



UNIVERSITY OF SARGODHA

Office of the Registrar

No. SU/SE 357

Dated: 22/02/2021

Ref: SU/Acad/ 357
February/ 17/2021

Notification

The Academic Council in its meeting held on 18.06.2020 has approved the Course outlines/scheme of studies of following Psychology programs on the recommendations made by the Board of Faculty of Social Sciences in its meeting held on 04.06.2020. The Syndicate in its meeting held on 27.07.2020 has endorsed the decision of the Academic Council:

- Revision in course outlines of BS, MSc, Mphil, MS I/O, ADCP and PhD Psychology w.e.f 2019 and onward (annex-A, B, C, D, E & F').

Muhammad Farooq
Deputy Registrar (Acad)

Distribution:

- ✓ Chairperson, Department of Psychology
- ✓ Director, Sub-Campus Bhakkar
- ✓ Controller of Examinations
- Principals of all affiliated colleges (concerned)
- ✓ Web-Developer (for uploading on university web-site)

C.C:

- Focal Person, Faculty of Social Sciences
- Deputy Registrar (Affiliation)
- Deputy Registrar (Registration)
- Secretary to the Vice-Chancellor
- P.A to Registrar

Please discuss
Add CE on 22/02/21
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BS PSYCHOLOGY PROGRAM
AT
DEPARTMENT OF PSYCHOLOGY

Annexure I

F.O.D
Sargodha

GUIDELINES & SYLLABUS

Psychology

Sessions 2019 & Onward



DEPARTMENT OF PSYCHOLOGY

University of Sargodha,

Sargodha

Chairperson
Department of Psychology
University of Sargodha

Curriculum for BS (Hons) 4-Year Psychology Program

BS(HON)

Aims and Objectives

A

1. To ensure that the students are aware of the nature, origin, history and scope of Psychology as a modern discipline and its relationship with other sciences
2. To be aware of the different perspectives-functional systems and theories-used in Psychology in order to study, understand and explain its subject matter.
3. To be aware of the experimental and experimental underpinning of the study of Psychology and develop a scientific approach to the subject.
4. To be conversant with the biological, biochemical and genetic basis of behavior.
5. To be fully knowledgeable about the cognitive, behavioral and personality functioning of the individual: developmentally, interpersonally and socially.
6. To be familiar with the methods it implies for studying (as it is) and changing behavior (as it should be) and the strengths and weaknesses of these methods.
7. To be aware of the moral and ethical implications of psychological theories, procedures and practices.
8. To have a working knowledge of the application and the practice of Psychology in real life and have all the necessary skills to continue a specialist study later on and achieve professional qualifications.
9. To be able to conceive, design, and conduct small scale research project and analyze the information and share it with other colleagues.
10. To ensure that Psychology is taught as an applied discipline in scientist-reflective.
11. To be conversant with the biological, biochemical, psychosocial and genetic basis of behavior.
12. Every student must participate in seminar and annual research papers in each college on current respective area of Psychology.
13. The student should develop insight and personality growth through internship.
14. Individually students need to inculcate the sprit of applying control over unbridled instinctive and impulsive actions, so that they acquire insight and behave on their rational judgment.

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Department of Psychology
University of Jharkhand

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Department of Psychology
University of Jharkhand

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Program Introduction

There are eight semesters in BS 4-Year (Hons.) Psychology Program.

Semester I-IV: (16, 16, 15, 15 Credit hours each) These four semesters are the building blocks of the subject. Each semester not only introduces the major course, Psychology but also throws light on other related and significant disciplines as Computer Studies, English, *Every Day Science*, Mathematics, Biology-etc. These are termed as minor courses. Some other compulsory subjects have also been introduced for example Pakistan studies and Islamiat. All the subjects together form an excellent combination for understanding of the main concepts. They are also very helpful in paving way for a better and deeper future understanding of the courses besides widening the conceptual awareness which in turn complement in later studies of the major.

By the end of these semesters, it is hoped that the students will have been furnished with a broad detailed knowledge and understanding of all key areas of the major subject and will have all additional knowledge complementing the major.


Semester V-VIII: These four semesters (18, 18, 18, 15) deal with all the sub-disciplinary areas of the Major. They are structured around such courses that upgrade the previous level of knowledge in Psychology. They include Social Psychology, Research, Statistics, Abnormal, Counseling, Psychological Assessment, Health and Neurological Psychology. The last two semesters also encompass Clinical, Personality, Developmental and Cognitive Psychology. All these courses cover up all the essential components related to Psychology. They not only give the theoretical aspects but emphasize research work. They enable the students to have a working knowledge of application and practice of Psychology in real life and have all necessary skills to apply them in professional settings. The last two semesters also include project works. Six credit hours Project shall be allotted to all students.

Final semester gives opportunities for taking other optional subjects also. Internships and clinical reports fill in then basic need for a practical insight into the professional world of Psychology.

Overall, the programs develop a student's awareness about himself and the world. It also provides ample time and opportunities for personal growth and understanding.

September, 2018


Dr. Najma Iqbal Mafik
Chairperson, Department of Psychology


Department of Psychology
University of Sargodha

7/01

SCHEME OF STUDY For BS 4-Year (Hons.) PSYCHOLOGY

Total Program Credit Hours: 131
(Compulsory: 31, Multi-disciplinary: 21, Foundation: 30 & Major: 54)

SEMESTER-I

Course Code	Course Title	Credit Hours
URCE-5101	Grammar <i>same</i>	3
PSYC-5101	Introduction to Psychology <i>same old & new</i>	4
URCP-5106	Pakistan Studies <i>same</i>	3
URCM-5107	Mathematics <i>same old & new</i>	3
ICTC-5201	Introduction to Information and Communication Technologies <i>same old & new</i>	3
Total:		16

SEMESTER-II

Course Code	Course Title	Credit Hours
URCE-5102	Language Comprehension & Presentation Skills <i>same</i>	3
PSYC-5102	History and Systems of Psychology <i>same</i>	4
URCI-5105	Islamic Studies <i>same</i>	3
URCS-5108	Statistics <i>same</i>	3
PSYC-5103	Everyday Science <i>same</i>	3
URCC-5110	Citizenship Education & Community Engagement <i>shift in 8th Term.</i>	16
Total:		16

SEMESTER-III

Course Code	Course Title	Credit Hours
URCE-5103	Academic Writing	3
PSYC-5104	Sports Psychology	3
PSYC-5105	Experimental Psychology	3
BOTN-5103	Introduction to Biology-I	3
BUSB-5106	Introduction to Management	3
Total:		15

SEMESTER-IV

Course Code	Course Title	Credit Hours
URCE-5104	Introduction to English Literature	3
PSYC-5106	Social Psychology	3
PSYC-5107	Educational Psychology	3
BOTN-5104	Introduction to Biology-II	3
ULAW-5122	Introduction to Human Rights	3
Total:		15

SEMESTER-V

Course Code	Course Title	Credit Hours
PSYC-6108	Introduction to Research Methodology	3
PSYC-6109	Cross Cultural Psychology	3
PSYC-6110	Computer Application in Psychology	3
PSYC-6111	Principals of Psychological Assessment	3
PSYC-6112	Fundamental Statistics in Psychology	3
PSYC-6113	Historical Perspectives in Abnormal Psychology	3

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Total

18

SEMESTER-VI

Course Code	Course Title	Credit Hours
PSYC-6114	Advance Research Methodology <i>same</i>	3
PSYC-6115	Neurological Basis of Behavior <i>same</i>	3
PSYC-6116	Applications of Statistics in Psychology <i>same</i>	3
PSYC-6117	Applications of Psychological Assessment <i>same</i>	3
PSYC-6118	Personality Psychology <i>same</i>	3
PSYC-6119	Psychopathology	18
Total		

SEMESTER-VII

Course Code	Course Title	Credit Hours
PSYC-6120	Clinical Psychology	3
PSYC-6121	Neurological Dysfunctions	3
PSYC-6122	Health Psychology	3
PSYC-6123	Developmental Psychology	3
PSYC-6124	Gender Issues in Psychology	3
PSYC-6125	Project (with PSYC-6125 a) (Compulsory)	18
Total		

SEMESTER-VIII

Course Code	Course Title	Credit Hours
PSYC-6126	Counseling Psychology	3
PSYC-6127	Cognitive Psychology	3
PSYC-6128	Psychology of Advertising & Marketing Research	3
PSYC-6125 (b)	Project (with PSYC-6125 a) (Compulsory) and	3
Total		

One of the following courses will be offered by the Department considering the availability of faculty and number of students required for class i.e. (10).

PSYC-6129	Consumer Psychology	3
PSYC-6130	Organizational Behavior	3
PSYC-6131	Psychology of Motivation	3
PSYC-6132	Forensic Psychology	3
PSYC-6133	Para Psychology	3
PSYC-6134	Positive Psychology	3
PSYC-6135	Human Resource Management	3
PSYC-6136	Military Psychology	3
Total		15

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University of Jodhpur

In each course, the concerned teacher shall provide a thorough and up-to-date list of references pertaining to the reading materials (Books, Journals, Articles, Web addresses etc.). Besides, *Students Resource Center* in the Department of Psychology would provide pertinent reading material along with the audio-visual aids.

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UNIVERSITY OF SARGODHA

Office of the Registrar

F. of Social
Scis.

Ref: SU/Acad/ 1012
September/ 26 /2019

Department of Psychology
Diary No. 67-457
Date: 07-09-2019

The Chairperson/Convener
Board of Studies in Psychology
University of Sargodha

Subject: Minutes of the meeting of Board of Studies in Psychology held on 20.08.2019

Please refer to the subject captioned above.

This is to inform you that the Vice-Chancellor is pleased to refer the cases regarding item No. 1 to the Advanced Studies & Research Board and Item No. 2 to the Faculty Board for consideration in its ensuing meeting.

This is to inform you that the Vice-Chancellor is pleased to refer the case regarding table agenda item No.1 to the Deputy Registrar (Admin) for further process.

The case discussed under table agenda item No.2, the Vice-Chancellor is pleased to advise you to consult with Director Academics regarding request of Principal, Government Postgraduate College, Chandni Chowk, Sargodha.

Muhammad Farooq
Deputy Registrar (Acad)

26/9/19

Encl: As above

C.c:


- Dean, Faculty of Social Sciences
- Director Academics
- Director Implementation
- Deputy Registrar (Admin)
- Secretary to the Vice-Chancellor
- P.A to Registrar

(Please find enclosed herewith extract of the minutes regarding Item No.2 alongwith enclosure in original for placing before the Faculty Board)

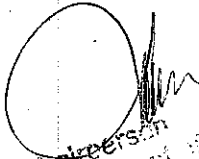
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Department of Psychology
University of Sargodha

Annexure II

COURSE OUTLINE
SEMESTER-I


Chairperson
Department of Psychology
University of Jharkhand

SEMESTER I


Chakraborty
Department of Psychology
University of ...

URCE-5101 English-I (Grammar)

This course trains the students in acquiring all the study skills required to cope efficiently not only with the challenges of the English language but also with the demands of other subjects written in English. The main objective of this course is: to groom the students linguistically in such a manner that they can operate independently on a reliable communicative competence in the twin productive skills of speech and writing.

Contents

1. What is grammar?: Language and Communication; Making sense; Grammar and sense; Phrases and sentences
2. Word groups: Phrases; Sentence; Four kinds of sentences; The punctuation of written sentences
3. Subject and predicate: The two parts of the sentence; The functions of the two parts; Subject and predicate (1); Subject and predicate (2)
4. Words in sentences: Words at work; Different work for the same word
5. An introduction to the parts of speech: Nouns; Verbs; Pronouns; Adjectives; Adverbs; Prepositions; Conjunctions; Interjections; Family groups and word behaviour
6. The parts of the simple Sentence: Definitions of the simple sentence; Subject and predicate; The subject and the subject word; Subject word and words qualifying; subject word; Predicate: the verb and words modifying; the verb; Predicate: the direct object; Predicate: the indirect object; Predicate: predicative words (or complement); A tabular list of all the parts of the simple sentence
7. Finite verbs and non finite verbs: Finite verbs; Non-finite verbs; Participial phrases; Gerundive phrases; Infinitive phrases
8. Simple sentence analysis: Tabular analysis; Descriptive analysis; Graphic analysis; Analysing phrases
9. Clauses and sentences: What is a clause? Main clauses; Co-ordinating conjunctions; Double sentences; Multiple sentences; Complex sentences; Kinds of sentences: a checklist; Summing up
10. Subordinate clauses and the work they do: Introduction; Adjective clauses; Adverb clauses; Noun Clauses
11. The analysis of complex double and multiple sentences: Method; Procedure; Notes on procedure; Worked examples: complex sentences; Double and multiple sentence analysis; Tests in analysis
12. The parts of speech: a chapter for reference: Introduction; Nouns; Pronouns; ~~Adjectives; Verbs; Adverbs; Prepositions; Conjunctions; Interjections;~~ 'It' as a provisional subject; 'There' as an introductory adverb
13. Common errors and debatable Points: Introduction; Agreement; Case; Verb-forms; The rule of proximity; Woolly use of pronouns; Defining and non-defining phrases and clauses; Chopping and changing; Tests & Answers to tests

Recommended Books

1. Swan, Micheal (2005). Practical English Usage (3rd Ed.). Oxford University Press.
2. Betty Schramper Azar (2005). Fundamentals of English Grammar: With Answer Key (3rd Ed.). Publisher: Pearson PTR Interactive.
3. Henry Sweet (2014). A New English Grammar. Cambridge University Press.
Raymond Murphy (2015). Essential Grammar in use (4th Ed.). Cambridge University Press.

Suggested Books

1. Geoffrey K. Pullum and Rodney Huddleston (2002). *The Cambridge Grammar of English Language*. Cambridge University.
2. Mir, Mansoor and Irfan (2000). Skill Worker (1st Ed.). Caravan Book House

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Department of Psychology
University of Sargodha

PSYC-5101 Introduction to Psychology (Major)

This course makes students familiar with the essential features of research enterprise in Psychology and to inculcate a sense of personal relevance of Psychology. Objectives of this subject are: To ensure an effective orientation of students towards the discipline of psychology so that they may come to appreciate the diversity of the subject and its pragmatic significance.

