer 36 credits. For award of Master degree Minimum 120 Credits are required.

The Credit Courses have been classified as:

a) Compulsory Core Course (CCC)
b) Elective Core Course (ECC)
c) Seminar (SEM), Project Work (PRJ), Field Study (FST)
d) Contact Hours: Lecture (L), Tutorial (T), Practical (P), Self Study (SS)

Scheme of Examination:

a) Each Theory paper End of Semester Examination (EoSE) will carry 100 marks. The EoSE will be of 3 hours duration.

b) Part 'A' of Theory paper will contain 10 Short Answer Questions of 30 marks, based on knowledge, understanding and applications of the topics/texts covered in the syllabus. Each question will carry three (03) marks for correct answer.

c) Part 'B' of Theory paper will contain seven (07) questions. Out of which candidate has to attempt five (05) questions. Each question will carry five (05) marks for correct answer.

d) Part 'C' of paper will consist of three (03) questions with internal choice of 15 marks each. The limit of answers will be of five pages.

e) Each Laboratory EoSE will be of 100 marks and Four (4) hours duration. The EoSE will involve one (1) Major (60 marks) and one (1) Minor (40 marks). Conduction of experiment/test and Viva-voce examination with weightage in ratio of 75:25 respectively.

f) Each Seminar (SEM)/Project Work (PRJ)/Field Study (FST)/Training will have Continuous Internal Assessment by the guiding teacher. Every EoSE will be of 100 marks and Four (4) hours duration. The EoSE will involve Two Course Categories of 50 marks each and will comprise of Submission and Presentation of Reports and Viva-voce examination.

g) Continuous Assessment will consist of two components, namely (i) Internal Assessment and (ii) Sessional Test(s) in ratio 20:80. The internal assessment component will comprise of assessment of students' performance on the basis of factors like Attendance, Classroom participation, Quiz, Home Assignment, etc. The sessional test shall be conducted on coverage of 50% of course content.

Dy. Registrar
(Academic)
University of Rajasthan
JAIPUR
### M.A. / M.Sc. Semester-I

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<tr>
<th>S. No</th>
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<th>Contact Hours/Week</th>
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**Dy. Registrar (Academic) University of Rajasthan Alipur**
## M.A. / M.Sc. Semester - III

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**Total Credits**: 36

## M.A. / M.Sc. Semester - IV

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**Total Credits**: 36
M.A./M.Sc. Syllabus Semester I

PSY 701  Theoretical Approaches in Psychology
PSY 702  Psychopathology
PSY 703  Research Methods
PSY 711  General Lab
PSY A01  Developmental Psychology
PSY A02  Environmental Psychology
PSY A03  Vocational Psychology
PSY 731  Project Work

M.A./M.Sc. Syllabus Semester I

PSY 701 - Theoretical Approaches in Psychology


Unit-III:  Psychoanalysis: Freud, Jung, Adler, Horney. Post-Psychoanalysis: Erikson and Sullivan; Gestalt Psychology: Wertheimer, Koffka and Kohler

Unit-IV:  Humanistic: Rogers and Maslow; Cognitive Psychology: Piaget and Chomsky.

Books Recommended:


PSY 702 - Psychopathology

Unit-I:  Introduction: Normality and Pathology; Mental health and Mental disorder. Indicators of Abnormality, Vulnerability, Resilience and Coping Paradigm. Prevention of Mental Disorders: Levels and Perspectives on Prevention, Situation-Focused and Competency-Focused Prevention.

Unit-II:  Classification of Mental Disorders: Latest APA and WHO Classifications. Development, Advantages and Disadvantages of Classification System.


Unit-IV:  Causal Factors and Symptomatology: Biological, Psycho-social and Socio-Cultural Causal Factors, Diathesis-Stress Models. Cognitive, Conative and Affective Symptoms
**Books Recommended:**


- *The ICD-10 Classification of Mental and Behavioural Disorders*. (2007). WHO.


**PSY 703 - Research Methods**


**Unit II:** Experimental and NonExperimental Research Methods: Experimental- True and Quasi Experiments. Non Experimental- Observation, Archival and Case Study.

