DEPARTMENT OF PSYCHOLOGY, UNIVERSITY OF MALAKAND

Syllabus for B.S Psychology (4-Year) Annual Program 2013 And Onwards

University of Malakand
Khyber Pakhtunkhwa, Pakistan

...bridging the gap between

STANDARDIZED TEMPLATE / SCHEME OF STUDIES FOR
BS-PSYCHOLOGY (4 YEAR PROGRAMME)

STRUCTURE

Sr.	Categories	No. of courses	Credit Hours
1.	Compulsory Requirement (No Choice)	9	25
2.	General Courses to be chosen from other departments	16	48
3.	Discipline Specific Foundation Courses	13	41
4.	Major Courses including research project / Internship	14	45
5.	Electives within the major	12	36
	Total	**64**	**134**

Compulsory Courses (the student has no choice) 9 courses 25 Credit hours		General Courses to be chosen from other departments 7-8 courses 21-24 Cr. Hours		Discipline Specific Foundation Courses 9-10 courses 30-33 Credit hours	
Subject	**Cr. Hr**	**Subject**	**Cr. hr**	**Subjects**	**Cr. hr**
• Functional English (English-I)	3	• Mass Communication	3	• Introduction to Psychology	3+1
• Writing &Presentation Skills (English II)	3	• Introduction to Management	3	• Contemporary History of Psychology	3
• Communication Skills (English-III)	3	• Logic and Critical Thinking	3	• Schools of Psychology	3+1
• English IV/ Univ. Optional *	3	• Introduction to Economics	3	• Experimental Psychology	3
• Pakistan Studies	2	• Introduction to Law	3	• Introduction to Social Psychology	3
• Islamic Studies	2	• Introduction to Social Work	3	• Personality Theories – I	3
• Mathematics	3	• Political Science	3	• Personality Theories – II	3
• Introduction to Statistics	3	• Everyday Science	3	• Mental Health &Psycho-Pathology – I	3
• Introduction to Computer	3	• Introduction to Geographical Information System	3	• Mental Health &Psycho-Pathology – II	3
		• Introduction to Environment	3	• Neurological Bases of Behavior	3
		• Introduction to Philosophy.	3	• Developmental Psychology	3
		• Physics for life sciences.	3	• Contribution of Muslim philosophers to Psychology	
		• Discovering bio-diversities.	3	• Sports Psychology	
		• Introduction to Sociology		• Ethics in Psychology	
		• Organizational Behavior		• Consumer Psychology	
		• Criminology			
		• Labor Laws and Ethical Standards			
		• Human Resource Development			
		• Human Resource Management			
	25		**24**		**30**

- Total numbers of Credit hours   134
- Duration   4 years
- Semester duration   16-18 weeks
- Semesters   8
- Course Load per Semester   15-19 Cr hr
- Number of courses per semester   4-6 (Including practical courses)

LAYOUT

Major courses including research project/internship		Elective Courses within the major	
11-13 courses		**4 courses**	
36-42 Credit hours		**12 Credit Hours**	
Subject	**Cr. hr**	**Subject**	**Cr. hr**
• Psychological Testing – I	3	**(Any four of the courses may be opted from the following elective courses)**	
• Psychological Testing - II	3		
• Research Methodology-I	3		
• Research Methodology-II	3		3
• Environmental Psychology.	3	• Clinical Psychology	3
• Advance Social Psychology	3	• Counseling Psychology	3
• Positive Psychology	3	• Counseling in Specific Fields	
• Educational Psychology	3	• Assessment and Diagnosis in Counseling	3
• Cross Cultural Psychology	3	• Forensic Psychology	3
• Cognitive Psychology	3	• Gender Issues in Psychology	3
• Industrial Psychology.	3	• Psycho Pharmacology	3
• Applied Psychology	3	• Development of Research Proposal	3
• Research Project/Thesis	3	• Drug dependence and Addiction	3
• Advance Statistics	6	• Psychology of Criminal Behavior	3
		• Internship	3
	42		**12**

                                        Total Credit Hours: 134

*   **University has the option to recommend any other course in lieu of English IV**

*   **University may recommend any other course in lieu of Mathematics – II**

***   **University may recommend the courses in the category of general courses from Humanities, Social & Biological Sciences.**

Note: Elective courses may be developed and offered by the concerned universities according to their specialties.