Contents

1. Introduction to Psychology: Nature and Application of Psychology with special reference to Pakistan
2. Research Enterprise in Psychology (A brief sketch): Goals of Scientific Enterprise; Steps in Scientific Investigation; Advantages of Scientific Approach; Experimental Research; Descriptive / Correlational Research; Naturalistic Observation, Case History Method & Survey Method; Statistics and Research (Descriptive Statistics & Inferential Statistics); Evaluating Research (Sampling Bias & Placebo Effects; Distortion in Self Report Data & Experimenter Bias); Research Ethics (The Question of Deception & The Question of Animal Research)
3. Biological Basis of Behavior: Communication in the Nervous System; Organization of the Nervous System; Brain Research Methods; The Brain and Behavior; Right Brain / Left Brain: Cerebral Laterality; The Endocrine System; Heredity and Behavior (Nature & Nurture); The Evolutionary bases of Behavior
4. Sensation and Perception : Psychophysics: Basic Concepts and Issues: Our senses of Sight: The Visual System: Our Senses of Hearing: The Auditory System: Our Chemical Senses: The Taste and Smell: Our Senses of Touch: Sensory Systems in the Skin: The other Senses: The Kinesthetic System & The Vestibular System
5. Motivation and Emotion. The Motivation of Hunger and Eating; Affiliation: In Search of Belongingness; Achievement: In search of Excellence; The Elements of Emotional Experience; Theories of Emotion (James Lange Theory & Cannon-Bard Theory; Schachter's Two Factor Theory & Evolutionary Theories of Emotion)
6. Learning: Definition of Learning; Types of Learning (Classical Conditioning & Operant Conditioning)
7. Human Memory: Encoding: Getting Information Into Memory; Storage: Maintaining Information in Memory; Retrieval: Getting Information Out of Memory; Forgetting: When Memory Lapses; In Search of Memory Trace: The Physiology of Memory; Are There Multiple Memory Systems?
8. Language, Thinking & Decision making: The Cognitive revolution In Psychology ; Language: Turning Thoughts into Words; Problem Solving: In Search of Solutions; ~~Decision Making: Choices and Chances~~
9. Personality: Theory, Research and Assessment: The Nature of Personality; Psychodynamic Perspectives; Behavioral Perspectives; Humanistic Perspectives; Biological Perspectives; Contemporary Empirical Approaches to Personality Traits; Culture and Personality

Recommended Books

1. Weiten, W. (2017). *Psychology: Themes and variations* (10th ed.). Cengage Learning.
2. Kalat, J. W. (2013). *Introduction to psychology* (10th ed.). Cengage Learning.
3. Nolen-Hoeksema, S., Hilgard, E. R. (2014) *Atkinson & Hilgard's Introduction to Psychology* (16th ed.). Cengage Learning. ISBN: 8601200752540.

Suggested Books

1. Plotnik, R., & Kouyoumdjian, H. (2013). *Introduction to psychology* (10th ed.). Cengage Learning. ISBN-10: 1133939538.
2. Flanagan, C., Berry, D., Jarvis, M. and Liddle, R. (2015). *AQA psychology*. Cheltenham: Illuminate Publishing.
3. Gross, R. (2015). *Psychology: The Science of Mind and Behavior*. (7th ed). Education.

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Department of Psychology
University of Sarjodha

URCP-5106 Pakistan Studies

This course acquaints the students with ideological and historical background of the creation of Pakistan. Main objectives of this course are: To teach them the political and economical development of Pakistan, to apprise them the diplomatic interaction of Pakistan with other countries.

Contents


1. Two Nation Theory and Ideology of Pakistan:
 - a) Definition and Meaning
 - b) Two-Nation Theory in its Historical Context
 - c) Contribution of Ideology towards Pakistan Movement
 - d) Quaid-e-Azam and his Political Ideas
2. Political Dynamics of Pakistan:
3. A brief history of Constitution making in Pakistan
4. Salient Features of 1973 Constitution of Pakistan
5. Institutions of Pakistan; Political Parties; Bureaucracy; Army, & Judiciary
6. Economy of Pakistan:
7. Agricultural Problems of Pakistan
8. Industrial Problems of Pakistan
9. Salient Features of Pakistan's Foreign Trade
10. Diplomatic Dynamics of Pakistan:
11. Determinants and objectives of Pakistan's Foreign Policy
12. Pakistan's Relations with USA, China, India, and Afghanistan
13. Pakistan and the Muslim World

Recommended Books

1. Talbot, I. (2010). *Pakistan: A modern History*. Publisher: Palgrave Macmillon
2. Anatol Lieven (2011). *Pakistan: A hard Country*. Perseus book groups, U.S.A.
3. Javed Ahmed Sheikh. (2004). *Pakistan's political, economical, and diplomatic dynamics*. Lahore: Kitabistan Paper Products.

Suggested Books

1. Muhammad Sarwar (2002). *Pakistan Studies: Ilmi Kitab Khana Kabir Street Urdu Bazar Lahore*.
2. Akbar Ahmad (1997). *Jinnah, Pakistan and Islamic identity: the research for saladin*. Publisher: Routledge


Chairperson
Department of Psychology
University of Sargodha

This course enables the students to make effective use of techniques in mathematical modeling and applied problem-solving. Objectives of this subject are: To develop their understanding of applications of Mathematics in a variety of contemporary settings, including computer studies and research, to demonstrate confidence, desire, and an ability to solve a variety of mathematically related problems

Contents

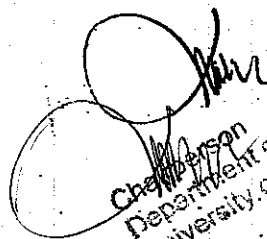
1. Matrix: Introduction of Matrices; Determinants; Adjoin and inverse of 2×2 and 3×3 Matrices; Simultaneous Equations
2. Quadratic Equation: Introduction to Quadratic Equation; Equation reducible to the quadratic form
3. Synthetic Division: Introduction; Remainder Theorem; Factor Theorem
4. Sequences and Series: Introduction; Types of Sequences; A.P., A.M., G.P., H.P., Infinite Geometric Series; Binomial Theorem; Binomial Series and its Application
5. Trigonometry: Units of Measures of Angles; Formula ($l = r\theta$) Formula Law (without proof); Deduction from Fundamental Law (only Formula); Sign of Trigonometric Functions; Values of Trigonometric Functions; Solutions of Triangles Area of Triangles

Recommended Books

1. Mathematics II Algebra and Trigonometry. (2006). Lahore: Punjab Textbook Board.
2. J. EllenBerg (2014). How not to be wrong. Publisher: Penguin Group.
3. Clifford A. Pickover (2009). The Math Book. Sterling Publishing Company Inc.

Suggested Books

1. Anton H. (1995). Calculus with Analytic Geometry (5th Ed.). John Wiley & Sons Inc.
2. Thomas and Finney (2014). Thomas' Calculus (13th Ed.). Addison-Wesley.


Chaudhry
Department of Psychology
University of Sargodha

ICTC-5201 Introduction to Information and Communication Technologies

This subject introduce and make the students familiar with, the personal computer (PC) & information technology, including the word-processor & spreadsheet packages. Objectives of this course are: To get them acquainted with the use of email and electronic messages, to familiarize them with the use of the Internet and the World Wide Web, to develop their ability to use a spreadsheet for data analysis.

Contents

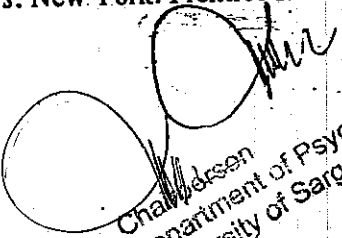
1. Introduction: Basic Concept of the Computers Hardware; Brief History of Computers; Functions of Computers; Impact of Computer on Society
2. Components of Computer Software: Concepts of software; Types of Software; Use of Basic Software
3. Introduction to Window: Basic features of windows as operating system starting up; Windows Desktop; Using applications; Managing files and folders; Managing the desktop; Change settings
4. Introduction to MS Word : Basic features of M/S Word Menu bar and tool bars; Typing, editing formatting text; Opening, saving and closing documents; Printing, copy and past; Making tables and graphs; Numbering; Bordering the tables
5. ~~Introduction to Power Point : Methods to deliver a presentation; Preparing slides /presentation; Blank presentation; Using templates for presentation; Color scheme; Animation scheme; Data formatting; Viewing a slide show; Adding clip-art to slide, insigne a should or, video file, adding animations to slides; Printing in power point.~~
6. Introduction to Internet : Defining Internet; Defining Web; Intranet and Internet; Advantage of Internet; Some limitations of Internet Surfing and Browsing

Recommended Books

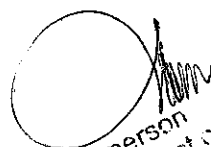
1. Gary P. Schneider (2003). *Electronic Commerce (4th Ed.)*. Cengage Learning.
2. Brends G. (2013). *Introduction to Computer Science: A Textbook for Beginners in Informatics (2nd Ed.)*. Krummhorn.

Suggested Books

1. P. K. Sinha (2007). *Fundamentals of computer (6th Ed.)*. New Delhi: Publishers
2. Peter Norton's (2006). *Introduction to computer (6th Ed.)*. New York: McGraw Hill.
3. Long and Long. (2000). *Computers*. New York: Prentice Hall.


Chandra Shekhar
Department of Psychology
University of Sargodha

SEMESTER II



Chairperson
Department of Psychology
University of Sargodha

URCE-5102 English-II (Language Comprehension & Presentation Skills)

This course offers the students basic concepts of grammar to students. Main objective of this course is to develop grammatical competence of the learners to become proficient writers and speakers of English.

Contents

1. Poetry-I
 - a) To a butterfly; My heart Leaps up; Westminster Bridge (William Wordsworth)
 - b) Ah! Sunflower; A Divine Image (William Blake)
 - c) On a Dead Child (Richard Middleton)
 - d) The Pains of Sleep (J.J. Coleridge)
 - e) To Wordsworth; Love's Philosophy; Fragment: When Soft (P.B. Shelley)
 - f) When we two Parted (G. G. Byron)
 - g) Siberia (James Manager)
 - h) ~~After the battle, She is far from the Land (Tomas Moor).~~
2. Short Stories:
 - a) ~~The Man with the Star (S. Maugham)~~
 - b) The New Constitution (Saadat Hassan Manto)
 - c) Breakfast (John Steinbeck)
3. Essays-I
 - a) Quid-e-Azam's Address
 - b) Seeing Life (Arnold Bennet)
 - c) A visit to Swat Valley
 - d) The Unconscious Artists
4. Composition:
5. Essay Writing Paragraph Writing
6. Letter, Application Writing
7. C.V.

H.P. Stewart
GilberHight

Chairperson
Department of Psychology
University of Wagah

Recommended Books

1. Swan, Micheal (2005). Practical English Usage (3rd Ed.) Oxford University Press.
2. Betty SchramperAzar (2005). Fundamentals of English Grammar: With Answer Key (3rd Ed.). Publisher: Pearson PTR Interactive.
3. Henry Sweet (2014). A New English Grammar. Cambridge University Press.
Raymond Murphy (2015). Essential Grammar in use (4th Ed.). Cambridge University Press.

Suggested Books

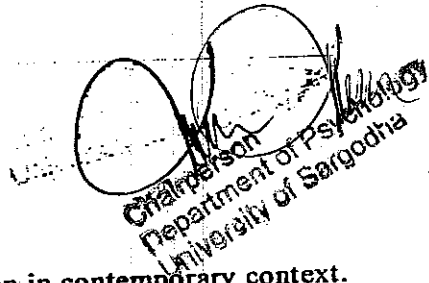
1. Thomson A.J, Martinet A .V (1986). A Practical English Grammar: for foreign students (4th Ed.). Oxford University Press (OUP).
2. Geoffrey K. Pullum and Rodney Huddleston (2002). The Cambridge Grammar of English Language. Cambridge University.
3. Mir, Mansoor and Irfan (2000). Skill Worker (1st Ed.). Caravan Book House.

PSYC-5102 History and Systems of Psychology

This course provides learners an overview of the background of present-day psychology. To develop a basic understanding of the various processes of scientific development and transformation there are certain objectives of this course: to become familiar with the chronological history of ideas which contribute to the field of psychology, To learn about the major figures and schools of thought in psychology's history.

Contents

1. Introduction.
2. The Ancient World; Rome and the Middle Ages.
3. Renaissance Science and Philosophy.
4. Empiricism, Sensationalism, and Positivism.
5. Rationalism.
6. Romanticism and Existentialism.
7. Physiology and Psychophysics.
8. Early Approaches to Psychology.
9. Evolution and Individual Differences.
10. American Psychology and Functionalism.
11. Behaviorism & Neo-behaviorism.
12. Gestalt Psychology.
13. Early Considerations of Mental Illness.
14. Psychoanalysis.
15. Humanistic (Third-Force) Psychology.
16. Psychobiology.
17. Cognitive Psychology.
18. Psychology Today.
19. Status and Scope of Psychology in Pakistan in contemporary context.



Recommended Books

1. Hergenhahn, B.R., Henley, T. (2013). *An Introduction to the History of Psychology* (7th ed.).
2. Wayne Weiten. (2012). *Psychology: Themes and variations*. (9th ed.). New York: Wadsworth
3. Schultz, D. P., & Schultz, S. E. (2015). *A History of Modern Psychology* (10th Ed.). Cengage Learning publisher.

Suggested Books

1. Ajmal, M. (1986). *Muslim contribution to psychotherapy and other essays*. Islamabad: National Institute of Psychology, Quaid-i-Azam University.
2. Shultz, D. (2011). *A history of psychology* (10th Ed.). Florida: Academic Press.