**Unit III:** Qualitative Research Methods: Focus Groups, Interviews, Thematic Analysis, Discourse Analysis.

**Unit IV:** Report Writing: Research Report Writing (APA Style); Ethics in Psychological Research.

**Books Recommended:**


PSY A 01: Developmental Psychology


Unit-II: Self and Identity: Self Awareness, Self Concept and Self-Esteem; Cognitive Social and Cultural Influences; Identity : Nature and Meaning; Construction and Influences on Identity Development.


Books Recommended:

PSY A02: Environmental Psychology


Unit-II: Environmental Perception and Cognition: Nature, Characteristics and Factors; Theories of Environmental Cognition.


Unit-IV: Residential Environmental Psychology: Nature and Characteristics; Environment and Behavior in the Residence; Residential Environmental Design.

Books Recommended:
PSY A03 - Vocational Psychology

Unit-I: Introduction: Definition, Meaning, History of Vocational Psychology; Current Issues and Innovations in Vocational Psychology; Work Adjustment, Career Counselling.

Unit-II: Theoretical Perspectives: Trait and Factor Theories: Holland, Dawis; Value – Based Theory of Occupational Choice: Brown; Developmental Theories; Super, Gottfredson; Learning Theories: Krumboltz and Bandura.

Unit-III: Vocational Choice: Meaning, Definition, Vocational Decision Making Process; Decision-Making Styles, Vocational Rehabilitation.

Unit-IV: Clients with Special Needs: Individuals with Disabilities, Women in the Workforce, Displaced Workers, Economically Disadvantaged Group.

Books Recommended:


PSY 711 General Lab

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<tr>
<th>M.A. / M.Sc. Semester-I</th>
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<tbody>
<tr>
<td><strong>A</strong> Experiments</td>
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<tr>
<td><strong>B</strong> Major Tests</td>
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By: Registrar
(Academic)
University of Rajasthan
JAIPUR
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<tr>
<th>C</th>
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<tr>
<td>1.</td>
<td>Sixteen Personality Factors</td>
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<td>2.</td>
<td>Creative Thinking (Verbal and Non-Verbal) Test</td>
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<td>Mental Health (Subjective, Psychological &amp; Social Wellbeing)</td>
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<td>Cognitive Capabilities Test for Transition Period</td>
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<td>Cataloguing &amp; Profiling (any two)</td>
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| E | Internship/Field Work |

**PSY 731 Project Work**

1. Seminar Presentation
2. Research Paper Analysis (Any Two)

**M.A./M.Sc. Semester II**

- **PSY 801 Advanced Social Psychology**
- **PSY 802 Biopsychology**
- **PSY 803 Statistics in Psychology**
- **PSY 811 General Lab**
- **PSY B01 Psychology of Personality**
- **PSY B02 Clinical Disorders**
- **PSY B03 Counselling Psychology**
- **PSY 831 Project Work**

**M.A./M.Sc. Semester II**

**PSY 801 - Advanced Social Psychology**

**Unit-I:**

**Unit-II:**

Unit-IV: Understanding of Self: Personal Vs. Social Identity, Self Concept, Self-Esteem; Gender Identity; Gender Differences in Self-Esteem, Social Comparison and Self; Self as a Target of Prejudice.

Books Recommended:

PSY 802 - Biopsychology

Unit-I: Introduction: Definition and Scope; Evolution of Human Brain. Research Methods and Tools of Biopsychology.

Unit-II: Nervous System: Neuron-Structure, Types and Functions; Spinal cord; Central Nervous System and Peripheral Nervous System-Structure and Functions. Neural conductors and Synaptic Transmission; Neurotransmitters.

Unit-III: Learning and Memory: Nature of learning and Memory Neural Mechanism of Learning and Memory; Disorders of Memory, Cortical Localization and Language Disorders.

Unit-IV: Biological Causes of Psychiatric Disorders: Schizophrenia, Affective Disorders and Anxiety Disorders.

Books Recommended:

PSY 803 - Statistics in Psychology

Unit-I: Normal Distribution: Meaning and Importance; Properties of Normal Probability Distribution; Application of Normal Probability Curve; Divergence from Normality.