SCHEME OF STUDIES
FOR
4-YEAR INTEGRATED BS IN PSYCHOLOGY

Year-I/ Semester-I	Name of Subject	Credits Hours
PSY-301	English-I(Functional English)	3
PSY-305	Islamic Studies	2
PSY-307	Basics of Mathematics	3
PSY-402	Contemporary History Of Psychology	3
PSY-334	Introduction to Sociology	3
PSY-401	Introduction to Psychology	3+1
		18
Semester-II		
PSY-302	English II (Communication Skills)	3
PSY-306	Pakistan Studies	2
PSY-308	Introduction to Statistics	3+1
PSY-333	Introduction to Biology	3
PSY-340	Introduction to Anthropology	3
PSY-403	Schools of Psychology	3
		18
Year-II/Semester-III		
PSY-303	English-III (Technical Writing and Presentations Skills)	3
PSY-309	Introduction to Computer	3
PSY-323	Logic and critical thinking	3
PSY-321	Mass communication	3
PSY-414	Ethics in Psychology	3
PSY-406	Personality Theories–I	3
		19
Semester-IV		
PSY-304	English-IV /Communication Skills	3
PSY-325	Introduction to Law	3
PSY-326	Introduction to Social Work	3
PSY-404	Experimental Psychology	3+1
PSY-407	Personality Theories–II	3
		16
Year-III/Semester-V		
PSY-408	Mental Health and Psycho-Pathology–I	3+1
PSY-405	Introduction to Social Psychology	3
PSY-431	Psychological Testing – I	3
PSY-433	Research Methodology –I	3+1
PSY-441	Industrial Psychology	3
		17
Semester-VI		
PSY-434	Research Methodology –II	3

PSY-409	Mental Health and Psycho-pathology –II	3
PSY-411	Developmental Psychology	3
PSY-432	Psychological Testing – II	3+1
PSY-335	Organizational Behavior	3
PSY-436	Advance Social Psychology	3
		16
Year-IV/Semester-VII		
PSY-437	Positive Psychology	3
PSY-435	Environmental Psychology	3
PSY-451	Clinical Psychology	3
PSY-452	Counseling	3
PSY-410	Neurological Basis of Behavior	3
		15
Semester-VIII		
PSY-439	Cross Cultural Psychology	3
PSY-440	Cognitive Psychology	3
PSY-460	Psychology of Criminal Behavior	3
PSY-443	Research Project /Internship / Viva voce	6
		15

Total Credit Hours: 134

COMPULSORY COURSES

Course Code	Subject Name	Credit Hours	Marks
PSY-301	English-I(Functional English)	03	100
PSY-302	English-II (communication skills)	03	100
PSY-303	English-III (technical writing presentation skills)	03	100
PSY-304	English IV/ Univ. Optional *	03	100
PSY-305	Islamic Studies	02	50
PSY-306	Pakistan Studies	02	50
PSY-307	Basics of Mathematics	03	100
PSY-308	Introduction to Statistics	03+1	100
PSY-309	Introduction to Computer	03	100

GENERAL COURSES (to be chosen from other departments)

Course Code	Subject Name	Credit Hours	Marks
PSY-321	Mass Communication	03	100
PSY-322	Introduction To Management	03	100
PSY-323	Logic And Critical Thinking	03	100
PSY-324	Introduction To Economics	03	100
PSY-325	Introduction To Law	03	100
PSY-326	Introduction To Social Work	03	100
PSY-327	Political Science	03	100
PSY-328	Everyday Science	03	100

PSY-329	Introduction To Geographical Information System	03	100
PSY-330	Introduction To Environment	03	100
PSY-331	Introduction To Philosophy	03	100
PSY-332	Physics For Life Sciences.	03	100
PSY-333	Introduction to Biology	03	100
PSY-334	Introduction To Sociology	03	100
PSY-335	Organizational Behavior	03	100
PSY-336	Criminology	03	100
PSY-337	Human Resource Development	03	100
PSY-338	Human Resource Management	03	100
PSY-339	Labor Laws And Ethical Standards	03	100
PSY-340	Introduction to Anthropology	03	100