This course offers to make students understand the relevance and pragmatic significance of Islam in their own lives. Main objectives of this course are: To make learners comprehend the true spirit of Islam with reference to modern World, to generate a sense of Islamic principles as a code of living that guarantees the effective solutions to the current challenges.

Contents

1. (Mutala'a- Quran O Hadith)
 - a) Toheed; Risalat; Aakharat; Ibadat; Sifaat-e-Moomin; Adaab-e-Mu'aashrat; Da'watAqamat-e-Din
2. (Mutala'aSeerat)
 - a) Mutala'-e-SeetakiEhme'e'at; Tazkiya-e-NafsaurTameer-e-Shakhsiyyat kaNabweeMinhaj; Tashkeel-e-Mu'aashrataurAswa-e-Hasna; Hijrat-e-Madina, MuakhzataurMeesaq-e-Madina; Ghazwat un Nabi, Maqasad-o-Hikmaat; Khutba-e-HujatulWida
3. (Mutala'aTehzeeb-o- Tamaddun)
 - a) TehzeebkaMafshoom, IslamiTehzeebkiKhasoosi'at; BunyadiInsaniHaqooq; Tehzeeb-e-InsanikaYIrtaqa mien MusalmanoongaKirdar;
 - b) Islam kaTassawur-e-Ilm; BunyadiUloom, HayatiyatiUloom, aurMuashartiUloom mien MusalmanoongaKirdar; MakalmaBainul-Mazahib

Note: (Teacher concerned shall make available the relevant reading material.)

Recommended Books

1. Dr Muhammad Nawaz Ch. (2006). *Tafheem-e-Islamiat*. Lahore: Qureshi Brothers, Urdu Bazar,
2. Manzoor Ahmad NomaniMaulana (2006). *What Islam is? Idar eislamiat* Lahore.
3. A.S.Bukhari and M.D.Zafar (2007). *Islamic Edition*. Aziz book Depot Urdu Bazar Lahore.

Suggested Books

1. Manzoor Ahmad NomaniMaulana (2004). *Deen o shariat*. Idar eislamiat Lahore.

Chairperson
Department of Psychology
University of Sargodha

This course offers students to use the terms and concepts to learn the Scientific Method and statistical techniques employed within contemporary psychology. Main objective of this course is to learn basic data analysis techniques using statistics.

Contents

1. Introduction: Basic Terms, Importance of Statistics in Psychology, Limitations of Statistics
2. Frequency Distribution and Graphic Representation of Data: Data, Types of Data, Frequency Distribution, Cumulative Frequency Distribution, Estimation of shape of frequency distribution, Percentiles, Percentile ranks and interpolation, Histogram, Polygon, Pictograph, Bar Diagram, Pie Chart, Stem and leaf display
3. Measurement of Central Tendency : Mean, Median, Mode, Properties of various measures of central tendency, Selecting a measure of central tendency, Estimation of measure of central tendency in a frequency distribution
4. Measurement of Variability : Range, Mean Deviation, Quartile Deviation, Variance, Standard Deviation, Shepherd's Correction, Coefficient of Variance, Z score, Estimation of measures of variability

Note: Practical exercises to be given by the end of each topic/ chapter.

Recommended Books

1. Trevor Hastie, Robert Tibshirani, Jerome H. Friedman (2009). *Elements of Statistical Learning* (2nd). Stanford University Press.
2. Gravetter, F. J. & Wallnau, L. B. (2005). *Essentials of statistics for behavioral sciences*. (5th ed.). New York: Thomson/Wadsworth.
3. Andy Field (2009). *Discovering statistics using SPSS*. Sage Publications.

Suggested Books

1. Garrett, T. E. (1990). *Statistics in psychology and education*.
2. Guilford, J. P. (1995). *Fundamental statistics in psychology and education*. (4th ed.). New York: McGraw-Hill.
3. Hays, W. (1992). *Statistics for psychologists*. New York, Holt.
4. Person, Ron., Christopher, V. B. & Shelley O' ara (1994). *Using excel version 5 for windows*. Indian polis: Quecue Corporation.

[Handwritten Signature]
 Chairperson
 Department of Psychology
 University of Stuttgart

PSYC-5103 Everyday Science

This course offers to familiarize students with essentials of physical and biological sciences. Main objectives of this course are: To inculcate a sense of appreciation of scientific inquiry into the natural phenomena, to know the significance of science in everyday life, To tell essentials of physical and biological sciences, to inculcate a sense of appreciation of scientific inquiry into the natural phenomena.

Contents

1. Introduction: Nature of Science; Brief History of Science with special reference to the contribution of Muslims in the evolution and development of science; Impact of science on society
2. The Physical Sciences
3. *Constituents & Structure*: Universe, Galaxy, Solar System, Sun, Earth, Minerals
4. *Processes of Nature*: Solar & Lunar Eclipses; Day & Night & their variation
5. *Energy*—sources and resources of Energy; Energy conservation
6. Ceramics, Plastics, Semiconductors, Radio, Television, Telephones, Camera, Laser, Microscope, Computers, Satellites
7. Antibiotics, Vaccines, Fertilizers, Pesticides
8. *Biological Sciences*: ~~The basis of life—the cell, chromosomes, genes, nucleic acids;~~
The building blocks—Proteins. Hormones and other nutrients; Concept of balanced diet Metabolism
9. Survey of Plant and Animal Kingdom: A brief survey of plant and animal kingdom to pinpoint similarities and diversities in Nature
10. The Human body—A brief account of Human Physiology & Human Behavior

Recommended Books

1. Daniel H. Pink (2018). *When: the scientific secrets of perfect timing*. Penguin random house.
 2. Carl Zimmer (2018). *She Has Her Mother's Laugh: The Powers, Perversions, and Potential of Heredity*. Published by Dutton.
- Suggested Books*

1. Gleick, J. (1987). *Chaos: making a new science*. Viking press.
2. Shippey, T. (1992). *The Oxford Book of Science Fiction Stories*. Oxford University Press.

Chairperson
Department of Psychology
University of Jammu

This course teaches students the importance and role of citizenship in promoting productive, harmonious and developed society/world. Main objectives of this course are to: Educate students about the importance of concepts, skills and philosophy of community linkage in developing a sustainable society, inculcate the importance of community involvement for ensuring an improved, tolerant and generative society/world, and provide an opportunity to the students to develop their relationship with the community.

Contents

1. Introduction to Citizenship education and community engagement
2. Identity, culture and social harmony
3. Multi-cultural society and inter cultural dialogue
4. Active citizen: locally active and globally connected
5. Human rights, constitutionalism and citizens responsibilities
6. Social issues in Pakistan
7. Social Action Project

Chairperson
Department of Psychology
University of Sargodha
Chairperson
Department of Psychology
University of Sargodha

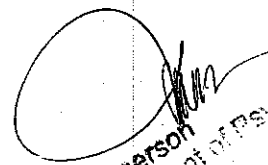
Recommended Books

1. Anne Karin Larsen. (2013). Participation in Community Work: International Perspectives VishanthieSewpaul, Grete Oline Hole.

Suggested Books

1. Alan Twelvetress. (2008). *Community Work*. London: Palgrave Macmillan.
2. British Council. (2017). Active Citizen's Social Action Projects Guide. Scotland: British Council.

SEMESTER III


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University of Alberta

SEMESTER-III

URCE-5103

English-III (Academic Writing)

This course offers to enhance the speaking and writing skills of the students. Its objective is to make students confident enough to use English language in academic and real life situations efficiently.

Contents

- | | |
|--------------------------------------|-----------------------------|
| 1. Poetry: | |
| 2. All the world is a Stage | William Shakespeare |
| 3. On his 23rd Birthday | John Milton |
| 4. On his Blindness | John Milton |
| 5. My God My Father | John Donne |
| 6. In Sickness | John Donne |
| 7. Ode to fancy | John Keats |
| 8. Ode to Autumn | John Keats |
| 9. The Man he killed | Thomas Hardy |
| 10. No-Buyers | Thomas Hardy |
| 11. Law | D.H. Lawrence |
| 12. Prayer before birth | Louis MacNiece |
| 13. The Owl Critic | S.T Field |
| 14. Essays: | |
| 15. One Vote for this age of Anxiety | Margaret Mead |
| 16. On Babies | Jerome K. Jerome |
| 17. The Urdu Writers of our Time | A.S. Bokhari |
| 18. Islamic Culture | Muhammad Marmaduke Pickthal |
| 19. Short Stories: | |
| 20. The sound of falling Leaves | Quartulain Haider |
| 21. Necklace | G.D. Maupassant |
| 22. A Passion in the Desert | Hanore De Balac |
| 23. The Fly | Katherine Mansfield |
| 24. One Act Plays: | |
| 25. Even Exchange | Paul S McCoy |
| 26. The Master of the House | W.S. Houston |
| 27. The Little Man | John Galsworthy |

Chalraja
Department of Psychology
University of Sargodha

Recommended Books

1. Swan, Micheal (2005). Practical English Usage (3rd Ed.). Oxford University Press.
2. Betty Schramper Azar (2005). Fundamentals of English Grammar: With Answer Key (3rd Ed.). Publisher: Pearson PTR Interactive.
Henry Sweet (2014). A New English Grammar. Cambridge University Press.
3. Raymond Murphy (2015). Essential Grammar in use (4th Ed.). Cambridge University Press.

Suggested Books

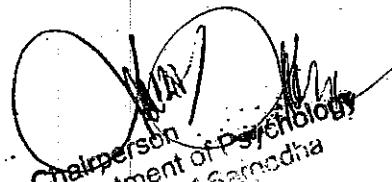
1. Thomson A.J, Martinet A .V (1986). A Practical English Grammar: for foreign students (4th Ed.). Oxford University Press (OUP).
2. Geoffrey K. Pullum and Rodney Huddleston (2002). The Cambridge Grammar of English Language. Cambridge University.
3. Mir, Mansoor and Irfan (2000). Skill Worker (1st Ed.). Caravan Book House..

PSYC-5104 Sports Psychology

This course provides an overview of team spirit and group dynamics among the students. Main objectives of this course are: To understand various modes of exercises (mental and physical) for ensuring an optimal morale, The role of psychologist in initiating and sustaining optimal motivation on and off ground.

Contents

1. Introduction to Sports Psychology
2. Personality characteristics and sporting behavior
3. Personality Development and Sport
4. Attitudes to Sport
5. Aggression and Sport
6. Social factor in sporting performance
7. Arousal, anxiety and sporting performance
8. Motivation and Sport


Chairperson
Department of Psychology
University of Sarawak

Recommended Books

1. Zoltan A. (2016) *The Invisible Game: The Mindset of a Winning Team*. (1st Ed.) CreateSpace Independent Publishing Platform.
2. Jarvis, M. (2006). *Sports Psychology: A revised student's handbook*. Taylor & Francis Library, London.

Suggested Books

1. Lavallec. D., Kremer, J., Moran, A., & Williams. M. (2012). *Sports psychology: Contemporary Themes* (2nd edition). New York: Palgrave Macmillan Publishers.
2. Andersen, B. M. & Hanrahan, S. J. (2015). *Doing Sport Psychology. Human Kinetics*. Publishers: United States of America.

This course provides students a coherent overview of both classic and contemporary data on nature of experimental psychology. Main objective of this course is: To familiarize the students with the critical evaluation of experimental data and their relations to current models of human psyche.

Contents

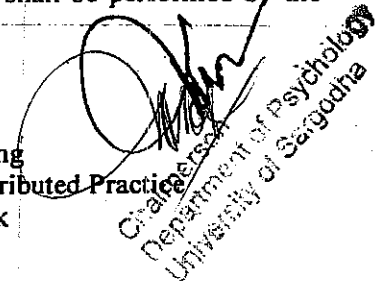
1. Introduction: Development of Experimental Psychology
2. Psychophysics: Importance of Psychophysics; Absolute & Differential Thresholds; Psychophysical Methods; Theory of signal detection
3. Learning: Simple Learning and Conditioning; Classical versus instrumental conditioning; Basic factors in learning and performance; Role of reinforcement in learning; Contemporary theories of Learning; Transfer of training
4. Memory: Theories of Memory; Compartments of Memory; The storage and retrieval process; Transplantation of Memory; Memory Experiments; Mnemonics: ways of improving memory (Devices Mnemonics)
5. Thinking and Problem-Solving: Nature of Thinking; Concept formation; Imageless thought Controversy; Set and attitude as factors in Thinking; Creative Thinking; Theories of Thinking
6. Practical Work: Ten experiments out of the following list shall be performed by the students:
 - a) Meaningful vs. Nonsense Learning;
 - b) Retroactive Inhibition
 - c) Simple Reaction Time; Judgment of Time
 - d) Transfer of Training; Whole vs. Part Learning
 - e) Trial Position Effect under Massed and Distributed Practice
 - f) Retention for Complete and Interrupted Task
 - g) Mapping Cutaneous Sense Spot
 - h) Mental Fatigue; Negative After Image
 - i) Thermal Adaptation

Recommended Books

1. Martin, D. W. (2008). *Doing psychology experiments*. Belmont, CA: Thomson-Wadsworth.
2. Postman, L., & Egan J. P. (2001). *Experimental psychology*. New Delhi: Kalyan Publishers.
3. Stevens, S. S. (2002). *Handbook of Experimental Psychology* (3rd Ed.). London: John Wiley

Suggested Books

1. Galotti, K. M. (2004). *Cognitive Psychology in and out of laboratory* (3rd edition). Publisher: Vicki Knight.
2. Robert, J. S., & Karin, S. (2016). *Cognitive Psychology* (7th edition). Nelson Education, Ltd.



 Official Seal
 Department of Psychology
 University of Sangrethra

BOTN-5103 Introduction to Biology-I

This course yields students with a sense of practical relevance of biology to everyday life. objectives of this course are: To make students comprehend life by understanding some of the molecular processes that occur in and around cells, to make students cognizant of biologic phenomenon (nature, body, etc.) on an evolutionary, ecologic, behavioral, physiologic, tissue, cellular, and molecular level.