Unit-II: Parametric Statistics – Correlation: Product Moment Method (Real Mean Method, Assumed Mean Method), construction of Scatter Diagram, Biserial and Point Biserial Method, Significance of Difference between Means (Large Small, Correlated and Independent Groups) Analysis of Variance- One Way and Two Way Analysis of Variance.

Unit-III: Non-Parametric Statistics: Difference between Parametric and Non parametric Statistics, Chi-Square Test (Equal and Normal Probability Hypothesis); Sign Test, Median Test, Mann-Whitney U Test, Freidman Test, Two way ANOVA.

Unit-IV: Multiple Regression: Meaning, Types and Uses; Interpretation of Data. Factor Analysis: Meaning, Types and Uses; Interpretation of Data.
Books Recommended:


**PSY B 01 - Psychology of Personality**


Unit-IV: Humanistic, Existential and Person – Situation Interactionist Theories: Rogers, Frankl, Maslow, Sullivan, Murray and Mischel.

Books Recommended:


**PSY B 02 - Clinical Disorders**

Unit-I: Anxiety, Obsessive-Compulsive, Trauma and Stressor-related Disorders: Nature, Types, Clinical Picture and Causal Factors

Unit-II: Depressive, Bipolar and Dissociative, Somatic Symptom and Related Disorders: Nature, Types, Clinical Picture and Causal Factors

Unit-III: Schizophrenia Spectrum and other Psychotic Disorders: Nature, Types, Clinical Picture and Causal Factors

Unit-IV: Personality and Substance-Related and Addictive Disorders: Nature, Types, Clinical Picture and Causal Factors

[Signature]

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Jaipur
Books Recommended:

- *The ICD - 10 Classification of Mental and Behavioural Disorders*. (2007) WHO.

PSY B03  
Counselling Psychology

Unit-I  Introduction:: Nature and Historic Perspectives; Development of Institutional Counselling Programmes; Professional Counsellor – Roles and Functions. Ethical and Legal Guidelines: Nature of Ethics, Ethical Issues, Counsellor and Law, Legal Concerns of Counsellors, Confidentiality, Competence and Malpractice, Counsellors as Expert Witnesses.

Unit-II  Counselling Process and Skills: Counselling Relationship – Meaning and Nature, Basic Communication Skills, Counselling Interview; Counselling Skills – Rapport Building, Assessment of Problem, Setting Goals, Selecting and Designing Interventions, Termination of Counselling.

Unit-III  Theories of Counselling: Psychoanalytic Theory, Individual Psychology, Person Centred Theory, Behavioural Theory, Rational Emotive Behaviour Therapy, Reality Therapy, Transactional Analysis, Gestalt Counselling.

Unit-IV  Group Techniques, Group Counselling Sensitivity Groups, Encounter Groups, Task Groups, Psycho-education Groups, Group Process Ethnic Groups and Multicultural Counselling

Books Recommended:

## PSY 811 General Lab

### M.A. / M.Sc. Semester-II

|   | Experiments | 1. Concept Formation  
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| B | Major Tests | 1. Biofeedback  
|   |             | 2. Minnesota Multiphasic Personality Inventory |
| C | Minor Tests | 1. Sociometry  
|   |             | 2. RINPAS Family Relations Test  
|   |             | 3. Bender Gestalt Visual-Motor Test  
|   |             | 4. Psycho-Physiological State Inventory  
|   |             | 5. NEOPI-R  
|   |             | 6. Edwards Personal Preference Schedule  
|   |             | 7. Psychiatric Rating Scales  
|   |             | 8. Transactional Style Inventory : Counselling |
| D | Counselling Skills | 1. Interviewing skills  
|   |             | 3. Empathy Skills  
|   |             | 4. Problem Solving Skills  
|   |             | 5. Coping with feelings  
|   |             | Source: Philip Burnard (1992) Counselling skills training:  
|   |             | A Sourcebook of Activities for Trainers, Viva Books, New Delhi. |
| E | Internship/Field Work | |

### PSY 831 Project Work

1. Capacity Building workshops and Training Undertaken  
2. Report Writing and Presentation on the Work/Training Undertaken