Discipline Specific Foundation Courses

Course Code	Subject Name	Credit Hours	Marks
PSY-401	Introduction To Psychology	03+1	100
PSY-402	Contemporary History Of Psychology	03	100
PSY-403	Schools Of Psychology	03	100
PSY-404	Experimental Psychology	03+1	100
PSY-405	Introduction To Social Psychology	03	100
PSY-406	Personality Theories – I	03	100
PSY-407	Personality Theories – II	03	100
PSY-408	Mental Health &Psycho-Pathology – I	03+1	100
PSY-409	Mental Health &Psycho-Pathology – II	03	100
PSY-410	Neurological Basis Of Behavior	03	100
PSY-411	Developmental Psychology	03	100
PSY-412	Contribution Of Muslim Philosophers To Psychology	03	100
PSY-413	Sports Psychology	03	100
PSY-414	Ethics In Psychology	03	100

MAJOR COURSES

Course Code	Subject Name	Credit Hours	Marks
PSY-431	Psychological Testing – I	03	100
PSY-432	Psychological Testing – II	03+1	100
PSY-433	Research Methodology-I	03+1	100
PSY-434	Research Methodology-II	03	100
PSY-435	Environmental Psychology.	03	100
PSY-436	Advance Social Psychology	03	100
PSY-437	Positive Psychology	03	100
PSY-438	Educational Psychology	03	100
PSY-439	Cross Cultural Psychology	03	100
PSY-440	Cognitive Psychology	03	100
PSY-441	Industrial Psychology	03	100
PSY-442	Advance Statistics	03	100

PSY-443	Research Project/Thesis	03	100

ELECTIVE COURSES WITHIN THE MAJOR

Course Code	Subject Name	Credit Hours	Marks
PSY-451	Clinical Psychology	03	100
PSY-452	Counseling Psychology	03	100
PSY-453	Counseling in Specific Fields	03	100
PSY-454	Assessment and Diagnosis in Counseling	03	100
PSY-455	Forensic Psychology	03	100
PSY-456	Gender Issues in Psychology	03	100
PSY-457	Psycho Pharmacology	03	100
PSY-458	Development of Research Proposal	03	100
PSY-459	Drug dependence and Addiction	03	100
PSY-460	Psychology of Criminal Behavior	03	100
PSY-461	Internship	03	100

DETAILS OF COMPULSORY COURSES

ENGLISH-I (Functional English)

Course Code: PSY-301   **Credit Hours: 03**

Course Objectives: Enhance language skills and develop critical thinking.

Course Outline

1. **Basics of Grammar**
   Parts of speech and use of articles
   Sentence structure, active and passive voice
   Practice in unified sentence
   Analysis of phrase, clause and sentence structure
   Transitive and intransitive verbs
   Punctuation and spelling
2. **Comprehension**
   Answers to questions on a given text
3. **Discussion**
   General topics and every-day conversation (topics for discussion to be at the discretion of the teacher keeping in view the level of students)
4. **Listening**
   To be improved by showing documentaries/films carefully selected by subject teachers
5. **Translation skills**
   Urdu to English

6. **Paragraph writing**
   Topics to be chosen at the discretion of the teacher
   Presentation skills
   Introduction

   Note: Extensive reading is required for vocabulary building

   Recommended books:
   - Thomson,A-J., and Martinet,A-V. Practical English Grammar Exercises 1.(3rd Ed.). Oxford University Press. 1997. ISBN 0194313492
   - Thomson,A-J., and Martine,A-V. Exercises 2.(3rd Ed.). Oxford University Press. 1997. ISBN 0194313506
   - Boutin,M-C.,Brinand,S., and Grellet,F. Writing. Intermediate: Oxford Supplementary Skills. Fourth Impression 1993. ISBN 0 19 435405 7 Pages 20-27 and 35-41.
   - Tomlinson,B., and Ellis,R. Upper Intermediate: Oxford Supplementary Skills. Third Impression 1992. ISBN 0 19 453402 2.

ENGLISH-II (Communication Skills)

Course Code: PSY-302   **Credit Hours: 03**

Course Objectives: Enable the students to meet their real life communication needs.