Contents

1. Introduction: Nature and Scope of Biology; Branches of Biology;
 - a) Relationship between Biology and Psychology
2. Biological Molecules: Carbohydrates; Proteins, Fats, Nucleic Acid; Water
3. The Cell: Structure and Functions of Cell; Cell organelles; Different Types of Cells
4. Homeostasis; Osmoregulation; Structure and Functions of Nephron; Thermoregulation
5. Coordination and Control
 - a) Structure and Physiology of Neurons;
 - b) Introduction to Central and Peripheral Nervous System; Hormones
6. Basics of Growth and Development: Embryonic and Post-embryonic Development

Recommended Books

1. Michael J. Lenardo (2013). ~~Immune Homeostasis: Methods and protocol.~~ Humana press
- Malcolm Campbell and Christopher J. Paradise (2016). Organismal homeostasis. Momentum press.
2. Jack Challner (2015). The Cell: A Visual Tour of the Building Block of Life. University Of Chicago Press.

Suggested Books

1. Bruce Alberts, James Watson, Julian Lewis, Dennis Bray, Martin Raff, Keith Roberts (1983). Molecular Biology of the cell. Publisher: Garland Science
2. Campbell, N. A., Mitchell, L. G. & Reece, J. B. (2009). *Biology: Concepts and connections*. (6th ed.). San Francisco: Addison Wesley, Longman.

BUSB-5106 Introduction to Management

This is a rudimentary course for the students of business administration. The focus of attention is to inculcate fundamental principles of management and of managing people and organization in a historical as well as contemporary world. Objectives are: to develop analytical and conceptual framework of how people are managed in small, medium and large public and private national and international organizations.

Contents

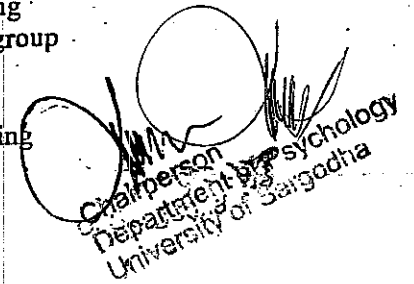
1. Introduction: Overview and scope of discipline
2. The evolution and emergence of management thought
3. Management functions; Planning concepts; Objectives
4. Strategies and policies; Decision making; Organizing & Staffing
5. Departmentalization; Line/staff authority; Commitments and group
6. Principles of selection & performance; Career planning
7. Motivation; Leadership; Communication
8. Controlling the system and process and techniques of controlling
9. Management and society
10. Future perspective

Recommended Books

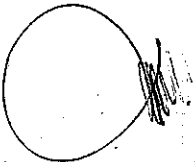
1. Stephen P. Robines, Mary Coulter: Management (11th Ed.). Pearson Education Inc.,
2. H. Koontz O'Donnell and H. Weihrich (1998). Management. McGraw Hill.

Suggested Books

1. Dalton E. McFarland(1979): Management: Foundation and Practice. Macmillon Publishers Limited.



SEMESTER IV

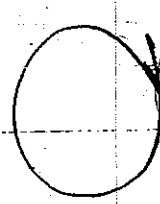

Chairperson
Department of Psychology
University of Georgia

URCE-5104 (English-IV) Introduction to English Literature

This course grooms the students linguistically in such a manner that they can operate independently on a reliable communicative competence in the twin productive skills of speech and writing. Objectives are: to enhance speaking and writing skills, to efficiently use language in academic and real life situations.

Contents

1. Poetry:
 - a) Departure and Arrival (T.S. Eliot)
 - b) The Morning of Freedom (Faiz Ahmed Faiz)
 - c) The Road Not Taken; Mending Wall (Robert Frost)
 - d) Because I could not stop for Death (Emily Dickinson)
 - e) Abraham Lincoln Walks in Midnight (Verchal Lindsay)
 - f) Say this City has Ten Million Souls (W. H. Auden)
 - g) A prisoner of War on Radio (Majeed/Amjad)
 - h) The Daisy (Francis Thompson)
 - i) ~~Purity (Rabinder Nath Tagore)~~
 - j) When we two Parted (G. G. Byron)
2. One-Act Plays:
 - a) The Bear (Anton Chekhov)
 - b) Smoke Screen (Harold Bridge house)
3. Extracts from Shakespeare:
 - a) King Lear (Storm Scene); Hamlet (Polonius to his Son); Julius Caesar (Antony's Speech)
4. Essays:
 - a) Work (Bertrand Russel)
 - b) On Fashion (William Hazlitt)
 - c) Three days to See (Helen Keller)
 - d) Spoon Feeding (W.R. Inge)
 - e) Gettysburg Address (Abraham Lincoln)
 - f) The Damned human race (Mark Twain)
5. Novel:
 - a) Jane Eyre (Charlotte Bronte)

 Chairperson
Department of Psychology
University of Sindh

Recommended Books

1. Swan, Micheal (2005). Practical English Usage (3rd Ed.). Oxford University Press.
2. Betty SchramperAzar (2005). Fundamentals of English Grammar: With Answer Key (3rd Ed.). Publisher: Pearson PTR Interactive.
3. Henry Sweet (2014). A New English Grammar. Cambridge University Press.
4. Raymond Murphy (2015). Essential Grammar in use (4th Ed.). Cambridge University Press.

Suggested Books

1. Geoffrey K. Pullum and Rodney Huddleston (2002). The Cambridge Grammar of English Language. Cambridge University.

PSYC-5106 Social Psychology

This course offers to review theory and research in social psychology and to apply its major principles to situations encountered in everyday life. objectives of this course are: To investigate dynamics of social interaction across various situation, to make students understand the influence of individual differences in social interactions.

Contents

1. The Field of Social Psychology: Introduction, Current trends and future scope, Conducting research in social psychology
2. Self-Presentation and Social Perception: Non-verbal behavior, Attribution, Impression management
3. Social Cognition: Schemas, Heuristics, Affect and Cognition
4. Behavior and Attitudes: Nature of attitudes, Formation, maintenance, and change in attitudes, Relationship between attitude and behavior, Cognition & attitude
5. Aspects of Social Identity: The self: Nature of the self, Self concept, Social diversity, Self esteem; Self focusing, Self Monitoring, Self Efficacy; Gender Maleness or femaleness
6. Social Influence: Conformity, Compliance, Obedience
7. Pro-social Behavior: Why do we help?, When do we help?, Does true altruism really exist?, Whom do we help?, How we can increase helping?
8. Aggression/hurting others: What is Aggression?, Influences on Aggression,
9. Prejudice and Discrimination: Nature; Social causes; Historical Manifestation;
10. Interacting with others: Interpersonal Attraction - need, characteristics of other situation and problems; Intimacy — Parent-child
11. Group Influence: Nature and functions; How groups affects individual performance? Facilitation, Social loafing; Coordination in groups; Cooperation or conflict;
12. Leadership: History of leadership; Types and leadership styles; Effective leadership process;
13. Role of Media in Social Psychology: Perception, Persuasion, Propaganda, Portrayal of Role Models & Media and Agent of change
14. Social Psychology in action: Applying social psychology to: Interpersonal aspects of the legal system; Health related behavior; World of work and
15. War against terrorism, Safety issues and role of media in society

Note: Each student shall prepare a report on any one issue concerning humanity e. g. i) Stereotypes ii) Health iii) Law

Recommended Books

1. Branscombe, N. R. & Baron, R. A. (2017). *Social Psychology (14th ed.)*. Pearson. education.
2. DeLamater, J. D., & Myers, D. J., & Collett, J. L. (2015). *Social Psychology (8th ed.)*. Westview press: New York.

Suggested Books

1. Crisp, R. J. & Turner, R. N. (2014) *Essential Social Psychology (3rd edition)*. SAGE Publications Ltd.
2. Myers, D. G. & Twenge, J. (2019). *Social Psychology (13th ed.)*. New York: McGraw-Hill.
3. Rata, G. (2015). *Applied Social Psychology*. Publisher: Cambridge Scholars Publishing.

PSYC-5107 Educational Psychology

This course provides intellectual, moral and social instructions to students. Main objectives are: To compare teaching as an art and as a science, to identify several important issues that educational psychology must address, to identify key themes in educational psychology.

Contents

1. Introduction to Educational Psychology
2. Nature & Definition
3. The Role of Educational Psychologist
4. Teaching an Art, a Science, and a lot of Work
5. Individual Differences:
6. Learning Theories and Practical Application of Behavioral & Cognitive Approaches
7. Behavioral Views
8. Application in Classroom
9. Instructional Objectives
10. Teacher's Objectives, Student's Objectives and Kind of Behavioral Objectives through:
11. Designs of Evaluation: Formulative Evaluation & its Stages and Summative Evaluation & its Methods
12. Exceptional Children (Special Problems): Education for Exceptional Children and Problems of Slow & Fast Learner
13. Psychological Services
 - a) Guidance Specialist; School Counselor; Medical Specialist;
 - b) Administrative personnel
 - c) Information and Occupational Services for Choosing a Career

Recommended Books

1. Salvin, R. E. (2018). *Educational Psychology: Theory and Practice (12th Edition)*. Pearson Publishers
2. Ornstein, A. C., & Levine, D. U. Gutek, G., & Vocke, D. E. (2017). *Foundation of Education (13th edition)*. Cengage Learning.

Suggested Books


1. Derksin, J. (2015). *Design for How People Learn (2nd Edition)*. New Riders.
2. Stephen Vassalo (2017). *Critical Educational Psychology*. Johns Hopkins University Press.
3. Eggan, P., & Kauchak, D. (2016). *Educational Psychology: Windows on Classrooms*
4. (10th edition). Upper Saddle River, N.J., Merrill Prentice Hall

BOTN-5104 Introduction to Biology-II

This course provides a sense of practical relevance of biology to everyday life. main objectives of this course are: To make students understand life by understanding some of the molecular processes those occur in and around cells, to make students cognizant of biologic phenomenon (nature, body, etc.) on an evolutionary, ecologic, behavioral, physiologic, tissue, cellular, and molecular level.

Contents

1. Mechanisms of Heredity
 - a) Cell Division; Laws of Inheritance;
 - b) Structure of Chromosome; Genes;
 - c) Transcription; Translation; Mutation;
 - d) Linkage, Crossing-over; Blood Groups;
 - e) Sex-linked Inheritance; Sex Determination;
 - f) Genetic Disorders
2. Introduction to Biotechnology
 - a) Cloning; Techniques in Biotechnology
3. Evolution
 - a) Darwinism; Lamarckism;
 - b) Mechanisms of Evolution
4. Animal Behavior
 - a) Learning; Conditioned Behavior;
 - b) Habituation;
Imprinting; Social Behavior
5. Physiology of Various Systems in Man
 - a) Digestion; Respiration; Transportation; Excretion



Chairperson
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University of Sargodha

Recommended Books

1. Michael J. Lenardo (2013). *Immune Homeostasis: Methods and protocol*. Humana press
2. Malcolm Campbell and Christopher J. Paradise (2016). *Organismal homeostasis*. Momentum press.
3. Jack Challner (2015). *The Cell: A Visual Tour of the Building Block of Life*. University Of Chicago Press.

Suggested Books

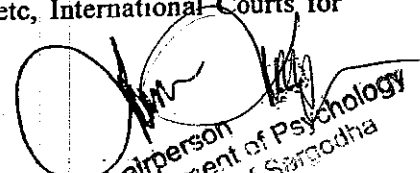
1. Campbell, N. A., Mitchell, L. G. & Reece, J. B. (2000). *Biology: Concepts and connections*. (3rd ed.). San Francisco: Addison Wesley, Longman.

ULAW-5122 Introduction to Human Rights

This course defines and explains human rights and distinguishes between various types of human rights i.e. economic, social and cultural rights. Certain objectives of this course are: to Understand how human rights are monitored and enforced, to understand the national and international legal documents of human rights and the work of various international organizations in the field of human rights & acquaint students with national and international legal documentation on human rights.

Contents

1. Introduction to Human Rights: Basic vocabulary and core concepts
2. Short History and Origins: The Greek, the Roman Foundations and the Islamic foundations of human rights, English traditions and modern human rights
3. United Nations and Human Rights: The Universal Declaration of the Human Rights, foundation of human rights law, the nature of the declaration, how the concept of human rights works? How the declaration envisions the promotion of human rights? How the declaration can claim to be universal?
4. An Analysis of the Universal Declaration of the Human Rights: Article 1 to 30 (A brief explanation and critical analysis)
5. Selected Contemporary Human Rights Issues: Ongoing Controversies, the human rights movements, Human rights as Western imperial legacy, Cultural differences and the Human rights, Islam and the human rights, women's rights, Problem of enforceability
6. International Human Rights Regimes: International Organizations: The United Nations, Office of the Commission of the Human Rights, Commission on Human Rights, United Nations High Commission for Refugees etc, International Courts for human rights, Selected Non-governmental Organizations
7. National Level and Actions
 - a) Human Rights and the Constitution of Pakistan
 - b) Case Studies (Assignment topics)


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Department of Psychology
University of Sargodha


Recommended Books

1. Paul Gready. (2004). *Fighting for human rights*. New York: Routledge.
2. René Provost. (2002). *International human rights and humanitarian law*. London: Cambridge University Press.
3. Zafarullah Khan. (2007). *Human rights* (2nd Ed.). Karachi: Pakistan Law House.

Suggested Books

1. Carol Devine, Carol R. Hansen, Ralph Wilde, Hilary Poole. (1999). *Human rights: The essential reference*. London: Oryx Press.
2. Mervyn Frost. (2002). *Constituting human rights: Global civil society and the society of democratic states*. USA: Routledge.

SEMESTER V



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Department of Psychology
University of Saigodha

PSYC-6108 Introduction to Research Methodology

This course provides an introduction to the basic logic of experimental research design. Objectives of this course are: To understand methodology of scientific research and various research designs, to design, conduct, analyze and interpret the findings of an empirical investigation, to read through and evaluate research papers in scientific journals, to identify ethical concerns in a research study.