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[Dy. Registrar (Academic)](University of Rajasthan, JAIPUR)
M.A./M.Sc. Semester III

PSY 901 Positive Psychology
PSY 902 Cognitive Psychology
PSY 903 Research Designs
PSY C01 Health Psychology
PSY C02 Organizational Behavior
PSY C03 Neurodevelopmental and Neurocognitive Disorders
PSY 911 General Lab
PSY 931 Project Work

PSY 901 - Positive Psychology

Unit I: Human Strengths and Pro-Social Behavior: Human Strengths: Gallup’s Clifton Strength Finder and VIA Classification. Pro-Social Behavior: Empathy, Altruism, Gratitude and Forgiveness.


Unit IV: Resilience: Meaning, Developmental and Clinical Perspective, Sources of Resilience, Successful Aging and Growth through Trauma, Self-Regulation and Self-Control: Theories and Planning for Self-Regulation Success.

Books Recommended:

PSY 902 - Cognitive Psychology

Unit I: Introduction: Meaning, Historical Antecedents and Emergence; Research Methods and Tools in Cognitive Psychology; Cognition across life span; Meta cognition.


Unit III: Memory and Representation of knowledge: Memory: Dualist Models of Memory, Working Memory Model, Representation of Knowledge, Semantic Organization of Knowledge, Proportional Networks, Theories of Visual representation.

Unit IV: Problem Solving, Logic, Decision Making and Consciousness: Problem solving: Representation of the Problem. Internal Representation Model, Logic and Decision making : Nature and Types; Consciousness: Frames, Functions and States of consciousness

Books Recommended:

**PSY 903 - Research Designs**

Unit-I: Single Factor Designs: Within Subject Design - Two Conditions and Multiple Conditions Tested within Subject; Between Subjects Design: Two Conditions and Multiple Conditions Tested Between Subjects.

Unit-II: Factorial Design: Two Factor Designs - Factorial within Subject Design, Factorial between Subject Design, Mixed Factorial Design; Three Factor Design: General Layout.


**Books Recommended:**


**PSY C 01 - Health Psychology**

Unit I: Introduction to Health Psychology: - Definition of Health, Aims of Health Psychology, Changing field of Health, Psychological Involvement in Health Psychology in Medical Setting, Rise, Decline and fall of psychosomatic medicine. Emergence of behavioral medicine, The Emergence of Health Psychology.

Unit II: Theories of Health: Biomedical model, Cognition model, Social Cognition models, Illness cognition, Leventhal’s Self regulatory model of illness cognition, using self regulatory model to predict outcomes

Unit III Adherence to Medical Care: Theories of Adherence: Behavioral, Self efficacy, Theories of Reasoned Action and Planned Behavior, Trans theoretical model Adherence, Measurement, factors predicting Adherence, personal, environmental, cultural, practitioner, patient interaction, improving Adherence, Barriers to Adherence.

Unit IV: Future Challenges: Assuming health life, the profession of health psychology: progress, Training and work of health psychologist, women health issues, and Future challenges of health psychology.
**PSY C02 - Organizational Behaviour**

**Unit-I:** Introduction: Definition and Relationship to other Fields; Theoretical Frameworks: Cognitive, Behaviouristic, Social Cognitive; Ethics and Ethical Behaviors in Organizations; Organizational Commitment – Meaning, Outcome Sources and Guidelines to Enhance.

**Unit-II:** Motivational Needs and Processes: Meaning, Work Motivation Approaches: Content Theories; Maslow’s Hierarchy of Needs. Herzberg’s Two Factor Theory; Alderfer’s ERG Theory; Process Theories: Vroom’s Expectancy Theory; Porter Lawler Model; Contemporary Theories: Equity Theory; Job Satisfaction - Meaning, Influences and Outcomes.


**Unit-IV:** Leadership and Communication: Theories of Leadership - Trait, Group, Exchange, Contingency, Path, Goal Leadership Theory; Modern Theoretical Processes; Leadership Style: Managerial Grid, Blake and Mouton Managerial Grid, Hersey and Blanchard’s Situational Approach. Communication: Nature and Functions; Non-verbal Communication, Interpersonal Communication, Downward and Upward Communication, Interactive Communication.

