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Every Good Work

SACRED HEART COLLEGE (AUTONOMOUS)

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A Don Bosco Institution of Higher Education, Founded in 1951 * Affiliated to Thiruvalluvar University, Vellore * Autonomous since 1987

Accredited by NAAC (4th Cycle – under RAF) with CGPA of 3.31 / 4 at 'A+' Grade

M. Sc. Counselling Psychology

S No	Title of the Paper	Course Code	Course Objectives	Course Outcomes	Relevance
1	INTRODUCTION TO PSYCHOLOGY (FC-1)	MSY130T	<ul style="list-style-type: none">• Explain the history of Psychology and the various psychological research methods.• Understand the meaning and principles behind sensation, perception and attention• Elaborate on the theories of Learning, Memory and Forgetting• Comprehend the theories of Motivation and Emotion• Compare the various theories of personality	<ul style="list-style-type: none">• Describe the origin and history of psychology and explain various research methods in Psychology• Relate the processes in sensation, perception and attention with behaviour• Compare learning with memory and forgetting• Interpret theories of motivation and emotion• Evaluate theories of intelligence and personality• Collaborate with the basic knowledge of what influences human thought, behavior and emotions	global developmental needs

2	BIOLOGICAL PSYCHOLOGY (FC-2)	MSY131T	<ul style="list-style-type: none"> • Understand the core Premises of biological psychology. • Comprehend the structure and functions of Neuron. • Explain the structure and functions of nervous system. • Summarize the influence of endocrinological factors on behavior. • Understand the Physiological basis of Emotion, Learning and memory. 	<ul style="list-style-type: none"> • Outline the scope, nature and methods of Biological Psychology • Relate the structure and functions of Neuron • Analyse the structure and functions of nervous system. • Summarize the influence of endocrinological factors on behaviour. • Demonstrate the Physiological basis of Emotion, Learning and memory. • Use technical terminology related to biological psychology 	global developmental needs
3	LIFE-SPAN PSYCHOLOGY (MC-1)	MSY132T	<ul style="list-style-type: none"> • Gain knowledge on human physical growth and development across life-span. • Understand the human psychological changes from conception to old age. • Know about the critical periods in human development for the occurrence of specific behavioral changes. • Understand children and child rearing. • Understand hereditary, environmental influences on development. 	<ul style="list-style-type: none"> • Explain the human physical growth and development across life-span. • Illustrate the human psychological changes from conception to old age. • Analyze the critical periods in human development for the occurrence of specific behavioral changes. • Summarize the process of social and moral development. • Identify the factors influencing the development and adjustment. 	global developmental needs

				<ul style="list-style-type: none"> • Understand the concept and process of human development across the life-span. 	
4	PSYCHOPATHOLOGY-I (MC-4)	MSY231T	<ul style="list-style-type: none"> • To know the meaning and historical background of abnormal behavior. • To learn to use DSM 5 and ICD 11 classificatory systems. • To understand about the various mental disorder syndromes. • To understanding the skills required to diagnose various mental disorders. • To understand the etiological factors of various mental disorders 	<ul style="list-style-type: none"> • Understand various psychopathological conditions • Appraising classification systems in Psychopathology • Compare the etiology of various psychological disorders. • Identify the clinical features of various psychological disorders. • Appraise the factors maintaining psychological disorders. • Understanding of the various psychological disorders and their treatment 	global developmental needs
5	THEORIES OF PERSONALITY (MC-5)	MSY232T	<ul style="list-style-type: none"> • Acquire knowledge on personality theories. • Provide theoretical foundation for counselling practice. • Help the trainee counsellors to choose appropriate techniques for a particular case. • Understand the concept of personality. • Understand the people having 	<ul style="list-style-type: none"> • Relate the personality traits with behavior • Compare psychoanalytic and neo psychoanalytic approach • Categorize trait and type approach to personality • Appraise learning and behavioural theories • Compare between humanistic and cognitive Approaches • Contrast the major theories and approaches to explaining 	global developmental needs

			different personalities.	personality	
6	PSYCHOTHERAPIES (MC-6)	MSY233T	<ul style="list-style-type: none"> • Describe various theoretical foundation for the practice of psychotherapy • Comprehend the theory behind different schools of psychology. • Give a bird's eye view of various therapies and their respective foundations. • Offer clarity regarding the choice of specific techniques for a particular case • Teach students the practice of psychotherapy in clinical and non-clinical population 	<ul style="list-style-type: none"> • Demonstrate competence in analysing theoretical foundation for the practice of psychotherapy • Understand the theory behind different schools of psychology. • Evaluate the various therapies and their respective foundations. • Identify and choose specific techniques for a particular case • Apply psychotherapy in counselling set up for clinical and non-clinical population. • Write Psychological Report 	global developmental needs
7	POSITIVE PSYCHOLOGY (MC-11)	MSY430T	<ul style="list-style-type: none"> • Introduce to nature, goals and history of Positive Psychology. • Understand the positive emotional states and process. • Offer knowledge of positive cognitive states and processes. • Develop a balanced conceptualizations of Mental Health and Behavior • Creation of a positive environment 	<ul style="list-style-type: none"> • Describe the nature, goals and history of Positive Psychology • Summarize the positive emotional states and process • Explain Self efficacy, Optimism and hope • Articulate the concepts related to Mindfulness, Flow, and Spirituality • Contrast the dynamics behind Altruism, Gratitude, and Forgiveness. • Create Positive Environment in 	global developmental needs

				school and organization	
8	PSYCHOMETRY (ME-2)	MSY433B	<ul style="list-style-type: none"> • Provide foundation on the basics of Psychological testing • Explain Nature, meaning and use of psychological tests. • Develop skills and competencies in test construction and standardization • Teach the student to establish reliability and validity • Train students to use psychological tests in various settings 	<ul style="list-style-type: none"> • Describe the basic concepts related to Psychometry and psychological testing • Contrast the differences between psychological and physical properties of scales and measures. • Comprehend the Nature, meaning and use of psychological tests • Construct and standardize psychological tests • Establish validity and reliability for psychological tests • Apply psychological testing in various settings 	global developmental needs