Contents

1. Introduction to Science and Scientific Research: Scientific and non-scientific approaches to knowledge, definition, features, goals, and steps.
2. Identifying problems for research, reviewing literature, exploring new ideas for research
3. The Research Process: Formulating a research problem, conceptualizing a research design, searching instruments for data collection, selecting sample, writing a research proposal, collecting data, processing and displaying data, writing a research report
4. Theories in Scientific Research: Attributes of a good theory, approaches to theorizing, social science theories
5. Basics of Empirical Research
6. Research Design: Qualitative, quantitative & Mixed Methods research
7. Measurement of Constructs: Quantitative and qualitative measurement, scales of measurement, Scale Reliability and Validity
8. Sampling: Sampling techniques & types, issues, selecting a sample.
9. Data Collection methods: Survey Research (Types of surveys, biases in survey research), Experimental Research (Basic concepts, factorial designs, quasi experimental designs), Case study
10. Interpretive Research: Benefits and challenges of interpretive research, interpretive research designs
11. Epilogue: Research Ethics according to APA manual (Latest edition)

Recommended Books

1. Neuman, W. L. (2012). *Social research methods: Qualitative and quantitative approaches*. 7th edition, Princeton university Press.
2. Shaughnessy, J. J., Zechmeister, E. B., & Zechmeister, J. S. (2015). *Research methods in psychology*. (10th ed.). Singapore: McGraw-Hill.

Suggested Books

1. Goodwin, K. A., & Goodwin, C. J. (2017). *Research in psychology: Methods and design*. (8th ed.). New York: John Wiley & Sons.
2. Nicholas Walliman (2017). *Research Methods: The Basics* (2nd edition). Routledge: Taylor & Francis Group.
3. American Psychological Association (2010). *Publication Manual of APA* (6th ed.). Washington DC: APA

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Department of Psychology
University of Sargodha

PSYC-6109 Cross Cultural Psychology

This course provides an overview of the variation among different cultures and to understand the similarities and differences in different cultures. Objectives of this course are: to study the cultural impact on the personality of an individual, to study the acceptability of culture and norms, to conduct research in different cultures

Contents

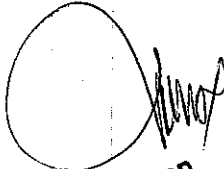
1. Introduction to cross-cultural psychology: What is cross-cultural psychology? Goals of cross-cultural psychology, Relationships with other disciplines, Ethnocentrism in psychology, A general framework for cross-cultural psychology
2. Similarities and differences in behavior across cultures, Cultural transmission and individual development, Social behavior, Personality, Cognition, Language, Emotion, Perception
3. Pursuing relationships between behavior and culture research strategies, Approaches from cultural anthropology, Biology and culture, Methodological concerns, Theoretical issues in cross-cultural psychology
4. Applying research findings across cultures, Acculturation and intercultural relations, Organizations and work, Communication and training, Health behavior, Psychology and the majority world

Recommended Books

1. Matsumoto, D. & Juang, L. (2017). *Culture and Psychology*, (6th Edition). Cengage Learning.
2. Shiraev, E. B., & Levy, D. A. (2017). *Cross-Cultural Psychology: Critical thinking and contemporary application (6th edition)*. New York: Routledge.

Suggested Books

1. Dasen, P. R. (2012). Emics and etics in cross-cultural psychology: Towards a convergence in the study of cognitive styles. In T.M.S. Tchombe, A. B. Nsamenang, H. Keller & M. Fülöp (Eds.), *Cross-cultural psychology: An Africentric perspective*.


Chairperson
Department of Psychology

PSYC -6110 Computer Applications in Psychology

This course introduces and makes the students familiar with, the personal computer (PC) & information technology, including the word-processor & spreadsheet packages. Main objectives of this course are: To develop their keyboard, word-processing and text-layout skills, to get them acquainted with the use of email and electronic messages, to familiarize them with the use of the Internet, power point and the World Wide Web, to develop their ability to use a spreadsheet for data analysis.

Contents

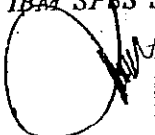
1. Introduction: Computer technology and its role in psychology, Advantages and disadvantages of computer
2. Introduction to MS Office: MS Word, MS Excel, MS Power Point
3. Basic features, short keys, page setup (page size and margins), table and APA-VI formatting, formatting of references, formatting of overall thesis according to APA-VI, Introduction to spreadsheet; Creating charts; formatting of Graphs according to APA-VI, Computer assisted Presentation tactics, Layouts and designs of slides, fonts and themes
 - a) ~~Efficient Use of Cyberspace: Defining Internet; Defining Web; Intranet and Internet, Advantage of Internet; Some limitations of Internet, Surfing and Browsing, e-mail; positive use of social media websites~~
 - b) Use of Turnitin Software: Introduction to plagiarism, similarity index, interpreting the turnitin reports, reducing similarity index
4. Introduction to SPSS: Data Entry; Cleaning Data; Data Manipulation; Data Transformation; Graphical Representation of Data; Statistical Analyses; Interpretation of SPSS Outputs; Reporting the Results in APA-VI Format, Frequency analysis, Psychometric properties analyses, Correlation analysis, Regression analyses, Independent Sample *t*-test analysis, table, ANOVA (One Way, Two Way) analyses table and description according to APA-VI

Recommended Books

1. Gravetter, F. J. & Wallnau, L. B. (2015). *Statistics for behavioral sciences*. (10th ed.). Cengage learning: Canada.
2. Andy Field (2013). *Discovering statistics using IBM SPSS Statistics (4th edition)*. Sage Publications

Suggested Books

1. Field, A. (2015). *Statistical Analyses using SPSS*. New York: McGraw-Hill.
2. Norton, P. (2000). *Introduction to computers*. (5th ed.). New York: McGraw-Hill.


Chairperson
Department of Psychology
University of Saigodha

PSYC-6111 Principles of Psychological Assessment

This course offers to learn fundamental assessment skills in administration, scoring, and interpretation of tests, report writing and recommendations. Major objectives of this course are: To have an overview of intelligence, personality, achievement and vocational tests, to acquire knowledge of basic concepts of psychological assessment; standardization, reliability and validity.

Contents


1. Psychological tests: Definition, nature, uses, types; Psychological test vs. psychological assessment; Ethics of psychological testing, Standards of testing
2. History of psychological testing: Antecedents; Rise of modern psychological testing,
3. Test construction: Introduction; Steps of test construction. Characteristics of a good psychological test
4. Item writing: Types of items; guidelines for writing items; Item analysis: Item difficulty, Item discrimination, Item response theory, Item characteristic curves.
5. Reliability of test scores: Types of reliability, factors influencing reliability of test scores; how to improve reliability of test scores; Standard error of measurement
6. Validity: Types of validity: Face, Content, Criterion, and Construct validity. Factors influencing validity. Error of estimate. Relation of validity & reliability.
7. Test norms: Steps in developing norms, Relativity of norms, Cut-off scores, Norm-referenced and criterion-referenced testing
8. Response sets; Types of response sets; Methods to eliminate response sets

Recommended Books

1. Cohen, R. J., & Swerdlik, M. E. (2018). Psychological Testing and Assessment: An Introduction to Tests and Measurement (9th Ed.). McGraw-Hill Education.
2. Anastasi, A. & Urbina, S. (2009). Psychological Testing (7th Ed.). Pearson College Division.
3. Lewis, R. Aiken., & Gary, G. M. (2008). Psychological Testing And Assessment (12th Ed.). Prentice Hall.

Suggested Books

1. Gregory, R. J. (2013). *Psychological testing, history principles & applications*. (7th ed.). Pearson education: South Asia.
2. Pittrnger, D. J. (2003). *Behavioral research design analysis*. New York: McGraw-Hill.


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Department of Psychology
University of Sargodha

PSYC -6112 Fundamental Statistics in Psychology

This course offers to get students to use the terms and concepts to learn the Scientific Method. Main objectives of this course are: To introduce statistical techniques employed within contemporary psychology, to learn basic data analysis techniques using statistics.

Contents

1. Standardized Distributions: Importance of normal distribution, Application of normal curve, Areas under normal curve, Transforming a distribution from raw scores into Z scores and vice versa, Using Z scores to standardize a distribution, Other standardized distributions based on Z scores
2. Probability: Permutation and Combination, Definition of Probability, Subjective Empirical and Classical Approach to Probability, Laws of Probability, Probability and binomial distribution, Probability and the distribution of sample means
3. Sampling Distribution & Estimation: How to make a sampling distribution: properties & application; A brief introduction to estimation; proportion & estimation
4. Correlation & Causation, Pearson Product Moment Correlation, Spearman's Rank Order Correlation, Point Biserial Estimation, Phi coefficient,


Note: Practical exercises to be given by the end of each topic/ chapter.

Recommended Books

1. Kirpatrick, L. A. & Feneey, B. C. (2012). *A simple guide to IBM SPSS statistics for version 20.0*. Belmont CA: Wadsworth Inc.
2. Neuman, W. L. (2014). *Social Research Methods: Qualitative and Quantitative Approaches* (7th Ed.). Pearson
3. Zikmund, W. G., Babin, B. J., Carr, J. C., & Griffin, M. (2013). *Business Research Method* (9th edition). Erin Joyner, Canada.

Suggested Books

1. Andy Field (2013). *Discovering statistics using IBM SPSS Statistics* (4th edition). Sage Publications
2. Gravetter, F. J. & Wallnau, L. B. (2015). *Stats for behavioral sciences*. (10th ed.). Cengage learning: Canada.


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University of Sargodha

PSYC-6113 Historical Perspective in Abnormal Psychology

This course describes the historical emergence of Abnormal Psychology as a concept and as an area of clinical practice. Main objectives of this course are: To identify and compare several theories about the causes of abnormal behavior, to discuss the ethical and legal considerations associated with abnormal behavior, to describe and classify several disorders.

Contents


1. Introduction to Abnormal Psychology: Concept of Abnormality; Criteria of Normality and Abnormality; Defining Psychological Abnormality (Deviance, Distress, Dysfunction, Danger)
2. Historical Background of Modern Abnormal Psychology: Ancient views and treatment, Greek & Roman views, Europe in the Middle Ages, Renaissance, 19th Century, Modern view
3. Models of Psychopathology: Biological Model, The Psychodynamic Model, Behavioral Model, Cognitive Model, The Humanistic Model, The Sociocultural Model, Eclectic Approach
4. Clinical Assessment of Abnormality: A brief overview of clinical observation, tests and interviews, Diagnostic Classification Systems: Latest versions of DSM and ICD

Recommended Books


1. Ronald J. Comer & Jonathan, S. Comer (2018). Abnormal Psychology (10th Ed.). MacMillan Higher Education
2. Butcher, N. J., Mineka, S. & Hooley, N. L. (2017). Abnormal Psychology (15th Ed.). Pearson India.

Suggested Books

1. American Psychological Association (2010). *Publication Manual of APA* (6th ed.). Washington DC: APA
2. David Sue, Derald Wing Sue, Stanley Sue, Diane M. Sue (2015). *Understanding Abnormal Psychology* (11th Ed.). Cengage Learning.
3. Durand, V. M. & Barlow, D. H. (2016). *Essentials of abnormal psychology*. (7th ed.). CA: Thomson.
4. Davidson, G. C. & Neale, J. M. (2014). *Abnormal psychology*. (12th ed.). New York: Wiley. Wadsworth


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University of Sargodha

SEMESTER VI


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University of Sargodha

PSYC-6114 Advance Research Methodology

This course provides the students an overview of basic principles of experimental design and scientific method. Main objectives of this course are: To give an opportunity to collect data of their own which is relevant to the theories, principles, and concepts encountered during the 1st semester, to acquire skill of writing a scientific report of research carried out.

Contents

1. Correlational research: The nature and logic of correlations, Correlation versus causality, Measures in correlational research, Interviews and questionnaires, Margin of error, Reliability and validity, Predictions and decisions
2. Surveys: Nature, goals, and, basic steps, mail surveys, personal interviews, telephone surveys, Survey Research Designs, Cross-sectional design, Successive independent samples design, Longitudinal design
3. Experimental Research Methods: Control and variability, logic, characteristics, Independent measure designs/Between group design, Random group design, Alternative independent groups design,
4. Repeated Measures designs/Within group design, Advantages and methodological issues: Differential carry-over effect, and general practice effect, Complex designs,
5. Small N designs, Classical, After-only, Before-after no control group, Crossover,
6. Solomon four-group, and Factorial designs
7. Applied Research, Single Case research designs
8. Quasi-Experimental Designs, Retrospective \ Ex Post Facto Designs, Prospective, Time Series Designs, Event - Specific Alignment Designs,
9. Reporting writing as per APA standards
10. Research Project: The students shall carry out small research projects either individually or in groups (preferably two students per group), and submit formal research reports. The final evaluation will be on the basis of the report as well as individual viva voce. APA protocol of report writing will be required.

Recommended Books

1. Neuman, W. L. (2014). *Social research methods: Qualitative and quantitative approaches*. 7th edition, Princeton university Press.
2. Shaughnessy, J. J., Zechmeister, E. B., & Zechmeister, J. S. (2015). *Research methods in psychology*. (10th ed.). Singapore: McGraw-Hill.

Suggested Books

1. Goodwin, K. A., & Goodwin, C. J. (2017). *Research in psychology: Methods and design*. (8thed.). New York: John Wiley & Sons.
2. Kerlinger, F. N. & Lee, B. H. (2000). *Foundations of behavioral research* (4th ed.). Harcourt College Publishers.
3. American Psychological Association (2010). *Publication Manual of APA* (6thed.). Washington DC: APA.

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University of Sargodha

PSYC-6115 Neurological Bases of Behavior

This course provides an understanding of the elements of biology that influence the way we think, feel, & act. Objectives of this course are: To comprehend the elements of psychology that are affected by biological factors, to understand the interaction of psychological and biological factors in our experience of life.