**Books Recommended:**


**PSY C03: Neurodevelopmental and Neurocognitive Disorders**

**Unit-I:** Intellectual Disabilities and Specific Learning Disorders: Nature, Types, Clinical Picture and Causal Factors.

**Unit-II:** Communication and Motor Skills Disorders: Nature, Types, Clinical Picture and Causal Factors.

**Unit-III:** Attention-Deficit/Hyperactivity and Autism Spectrum Disorders. Nature, Types, Clinical Picture and Causal Factors.

**Unit-IV:** Delirium, Major and Mild Neurocognitive Disorders: Nature, Types, Clinical Picture and Causal Factors.

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**Dy. Registrar**  
**Academic**  
**University of Rajasthan**  
**JAIPUR**
Books Recommended:


- *The ICD-10 Classification of Mental and Behavioural Disorders*. (2007) WHO.


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**PSY 911 General Lab**

<table>
<thead>
<tr>
<th>M.A. / M.Sc. Semester-III</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>A</strong> Experiments</td>
</tr>
<tr>
<td>1. Lexicon Decision Task</td>
</tr>
<tr>
<td>2. Knowledge of Results</td>
</tr>
<tr>
<td><strong>B</strong> Major Tests</td>
</tr>
<tr>
<td>1. Wisconsin Card Sorting Test</td>
</tr>
<tr>
<td>2. Thematic Apperception Test</td>
</tr>
<tr>
<td><strong>C</strong> Minor Tests</td>
</tr>
<tr>
<td>1. Optimism-Attribution of Success &amp; Failure Inventory</td>
</tr>
<tr>
<td>2. Value in Action Inventory</td>
</tr>
<tr>
<td>3. Stroop – Test</td>
</tr>
<tr>
<td>4. Indian Adult Trail Making Test</td>
</tr>
<tr>
<td>5. Healthiness Behaviour Scale</td>
</tr>
<tr>
<td>6. Organizational Effectiveness Inventory</td>
</tr>
<tr>
<td>7. Occupational Stress Index</td>
</tr>
<tr>
<td>8. Draw A Man Test</td>
</tr>
<tr>
<td><strong>D</strong> Qualitative Methods</td>
</tr>
<tr>
<td>1. Case study</td>
</tr>
<tr>
<td>2. Content Analysis</td>
</tr>
<tr>
<td>3. Focus Group Discussions</td>
</tr>
</tbody>
</table>

**E** Internship/Field Work

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**PSY 931 Project Work**

1. Review of Literature
2. Preparation of Synopsis

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[Signature]

Dy. Registrar
(Academic)
University of Rajasthan
Jaipur
# M.A./M.Sc. Semester IV

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>PSY X01</td>
<td>Applied Psychology</td>
</tr>
<tr>
<td>PSY X02</td>
<td>Indian Psychology</td>
</tr>
<tr>
<td>PSY X03</td>
<td>Psychological Testing</td>
</tr>
<tr>
<td>PSY X11</td>
<td>General Lab</td>
</tr>
<tr>
<td>PSY D01</td>
<td>Educational Psychology</td>
</tr>
<tr>
<td>PSY D02</td>
<td>Human Resource Management</td>
</tr>
<tr>
<td>PSY D03</td>
<td>Diagnostic and Therapeutic Techniques</td>
</tr>
<tr>
<td>PSY X31</td>
<td>Project Work</td>
</tr>
</tbody>
</table>

## PSY X01 - Applied Psychology

**Unit-I:** Forensic Psychology: Nature and Importance; Work of Forensic Psychologist; Training and Ethical issues in Forensic Psychology.

**Unit-II:** Sports Psychology: Meaning, Nature and Scope; Psychological Interventions, Team Sports Rehabilitation of Injured Athletes. Military Psychology: Mental Health of Army Personnel, Psychological Tests for Selection and Training, Psychological Interventions.

**Unit-III:** Psychology of Information Technology and Mass Media: Understanding Wellbeing and Human Rights through Information Technology; Media and Communication; Media Violence, Media Management (Advertising and Public Relations), Cyber Crime.


### Books Recommended:


## PSY X02 - Indian Psychology

**Unit-I** Indian Psychology: Introduction, Theoretical Models based on Classical Indian Psychological Thoughts. Meta-Theory, Possible Hypotheses, Methodological Issues and Integral Research Skills; Implications and Applications; Differences with Western Psychology.

**Unit-II** Mind and Personality: Bzh and Mind; Ego and *Ahamkara, Advaita Vedantic* Model, Buddhist Models, Sri Aurobindo’s perspective.

**Unit-III** Knowledge and Consciousness: Indian Perspectives and Sri Aurobindo’s reflection on Knowledge, Attitude and Means of Knowledge; Integral View on Consciousness.

**Unit-IV** Healing and Therapeutic Psychology: Ayurveda and Pratyahara: Concept and Scope; Psychotherapy and Indian Thought; Integral Yoga Psychology.

[Signature]

Dy. Registrar

University of Rajasthan

Jaipur
Books Recommended:


**PSY X03 - Psychological Testing**


Unit-II: Test Construction: Defining the Test. Selecting a Scaling Method; Constructing the Items, Testing the Items and Revising and publishing the Test.


Unit-IV: Application of Psychological Testing: Educational Setting, Counselling and Guidance, Clinical Setting and Organizational Setting

Books Recommended:


**PSY D01 - Educational Psychology**

Unit-I: Introduction to Educational Psychology: Role of Educational Psychology, Learning and Thinking, Models and Measure of Effective Teaching, Diversity in Indian Society, Role of Research in Teaching.

Unit-II: Learner Differences and Learning Needs: Intelligence, Multiple Intelligence, Measuring IQ, Learning and Thinking Styles, Students with Learning Challenges, Students who are gifted and talented.


Unit-IV: Culture, Teaching and Learning: Role of Socio Economic Status, Role of Ethnicity, Language Difference and Bilingualism, Multicultural Education, Gender, Gender bias and School Experience.
Books Recommended:


**PSY D02 - Human Resource Management**


Books Recommended:


**PSY D03: Diagnostic and Therapeutic Techniques**

Unit I: Clinical Assessment: Basic Elements, Clinical Observation, Mental and Physical Status Examination, Case History taking, Clinical interview, Behavioural, Cognitive, Relational and Bodily Assessment.

Unit-II: Psychometric and Neuropsychological Assessment: Objective, Projective, Individuall, Group and Battery Tests of Intelligence and Personality, Psychiatric Rating Scales. Neuropsychological Assessment of Cognitive, Sensory Motor and Perceptual Problems.


Books Recommended:


**PSY X11 General Lab**

<table>
<thead>
<tr>
<th>A</th>
<th>Experiments</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Set in Problem Solving</td>
</tr>
<tr>
<td>2</td>
<td>Effect of Frustration on performance</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>B</th>
<th>Major Tests</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Rorschach Test</td>
</tr>
<tr>
<td>2</td>
<td>Picture Frustration Study</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>C</th>
<th>Minor Tests</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Role Efficacy Scale</td>
</tr>
<tr>
<td>2</td>
<td>Assessment of Violence Risk in Youth</td>
</tr>
<tr>
<td>3</td>
<td>Trigunatmaka Personality Schedule</td>
</tr>
<tr>
<td>4</td>
<td>Spirituality Personality Inventory</td>
</tr>
<tr>
<td>5</td>
<td>Style of Learning and Thinking</td>
</tr>
<tr>
<td>6</td>
<td>Team Effectiveness Assessment Measure</td>
</tr>
<tr>
<td>7</td>
<td>Standard Progressive Matrices</td>
</tr>
<tr>
<td>8</td>
<td>Specific Learning Disability: Comprehensive Diagnostic Battery</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>D</th>
<th>Research Skills</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Poster Presentation</td>
</tr>
<tr>
<td>2</td>
<td>SPSS Training</td>
</tr>
<tr>
<td>3</td>
<td>Book Review</td>
</tr>
<tr>
<td>4</td>
<td>Movie Analysis</td>
</tr>
</tbody>
</table>

| E | Internship/Field Work            |

**PSY X31- Project Work**

1. Data Collection and Treatment

2. Project Report Writing

21