Contents


1. Origins of Physiological Psychology (Neurophysiology)
 - a) Neurological explanation of behavior, Historical roots of Physiological Psychology, Evolution of brain,
 - b) Genetics and evolution of behavior,
 - c) Chromosomal disorders, Ethical issues in Neurophysiologic research,
 - d) Careers in Physiological Psychology
2. Physiology of Neural Cell
 - a) Neurons, Types of neurons, Nerve impulse,
 - b) Communication within a neuron, Communication between neurons
3. Physiology of Nervous System
 - a) Basic features of nervous system, Central nervous system, peripheral nervous system,
 - b) Investigating how does the brain control behavior, Development of the brain
4. Psychopharmacology
 - a) Principles of Psychopharmacology, Categorization of drugs, Sites and mechanisms of drug action, Drug addiction, Neurotransmitters and neuromodulators

Recommended Books

1. Carlson, N. R. & Birkett, M. A. (2016). *Physiology of Behavior* (12th Edition). Pearson Education Ltd.
2. Pinel, John P. J. & Barnes, S. J. (2017). *Biopsychology* (10th edition). Pearson Education Ltd.

Suggested Books

1. Kalat, J. W. (2019). *Biological psychology* (13th ed.). Cengage Learning Inc


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Department of Psychology
University of Sambalpur

PSYC-6116 Applications of Statistics in Psychology

This course provides students an overview of the terms and concepts to learn the scientific methods. To introduce statistical techniques employed within contemporary psychology. Main objectives of this course are: To learn basic data analysis techniques using statistics, to have a broad view of the application of computers in wide range of areas, to learn data base management using MS Excel, MS Access, to introduce the efficient cyberspace, to make them capable for doing statistical analysis of data of their own research through SPSS-20.0.

Contents


1. Regression:
 - a) Linear Regression, Scatter Diagram, Standard Error of Estimation, Estimation of measures of association
2. Inferential Statistics: Parametric Tests (Hypothesis Testing)
3. The logic of hypothesis testing in psychological research, types of hypothesis. Assumptions underlying the parametric tests, Level of confidence, Statistical power, Practical and statistical significance, Type I & Type II Errors in Research, Tests of Significance; (Z tests, t-test, One & Two Tail)
4. Analysis of Variance (ANOVA):
5. Nature and purpose of ANOVA, Basic assumptions underlying ANOVA.
6. One-way ANOVA, Two-way ANOVA
7. Inferential Statistics: Non-parametric Tests
8. Chi-square Tests of Association, Chi-square Goodness of Fit Test,
9. Chi-square with Two-way Classification (Contingency Table Analysis), Mann Whitney U test, Wilcoxon test, Kruskal-Wallis H Test

Recommended Books

1. Andy Field (2013). *Discovering statistics using IBM SPSS Statistics (4th edition)*. Sage Publications.
2. Neuman, W. L. (2014). *Social Research Methods: Qualitative and Quantitative Approaches (7th Ed.)*. Pearson

Suggested Books

1. Zikmund, W. G., Babin, B. J., Carr, J. C., & Griffin, M. (2013). *Business Research Method (9th edition)*. Erin Joyner, Canada.
2. Kirpatrick, L. A. & Feneey, B. C. (2012). *A simple guide to IBM SPSS statistics for version 20.0*. Belmont CA: Wadsworth Inc.
3. Salkind, N. J. (2014). *Statistics for People Who (Think They) Hate Statistics (5th edition)*. Thousand Oaks, CA: Sage Publications. ISBN: 9781452277714
4. Gravetter, F. J. & Wallnau, L. B. (2014). *Essentials of statistics for behavioral sciences (8th ed.)*. New York: Thomson/Wadsworth.


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Department of Psychology
University of Sargodha

This course offers the students some experience in developing their own test and evaluating its statistical properties. It describes the clinical interpretation of a handful of psychological tests including projective (e.g. T.A.T.) intelligence (e.g. WAIS-R) and personality (e.g. MMPI). Main objectives of this course are: To understand statistical characteristics of test scores, to learn fundamental assessment skills in administration, scoring, and interpretation of tests, report writing and recommendations, to have an overview of intelligence, personality, achievement and vocational tests, Gain knowledge about the basic concepts of psychological assessment; standardization, reliability and validity.

Contents

1. Measurement of Abilities: Intelligence, Nature, Meaning, Different viewpoints; types of intelligence tests, Stanford Binet, Wechsler, Kaufman, Differential Ability Scales, Problems in testing intelligence Diversity in test performance
2. Tests for special populations: Infant & Pre-school Testing; Testing of the Mentally Retarded populations; Testing for physical disabilities; Multicultural Testing
3. Group testing: Groups vs. Individual tests
4. Adaptive Testing, Computer Based Administration, Multilevel batteries, Educational Testing; Career guidance; Aptitude testing; Achievement testing; and Learning disabilities
5. Personality Testing: Meaning & purpose of personality measurement; Tools of personality assessment. Some representative personality inventories based upon content, criterion, and factor analysis; Current status of personality inventories
6. Measurement of interests, values & attitudes; Some recent representative tests; Overview & highlights. Significant trends
7. Projective Techniques: Nature of Projective Techniques: Types of projective techniques, Evaluation & Criticism of Projective Techniques
8. Occupational & Organizational Testing: Criteria for occupational testing, Career assessment; Test applied to organizational setting, Important areas and tests used in organization
9. Tests in Clinical & Counseling Settings, Psycho Neurological tests, Behavioral assessment and clinical judgment

Recommended Books

1. Cohen, R. J., & Swerdlik, M. E. (2018). *Psychological Testing and Assessment: An Introduction to Tests and Measurement (9th Ed.)*. McGraw-Hill Education.
2. Anastasi, A., & Urbina, S. (2012). *Psychological testing (7th ed.)*. New Delhi: Prentice Hall.

Suggested Books

1. Gregory, R. J. (2014). *Psychological testing, history principles & applications. (7th ed.)*. Pearson education: South Asia.
2. Cohen, R. J., & Swerdlik, M. E. (2012). *Psychological Testing and Assessment: An Introduction to Tests and Measurement (8th Ed.)*. McGraw-Hill Education.
3. Aiken Lewis. R. *Psychological Testing & Assessment (Latest Edition)* Allyn & Bacon, Inc.

Chaitanya
Department of Psychology
University of Sargodha

PSYC-6118 Personality Psychology

This course offers students to understand the essential dynamics of personality so that they can appreciate the human diversity and come across with their own conception of human nature. Main objective of this course are: To orient students towards the historical developments in the field of personality psychology so that the classical theories of personality may be comprehended in terms of contemporary insights into the discipline, to inculcate a holistic approach among the students so that they extend their knowledge of personality to research endeavors

Contents


1. Introduction to Personality: Definition of Personality Essential Features of Personality, Theories of Personality, Six Approaches to Personality
2. Characteristics of a Good Theory.
3. Issues in Personality Psychology. Collectivist orientations, Situational causes and cues,
4. Issues in psychoanalysis
5. Adler's Individual Psychology: Inferiority complex, Striving for superiority,
6. Jung's Analytical Psychology: Personal vs. collective unconscious, Archetypes,
7. Erikson's Ego Psychology
8. Stages and Conflicts in Personality Development
9. Horney's Relational Psychology
10. Self theory
11. Fromm's Humanistic Psychoanalysis
12. Freedom ; Escape from freedom
13. Family origins
14. The social unconscious; Orientations; Evil; Human needs
15. TRAITS/DISPOSITIONAL PSYCHOLOGY
16. Gordon Allport
17. Five-Factor Theory (Norman, McCrae and Costa)
18. Stress, adjustment and personality
19. Occupational life and personality

Recommended Books

1. Burger, J.M. (2019). *Personality (10th ed.)* Boston, MA: Cengage Learning.
2. Cervone, D., & Pervin, L. A. (2017). *Personality: theory and research* (13th ed.). Hoboken, NJ: John Wiley & Sons.

Suggested Books

1. Carver, C. S., & Scheier, M. F. (2017). *Perspectives on Personality (8th ed.)*. New York: Pearson Education.
2. Larsen, R.J., & Buss, D. M. (2018). *Personality Psychology: Domains of Knowledge About Human Nature (6th ed.)*. New York: McGraw-Hill Education.


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University of Sargodha

PSYC-6119 Psychopathology

This course provides students an overview of ethical and legal considerations associated with abnormal behavior. Main objectives of this course are to: Identify and compare several theories about the causes of abnormal behavior, demonstrate an organized and coherent knowledge of selected psychological problems informed by reading and discussion, consider the impact of these psychological problems on the individual and the wider social context.

Contents


- a. Introduction and basic concept of Psychopathology
- b. Different Diagnosis and Etiological Factor described in DSM-V
2. Neurodevelopmental Disorders
3. Schizophrenia Spectrum and Other Psychotic Disorders
4. Bipolar and Related Disorders
5. Depressive Disorders
6. Anxiety Disorders
7. Obsessive-Compulsive and Related Disorders
8. Trauma- and Stressor-Related Disorders
9. Dissociative Disorders, Somatic Symptom and Related Disorders
10. Feeding and Eating Disorders
11. Elimination Disorders
12. Sleep-Wake Disorders
13. Sexual Dysfunctions
14. Gender Dysphoria
15. Disruptive, Impulse-Control, and Conduct Disorders
16. Substance-Related and Addictive Disorders
17. Neurocognitive Disorders
18. Personality Disorders
19. Paraphilic Disorders

Recommended Books

1. Ronald J. Comer & Jonathan, S. Comer (2018). *Abnormal Psychology (10th Ed.)*. MacMillan, Higher Education.
2. James N. Butcher, Susan Mineka, & Jill M. Hooley (2017). *Abnormal Psychology (15th Ed.)*. Pearson India.

Suggested Books

1. Whitbourne, S. K. (2017). *Abnormal Psychology: Clinical Perspectives on Psychological Disorders (8th Edition)*. McGraw Hill Education.
2. American Psychiatric Association. (2013). *Diagnostic and Statistical Manual of Mental Disorders (DSM-5)*. Authors.
3. Davidson, G. C. & Neale, J. M. (2015). *Abnormal psychology*. (13th ed.). New York: Wiley.
4. Comer, R. J. (2015). *Abnormal psychology*. (9th ed.) USA: Freeman & Company.


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University of Sargodha

SEMESTER VII

PSYC-6120 Clinical Psychology

This course provides an overview of the strong knowledge of skill and acumen in the detection, evaluation and diagnosis of various psychological conditions. Certain objections of this course are to: understand and change abnormal behavior, cognition, and emotions, learn case study and report writing skills, and how to study counseling Psychology as helping-profession in everyday life.

Contents


1. Nature and Scope of Clinical Psychology: Defining clinical psychology; Differences in clinical and counseling psychology; Careers in clinical psychology
2. Historical Overview of Clinical Psychology
3. Diagnostic Systems in clinical Psychology: DSM-V ICD-X
4. Communication and interviewing skills: Effective communication, types of clinical interviews: Intake interview, case history interview, diagnostic interview
5. Clinical assessment and diagnosis: Processes of Assessment; Goals of Assessment; Dimensions in Assessment; Tools of assessment.
6. Psychotherapies: Psychoanalysis; Behavioral Therapies; Client-centered Therapy; Cognitive behavior therapy, Rational emotive behavior therapy, Gestalt therapy, Contemporary therapies
7. Ethical Issues in Clinical Psychology: Ethical conduct and principles of psychologists; Ethical standards and ethical committees; Formation of working guidelines Ethics in psychotherapy; therapists' obligation; sexually intimated behavior with clients, dual relationship; conflict-of-interest situation
8. Practicum: The students are required to prepare four case studies of mental patients. The students must prepare a report of therapeutic sessions based on a particular theoretical orientation with two clients, as prescribed by the teacher concerned.

Recommended Books

1. Plante, T. G. (2011). *Contemporary Clinical Psychology* (3rd edition). John Willey and Sons, Inc.
2. ~~Davey, G. (2015). *Clinical psychology*. London [U. A.] Routledge, Inc.~~

Suggested Books

1. Barlow, D. H., Durand, V. M., & Hofmann, S. G. (2018). *Abnormal psychology: An integrative approach* (8th edition). California: Wadsworth.
2. Corey, G. (2017). *Theory and practice of counseling & psychotherapy* (10th edition). Cengage learning: US.
3. Carr, A. & McNulty, M. (2016). *The handbook of adult clinical psychology*. London: Routledge, Taylor & Francis Group.


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Department of Psychology
University of Sargodha

PSYC-6121 Neurological Dysfunctions

This course offers the students a comprehensive introduction regarding the elements of biology that influence the way we think, feel, & act. Main objectives of this course are to: comprehend the elements of psychology that are affected by biological factors and understand the interaction of psychological and biological factors in our experience of life.

Contents

1. Neurological Disorders: Defining neurological disorders, Affective disorders, Epilepsy, Mental Retardation, Anxiety disorders, sleep disorders, Degenerative disorders
2. Sensation and Perception: Anatomy of visual system, visual coding and the retinal receptors, neural basis of visual perception, Anatomy of Auditory system, neural basis of auditory perception, Somato-senses, Gestation, Olfaction
3. Learning and Memory: Nature of Learning, Learning and synaptic plasticity, Neurological basis of perceptual learning, instrumental and classical conditioning, motor learning, Localized representations of memory, types of memory and amnesia, Brain-damage-and-LTM, Hippocampus functioning and memory
4. Language: Functional lateralization and the corpus callosum, Brain mechanisms in speech production and comprehension, Evolution of language capacities, effects of brain damage on human language, Genetic abnormalities of language & intellect, Dyslexia
5. Emotions & Regulations of Internal Body States: Neural control of emotional response patterns, Role of orbit frontal cortex in social judgment and emotions, Neural basis of the communication of emotions, Endocrine system and emotions, Homeostasis, The Psychology and Biology of thirst. The multiple control of hunger, Physiological mechanisms of sleep & waking
6. Practical Work: Dissection of Animal Brain; Dissection of Mouse; Location of Brain Areas of Function in Body

Recommended Books

1. Carlson, N. R. & Birkett, M. A. (2016). *Physiology of Behavior* (12th Edition). Pearson Education Ltd.
2. Pinel, John P. J. & Barnes, S. J. (2017). *Biopsychology* (10th edition). Pearson Education Ltd.

Suggested Books

1. Kalat, J. W. (2019). *Biological psychology* (13th ed.). Cengage Learning Inc.
2. Sporns, O. (2011). *Networks of the brain*. Cambridge: Massachusetts Inst. of Technology.

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University of Sargodha

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Department of Psychology
University of Sargodha

PSYC-6122 Health Psychology

This course offers the students an introduction to the psychological processes of health, illness and health care. Main objectives of this course are to: apply psychology to the promotion and maintenance of health and to understand the relevance of Psychology to medicine.

Contents

1. Historical Background: The changing field of medicine; the involvement of psychology
2. The modern concept of health and illness; Behavioral medicine and behavioral health; Definition, development, and scope of Health Psychology
3. Behavioral Medicine and psychological principles: The conditioning models; Observational learning; Cognitive learning
4. The biology of health and illness: The endocrine system; The reproductive system; The digestive and excretory system; The nervous system; The respiratory system; The cardiovascular system; The immune system
5. ~~Psychological interventions in Health Psychology~~: Relaxation training; Biofeedback; Behavior modification; Cognitive therapy; Counseling; Assertiveness training; Hypnosis; Social skills training; Health education
6. The psychology of sickness and well-being: Being sick and feeling sick; seeking health care; Relationship between physical, mental, and social well-being; Compliance; following medical advice; Psychological factors influencing physical health; Personality type; Health beliefs; Locus of control and self-efficacy; Social support; Stress tolerance
7. Stress, coping, and health: Models of stress Selye, Mason, and Lazarus; Measuring stress and identifying stressors; Stress and illness; Stress management
8. Application of Health Psychology: Coronary heart disease (CHD); Cancer; Pain; AIDS; Diabetes Mellitus; Problems associated with women's reproductive health; Infertility; Obesity; Eating disorders: Bulimia and Anorexia Nervosa; Habit disorders: smoking and drinking; Sleep disorders
9. Health Psychology for better hospital/ clinic setting : The hospital environment; Doctor-patient communication

Recommended Books

1. Shelly E. Taylor, (2018). Health psychology (10th edition). New York: McGraw-Hill.
2. Dimatteo M. R., & Martin, L. R., & Zolnierik, K.B. (2010). *Health Behavior Change and Treatment Adherence: Evidence-based Guidelines for Improving Healthcare*. Oxford University Press.
3. Ogden, J. (2012). *Health Psychology (5th edition)*. Publisher: McGraw-Hill Education (UK).

Suggested Books

1. Friedman, H. S. (2011). *The Oxford Handbook of Health Psychology (Ed.)*. NY: Oxford University Press.
2. Ghane, a. & Sweeny, K. (2012). *Embodied health: A guiding perspective for research*
3. *in health psychology*. Department of Psychology, University of California, Riverside, CA, USA.

Chairperson
Department of Psychology
University of Santhoshia

PSYC-6123 Developmental Psychology

This course explores various aspects of development since birth to adulthood. Social and emotional development in infant temperament, attachment, gender roles etc. main objectives of this are to: Construct and interpret a historical overview of developmental psychology, objectively interpret evidence interpreted through typical research methods used to understand human development, explain, evaluate, and debate the major psychological theories as they apply for human development.

Contents

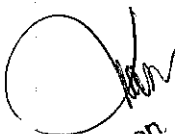
1. The Life-Span Perspective, Introduction
2. Beginnings: Biological Beginnings, Prenatal Development and Birth
3. Infancy: Physical Development in Infancy, Cognitive Development in Infancy, Socio-emotional Development in Infancy
4. Early Childhood: Physical and Cognitive Development in Early Childhood, Socio-emotional Development in Early Childhood
5. Middle and Late Childhood: Physical and Cognitive Development in Middle and Late Childhood Socio-emotional Development in Middle and Late Childhood
6. Adolescence: Physical and Cognitive Development in Adolescence, Socio-emotional, Development in Adolescence
7. Early Adulthood: Physical and Cognitive Development in Early Adulthood, Socio-emotional Development in Early Adulthood
8. Middle Adulthood: Physical and Cognitive Development in Middle Adulthood, Socio-emotional Development in Middle Adulthood
9. Late Adulthood: Physical Development in Late Adulthood, Cognitive Development in Late Adulthood, Socioemotional Development in Late Adulthood
10. Endings, Death, Dying, and Grieving

Recommended Books

1. Berk, E. L. & Meyers, A. B. (2018). *Child development* (10th ed.). Pearson, US.
2. Feldman, R. S. (2017). *Development Across the Life Span* (8th Edition). Pearson Education.

Suggested Books

1. Zimbardo, P.G., & Gerrig, R.J. (2014). *Psychology and Life* (20th edition). Pearson Education Ltd.
2. Bee, H. & Boyd, D. (2018). *Lifespan development-Loose-Leaf Edition*. (8th Edition). Pearson Publishers.
3. John W. Santrock (2015) *Lifespan Development* (15th ed.) McGraw Hill. ISBN: 978-0-07-786182-7


Chairperson
Department of Psychology
University of Sarawak

PSYC-6124 Gender Issues in Psychology

This course provides students a coherent overview on nature of women psychology and to familiarize the students with the critical evaluation of research, facts and their relations to current situation of women rights. Main objectives of this course are to: create awareness among students about rights of women and enhance research skills in gender issues, conclude differences on what are the real gender differences and what are shaped by the societies.

Contents


1. Introduction to women studies; Need for women studies in Pakistan
2. Image of Women in different religions of the world and sub-continent; Emergence of Psychology of Women in West
3. Gender Issues
 - a) Physiological and psychological issues in development, Gender Discrimination, Adolescence and menstruation along with Myths and Taboos across-cultures; Pregnancy, Mother-hood, Menopause and related issues
4. Marriage and Family System
 - a) Impacts of marriage on women, System of subordination and status of women, Gender role expectation and behavior patterns
5. Perception of Self, Self-esteem
 - a) Factors governing gender differences in self-esteem, self-perception and self-efficacy; Gender, Employment and the economy, Achievement motivation and attitudes; Bridging the gap
6. Culture specific practices and female psyche
 - a) Women and Psychopathologies, Women and Laws of Pakistan, Violence against women and other issues in Pakistan and global arena;
 - b) Feministic perspective of Gender, Feministic movement in various periods of time

Recommended Books

1. Brannon, L. (2017). *Gender: Psychological Perspectives* (7th edition). Routledge Publications: New York.
2. Linda, B. (2017). *Gender: Psychological Perspectives* (7th edition). London: Taylor and Francis.
3. Vicki, S. H. (2016). *Psychology of Gender* (5th edition). London: Taylor and Francis.

Suggested Books

1. Helgeson, V. S. (2016). *Psychology of Gender* (5th edition). New York, Routledge.
2. Else-Quest, N. M., & Hyde, J. S. (2018). *The Psychology of Women and Gender: Half the Human Experience* (9th edition). SAGE Publications.



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PSYC-6125 (a) Project

Also included PSYC-6125 (b)

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University of South Florida

SEMESTER VIII


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Department of Psychology
University of Bangladesh

PSYC-6126 Counseling Psychology

This course provides a strong knowledge of skill and acumen in the detection, evaluation and diagnosis of various psychological conditions. Main objectives of this course are to: understand and change abnormal behavior, cognition, and emotions through the application of principles and techniques of Clinical and counseling Psychology and study Counseling Psychology as helping profession in everyday life.

Contents

1. An overview of counseling: Definitions of counseling; goals of counseling; historical development of counseling, do's and don'ts of counseling
2. Careers and scope of counseling: Distinguish the various counseling specialty areas of school counseling, mental health counseling, community counseling, counseling in student affairs practices, rehabilitation counseling, gerontological counseling, and marriage and family counseling.
3. On becoming a counselor: Personal characteristics of effective counselors; the process of counselor education, personal values in counseling, on becoming a counselor.
4. Counseling relationship: The basics to building and implementing a counseling relationship, the office environment, basic and advanced counseling skills, case conceptualization, and record keeping.
5. Theoretical approaches to counseling: Four conceptual approaches to counseling: psychodynamic, existential-humanistic, behavioral, cognitive, and some theories that are associated with them. Integrative approach, brief-treatment and solution-focused therapies, Uses of Expressive Arts in Counseling Psychology (Creative arts; Visual arts; Psychodrama; Poetry, writing, and bibliotherapy; Music and dance therapies).
6. Counseling in different settings: Basic principles to family counseling, group work, career development, the history of consultation, and supervision.
7. Ethical Issues in Counseling Psychology: Ethical considerations in counseling Legal considerations for counselors, current and future trends in counseling, research and evaluation in counseling.

Recommended Books

1. Corey, G. (2017). *Theory and practice of counseling & psychotherapy* (10th edition). Cengage learning: US.
2. Gladding, S.T. (2017). *Counseling: A Comprehensive Profession* (8th edition). Pearson Publisher.

Suggested Books

1. Cormier, S. & Hackney, H. (2016). *Counseling strategies and interventions for professional helpers* (9th edition). Harlow, Essex Pearson.
2. Capuzzi D. & Gross, D. R. (2017). *Introduction to the Counseling Profession* (7th edition). New York: Routledge.
3. Capuzzi D. & Stauffer, M. D. (2016). *Counseling and psychotherapy-Theories and interventions* (6th edition). Alexandria, VA: American Counseling Association.

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University of Sargodha

This course provides students a coherent overview of both classic and contemporary data on nature of cognition that spans a broad spectrum of subjects. Main objectives of this course are to: familiarize the students with the critical evaluation of experimental data and their relations to current models of human cognition and prepare the students for advanced study in specialized areas of cognitive psychology.

Contents

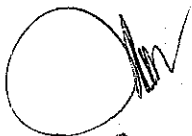
1. Orientation to Cognitive Psychology
 2. Antecedents of cognitive psychology, Emergence of cognitive psychology, Research methods, key issues and paradigms within cognitive psychology, Computer models of information processing and human cognition
 3. Attention and Consciousness
 4. Stages of processing, models of attention, Selective and divided attention, Attention models and consciousness, Preconscious processes, Controlled versus autonomic processes, Habituation, Cognitive neuroscientific approach towards attention and consciousness
 5. Perception
 6. From sensation to representation, Classic models of perception, Contemporary theoretical approaches to perception, Bottom-down approaches, Top-down approaches, Computational theory, Spatiotemporal boundary formation theory, Marr's theory, Object recognition processes, Deficits in perception.
 7. Knowledge
 8. Mental representation of knowledge, Mental manipulation of images, Synthesizing images and propositions, Spatial cognition and cognitive maps, organization of declarative knowledge, Representation of procedural knowledge, Integrative models of declarative and procedural knowledge.
 9. Problem Solving and Creativity
 10. Analyses of problem solving, The problem solving cycle, Types of problems, Obstacles and aids to problem solving, Expertise, knowledge, and problem solving, Creativity, Structures of problems involving creativity, Process of creative problem solving.
 11. Decision Making and Reasoning
 12. Judgment and decision making, Types of reasoning, Inductive reasoning, Deductive reasoning, Approaches to the study of reasoning and decision making, Cognitive illusions in decision making.
- Note: The students have to perform certain experiments as prescribed by the teacher concerned.

Recommended Books

1. Galotti, K. M. (2013). Cognitive Psychology in and out of laboratory (5th edition). Publisher: Vicki Knight.
2. Róbert, J. S., & Karin, S. (2016). Cognitive Psychology (7th edition). Nelson Education, Ltd.

Suggested Books

1. Sternberg, R. J. & Sternberg, K. (2012). *Cognitive Psychology* (6th edition). Belmont, CA: Wadsworth.


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University of Sargodha

PSYC-6128 Psychology of Advertising and Marketing Research

This course offers the students a comprehensive introduction to understand the manipulation of target population's psychographics in advertising. Main objectives of this course are to: familiarize students with basic types and skills in marketing research and make students appreciate the diversity of modes of advertising and the corresponding manipulation of psychographics.

Contents


1. An orientation towards marketing research
2. Research designs in marketing: Qualitative Techniques; Quantitative Techniques; Cross-sectional; Longitudinal
3. Market Segmentation: Demographic Segmentation; Psychographic Segmentation; Implications of Market Segmentation
4. Promotional Strategies: Selection of Media; Types of Promotional Strategies; Mode of Advertisement; Publicity
5. Psychology of Advertisement & Creating Effective Advertisement

Recommended Books

1. Fennis, B. M. & Stroebe, W. (2015). *The Psychology of Advertising 2nd Edition*. Routledge
2. McDaniel, C. Jr., & Gates, R. (2012). *Marketing research essentials*. (8th Ed.) New Jersey: John Wiley & Sons.

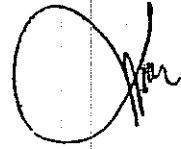
Suggested Books

1. Wayne Hoyer and Deborah MacInnis (2009). *Consumer Behavior*, (5th ed), South-Western Cengage Learning
2. Crawford, C. M., & DiBenedetto, C. A. (2005). *New product management*. (7th Ed.). New York: McGraw-Hill.

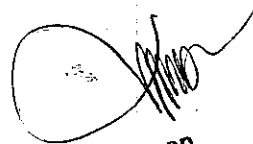

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PSYC-6125 (b) Project

Basic objectives to offer this course are to: carry out independent and sustained research under appropriate supervision, develop advanced research skills and techniques, present their findings in scholarly documented form, and make an independent contribution to learning, or offer a critical perspective on existing scholarship or methodology

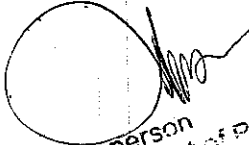


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OPTIONAL COURSES


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(OPTIONAL COURSES)

PSYC-6129 Consumer Psychology

This course offers the students to develop an appreciation for the influence consumer behavior has on marketing activities. Main objectives of this course are to: apply psychological, social and cultural concepts to marketing decision making. Topics include the importance of consumer behaviour and research; internal influences such as motivation and involvement, personality, self-image, life-style, perception, learning, attitude formation and change, and communication; external influences such as culture, subculture, social class, reference groups and family, and the diffusion of innovations; and consumer decision-making.

Contents

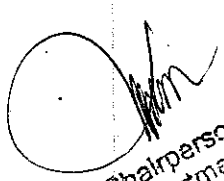
1. Introduction to Consumer Behaviour and Consumer Research
2. Consumer Behaviour and Marketing Strategy
3. Internal Influences on Consumer Behaviour: Motivation and Involvement; Personality, Self-Image, and Life-Style; Consumer Perception; Consumer Learning; Consumer Attitude Formation and Change; Communication and Consumer Behaviour
4. External Influences on Consumer Behaviour: The Influences of Culture on Consumer Behaviour; Subcultures and Consumer Behaviour; Social Class and Consumer Behaviour; Reference Groups and Family; Consumer Influence and the Diffusion of Innovations
5. Consumer Decision Making: Process & Outcomes

Recommended Books

1. Schiffman, L. G. & Wisenblit, J. (2018). Consumer Behavior (12th edition). Pearson Prentice Hall.
2. Hawkins, D. I., & Motherbaughs, D. I. (2016). Consumer Behavior: Building Marketing Strategy (13th edition). McGraw-Hill Ed, Boston.

Suggested Books

1. Solomon, M. R. (2016). *Consumer behavior :Buying, Having, and Being* (12th ed.). Pearson Publications.


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PSYC-6130 Organizational Behavior

This course provides an overview of the basic concept of organizational behavior. Main objectives are to: explore the principal concepts and tools of organizational behavior, and develop skills to apply knowledge and techniques of industrial and organizational psychology in a variety of settings, including business, industry, government, and not-for-profit organizations.

Contents

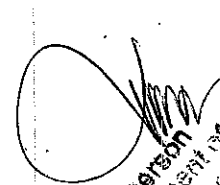
1. Introduction to Organizational Behavior: Organizations, Scope of studying OB, OB related fields of study, Research in OB
2. Individual level of study: Perception, Personality, Emotions, Work Motivation, Organizational socialization, Stress management
3. Groups level of study, Leadership, Decision making, Conflict management, Power and politics
4. Organizational level of study, Business communication, Organizational culture, Organizational structure
5. Organizational Behavior in the Indigenous Context

Recommended Books

1. Luthans, F., Luthans, B. C., & Luthans, K. W. (2015). *Organizational Behavior: An Evidence-Based Approach (13th Ed)*. Information Age Publishing: US.
2. Robbins, S. P. & Judge, T. A. (2018). *Organizational Behavior (18th Edition)*. Pearson Education Ltd.

Suggested Books

1. Peeter, M. (2013). *An Introduction to Contemporary Work Psychology*. Veldhoven, M. V. (2013). Quantitative job demands. Research gate: <https://www.researchgate.net/publication/259922267>
2. Bowling, N., & Kirkendall, C. (2012). Workload: A review of causes, consequences and potential interventions. In J. Houdmont, S. Leka, & R. Sinclair (Eds.), *Contemporary occupational health psychology: Global perspectives on research and practice (Vol. 2, pp. 221-238)*. Chichester: John Wiley & Sons.


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University of Sarawak

PSYC-6131 Psychology of Motivation

This course provides an overview of the essential nature of motivation, its types and dynamics. Main objectives of this course are to; comprehend the relationship between motivation and human behavior and get practical skills in order to enhance and sustain an optimal level of motivation in personal and organizational settings.

Contents

1. Definition, Nature and Scope
2. Historical Background
3. Motivated behavior characteristics and determinants
4. Methods used to assess human motivation
5. Projective techniques
6. Theories of Human Motivation:
 - a) Behavior theory
 - b) Cognitive theory
7. Need-drive-incentive theory,
 - a) Stimulus-Cue theory
 - b) ~~Motivational Theory of Emotion~~
 - c) Theories of reinforcement
 - d) Theories of Achievement
8. Motivation: Expectancy theory. Equity Theory
9. Incentive Motivation, Tendency to achieve success, tendency to avoid failure.
10. Fear of success in Woman.

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University of Bangladesh

Recommended Books

1. Coelho, R. (2016). Psychology of Motivation: How Your Mind Influences Your Behaviour (Psychologyof.ca). CreateSpace Independent Publishing Platform
2. Ryan Holiday (2014). The obstacle is the way. McGraw Hill: New York.
3. Brown, L. V. (2007). Psychology of Motivation. Nova Publishers.

Suggested Books

1. Beck, R. C. (2004). *Motivation: Theories and principles*. (5th ed.). Singapore: Pearson Education.
2. Petri, G. (2004). *Motivation: Theory, research and application*. (6th ed.). London: Oxford University Press.

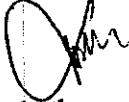
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PSYC-6132 Forensic Psychology

This course evaluates the major theories and fundamental concepts in criminology and criminal justice. Main objective of this course is to understand the methodological and analytical skills necessary to research and write a satisfactory dissertation in the relevant field.

Contents

1. Introduction to Forensic Psychology: History of Forensic Psychology; Defining Forensic Psychology; Legal Research for the social scientist
2. Applying Psychology to Civil Proceedings
 - a) Understanding Adult Domestic Law Issues;
 - b) Understanding Child; Domestic Law Issues;
 - c) Conducting Personal Injury Evolution;
 - d) Personality Assessment in Personal Injury Litigation
3. Applying Psychology to Criminal Proceedings
 - a) Evaluating eyewitness testimony in Adults & children; Competency to stand Trial; Insanity Defense; Specific intent and Diminished capacity;
 - b) Probation and Parole
4. Special Applications
 - a) War against terrorism, Violence Risk Assessment; Psychology and -Law Enforcement; Polygraph Testing, strategies for tolerance and peace
 - b) Communicating Expert Opinions: Writing Forensic Report; Serving as an expert witness
5. Interviewing with Offenders
 - a) Punishments and alternate routes to crime prevention;
 - b) Practicing psychology in Correctional settings; Psychotherapy with criminal offenders
6. Professional Issues
 - a) Practicing Principled Forensic Psychology; legal, ethical and moral consideration;
 - b) Training in Forensic Psychology



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University of Sagoraha

Recommended Books

1. Weiner, B. A., & Otto, R. K. (2013). *The handbook of forensic psychology*. (4thed.). New York: Wiley.
2. Drogin, E. Y., Dattilio, F. M., Sadoff, R. L., & Gutheil, T. G. (2011). *Handbook of Forensic Assessment Psychological and Psychiatric Perspectives* (1st edition). John Wiley & Sons, Inc.

Suggested Books

1. Costanzo, M. & Krauss, D. (2017). *Forensic and Legal Psychology: Psychological Science Applied to Law* (3rd edition). Worth Publishers.
2. Bartol, C. R. & Bartol, A. M. (2016). *Criminal Behavior: A Psychological Approach* (11th Edition). Pearson.
3. Melton, G. B., Petrila, J., Poythress, N. G., Slobogin, C., Otto, R. K., Mossman, D., & Condie, L. O. (2017). *Psychological evaluations for the courts: A handbook for mental health professionals and lawyers* (4th Edition). NY: Guilford Publications.


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Department of Psychology
University of Sagoraha

This course offers the students an opportunity to define & evaluate criteria for paranormal phenomena, recognize and categorize common paranormal phenomena. Describe common explanations for the etiology of paranormal phenomena. Main objectives of this course are to: outline effective research methods to investigate specific paranormal phenomena, and integrate material from a variety of scholarly sources, citing according to APA format, and presenting this material in a professional forum.

Contents

1. Introduction & Foundations of Parapsychology
2. Psi and Psychology
3. ESP and Psychic Development
4. Basic branches of para psychology
5. World religion and parapsychology
6. Parapsychology and mysticism
7. Holistic health & healing
8. Survival After Death: The Scientific Evidence
9. Investigating Hauntings and Poltergeists
10. From magic to science
11. Telepathy:-Mind to mind communication
12. Extrasensory perception & Telekinesis techniques
13. Mind: A universal phenomenon; How does mind control work?; Awakening the third eye; Meditation and concentration; Invisible intelligence civilization; Mind Over matter
14. What is scrying?; The magical power of switch words.; Affirmation; Dowsing; Visualization; Remote Viewing
15. Out of Body Experience; Channeling and Medium ship; Déjà vu; The Clairvoyant and Mystics; The Aura; Hypnotism
16. Current trends and evaluation


 Chairperson
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 University of Toronto

Recommended Books

1. Sehraie, A. (2006). *Parapsychology: Theory and Practice*. Shahrayar Publisher, Lahore.
2. EtzelCardeña,, John Palmer, David Marcusson (2015) *Parapsychology: A Handbook for the 21st Century*. McFarland Company Inc., Publishers.
3. Irwin, H. J., & Watt, C. (2007). *An Introduction to Parapsychology* (4th Edition). Amazon Books Inc

Suggested Books

1. Richard Broughton (1991). *Parapsychology: The Controversial Science*. BallantineBooks: New York.

This course offers students a comprehensive history and perspectives of Positive Psychology. Moreover, to gain a greater understanding of how Positive Psychology can develop and be promoted over one's lifetime. Main objectives of this course are to: tell about the attitudes, choices/values of a Positive Psychology lifestyle and will gain a greater understanding of the strengths that characterize the mentally healthy individual, tell how Positive Psychology applies in the workplace, home, schools and other settings, and gain a greater understanding of the research basis of the efficacy of the characteristics promoted by Positive Psychology.

Contents

1. Positive Psychology: An Introduction
2. Subjective Well-being & Happiness
3. Flow & Savoring
4. Character Strengths & Optimism
5. Positive Illusions and Playfulness.
6. Creativity, Giftedness & Industry
7. Judgment, Wisdom & Fairness
8. Emotional Intelligence & Prudence
9. Religion, Spirituality & Transcendence
10. Love, Kindness & Healthy Relationships
11. Gratitude & Zest
12. Hope, Modesty & Forgiveness
13. Altruism & Empathy & Social Intelligence
14. Self Efficacy and Positive Development
15. Cross-cultural Positive Psychology
16. Positive Psychology, Positive Prevention, and Positive Therapy

Note: Students are required to design and conduct a workshop on any aspect of positive psychology.

Recommended Books

1. Martin Seligman (2011). *Flourish*. Free Press, New York
2. Lyubomirsky, S. (2008). *The how of happiness*. New York: The Penguin Press.
3. Iona Boniwell (2008). *Positive Psychology in a Nutshell: The Science of Happiness*. Personal Well-Being Centre-London.

Suggested Books

1. Seligman, M. E. P. (2002). Positive Psychology, Positive Prevention, and Positive Therapy. In C. R. Snyder and S. J. Lopez (Eds.). *Handbook of Positive Psychology*, 528-540. Oxford University Press.
2. Christopher Peterson (2006). *A Primer in Positive Psychology*. Oxford University Press.

Chakraperson
Department of Psychology
University of Sargodha

This course engenders the students equipped with contemporary human resource management skills for ensuring the organizational productivity in applied settings. Main objectives are to: enable students to evaluate the major theories and fundamental concepts in criminology and criminal justice, and to use the methodological and analytical skills necessary to research and write a satisfactory dissertation in the relevant field.

Contents

1. Orientation to Human Resource Management
2. Job Analysis
3. Recruitment
4. Selection
5. Performance Appraisal and Management by Objectives
6. Training and Evaluation
7. Leadership and Motivation
8. Overview of HRM Practices in Pakistani Context and Global Arena
9. ~~Practical Exercises at the end of each chapter~~
10. Two-week Internship in the summer vacations

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Department of Psychology

Chairperson
Department of Psychology
University of Gujrat

Recommended Books

1. Angelo, S. DeNisi & Ricky, W. Griffin. (2018). *Human resource management (4th edition)*. South-Western College Publication.
2. Fiona Whiting, Malcolm Martin (2016). *Human Resource Practice (7th Ed.)*. Chartered Institute of Personnel and Development

Suggested Books

1. Robbins, S. P., & Judge, T. A. (2018). *Organizational Behavior (18th edition)*. Pearson Education Ltd.

PSYC-6136 Military Psychology

This course encourages research and the application of psychological research to military problems. Main objective of this course is to offer students an opportunity to acquire a sound grounding in military history, strategic thought, and international relations.

Contents

1. Introduction: Historical Development of Military Psychology; Nature and Scope and Contribution of Different Psychologists: Organization and Role of Military in Pakistan
2. Selection and Placement on Military Service: Recruitment of Soldiers and Commissioned Officers in Pakistan; Army Alpha and Beta Tests, their importance and administration in Personnel Selection; Role of Psychologists; Education and training of Army Personnel
3. Perception: Geometrical Illusions and Optical Illusions: Camouflage & Counter Camouflage
4. Morale and Motivation
5. Stress and Maladjustment in Military Personnel: Clinical Assessment and Rehabilitation
6. Leadership in Military: Theories and models of Leadership and Leadership in the Battlefield
7. Psychological Warfare: General Warfare; Basic Concepts: Perception, Cognition, Personality, Motivation; Organizational Warfare: Concept of Organization; Operational Objectives
8. International Law of Social Warfare: Propaganda; Brain Washing; Rumor; Use of Mass Media; Panic-as-a Psychological Warfare Tool

Recommended Books

1. Kennedy, C. H., & Zilmer, E. A. (2012). *Military psychology: Clinical and operational applications*. Guilford Press.
2. Laurance, J. H. (2012). *Military Psychology*. Sage Publications.

Suggested Books

1. Edmonds, B. R. (2015). *God is Not Here: A Soldier's Struggle with Torture, Trauma, and the Moral Injuries of War*. ISBN: (ISBN13: 9781605987743)
2. Smiley, S. (2013). *Dinner with the Smileys: One Military Family, One Year of Heroes, and Lessons for a Lifetime*. amazon.com/Sarah-Smiley/e/B001IR1MT2/

University of
Shahperson
Department of Psychology
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