Course Outline

1. **Paragraph writing**
   Practice in writing a good, unified and coherent paragraph
2. **Essay writing**
   Introduction
3. **CV and job application**
   Translation skills
   Urdu to English
4. **Study skills**
   Skimming and scanning, intensive and extensive, and speed reading, summary and précis writing and comprehension
5. **Academic skills**
   Letter/memo writing, minutes of meetings, use of library and internet
6. **Presentation skills**
   Personality development (emphasis on content, style and pronunciation)

   Note: documentaries to be shown for discussion and review

Recommended books:

- Boutin,M-C.,Brinand,S., and Grellet,F. Writing. Intermediate: Oxford Supplementary Skills. Fourth Impression 1993. ISBN 0 19 435405 7 Pages 45-53 (note taking).
- Nolasco,R. Upper-Intermediate:Oxford Supplementary Skills. Fourth Impression 1992. ISBN 0 19 435406 5 (particularly good for writing memos, introduction to presentations, descriptive and argumentative writing).
- Tomlinson,B and Ellis,R. Reading Advanced Oxford Supplementary Skills. Third Impression 1991. ISBN 0 19 453403 0.
- Thomson,A-J., and A.V. Martinet,A-V. Practical English Grammar. Exercises 2. Third edition. Oxford University Press 1986. ISBN 0 19 431350 6.
- Reading and Study Skills by John Langan
- Study Skills by Riachard Yorky.

English-III (Technical Writing and Presentation Skills)

Course Code: PSY-303   **Credit Hours: 03**

Course Objectives: Enhance language skills and develop critical thinking

Course Outline
1. **Presentation skills**
2. **Essay writing**
   - Descriptive, narrative, discursive, argumentative
3. **Academic writing**
   - How to write a proposal for research paper/term paper
   - How to write a research paper/term paper (emphasis on style, content, language, form, clarity, consistency)
4. **Technical Report writing**
5. **Progress report writing**

Recommended books:

- Technical Writing and Presentation Skills
- Essay Writing and Academic Writing
- Writing Advanced Ron White. Oxford Supplementary Skills. Third Impression 1992. ISBN 0 19 435407 3 (particularly suitable for discursive, descriptive, argumentative and report writing).
- College Writing Skills by John Langan. McGraw-Hill Higher Education. 2004.
- Patterns of College Writing (4th edition) by Laurie G. Kirszner and Stephen R. Mandell. St. Martin's Press.

  o Presentation Skills
  o Reading
- The Mercury Reader. A Custom Publication. Compiled by Northern Illinois University. General Editors: Janice Neulib; Kathleen Shine Cain; Stephen Ruffus and Maurice Scharton. (A reader

which will give students exposure to the best of twentieth century literature, without taxing the taste of engineering students).

PAKISTAN STUDIES (Compulsory)

Course Code: PSY-305   **Credit Hours: 02**

Introduction/Objectives
- Develop vision of historical perspective, government, politics, contemporary Pakistan, ideological background of Pakistan.
- Study the process of governance, national development, issues arising in the modern age and posing challenges to Pakistan

Course Outline

1. **Historical Perspective**

   - Ideological rationale with special reference to Sir Syed Ahmed Khan, Allama Muhammad Iqbal and Quaid-i-Azam Muhammad Ali Jinnah.
   - Factors leading to Muslim separatism
   - People and Land
   - Indus Civilization
   - Muslim advent
   - Location and geo-physical features.

2. **Government and Politics in Pakistan**

   Political and constitutional phases:
   - 1947-58
   - 1958-71
   - 1971-77
   - 1977-88
   - 1988-99
   - 1999 onward

3. **Contemporary Pakistan**
   - Economic institutions and issues
   - Society and social structure
   - Ethnicity
   - Foreign policy of Pakistan and challenges
   - Futuristic outlook of Pakistan

Recommended books:

- Aziz, K.K.(1976). *Party, Politics in Pakistan.* Islamabad, Pakistan : National Commission on Historical and Cultural Research

- Burki., & Javed,S, .(1980). *State & Society in Pakistan* .London: The Macmillan Press Ltd
- Burke,S., and Ziring,Z.(1993). Pakistan's Foreign Policy: An Historical analysis. Karachi,Pakistan: Oxford University Press.
- Haq,Noor ul. (1993).*Making of Pakistan: The Military Perspective.* Islamabad, Pakistan: National Commission on Historical and Cultural Research.
- Mehmood,S.(1994), *Pakistan Political Roots & Development.* Lahore,Pakistan. : Idara-e-Saqafat-e-Islamia, Club Road
- Mehmood, S.(1999) *Pakistan Kayyun Toota.* Lahore,Pakistan: Idara-e-Saqafat-e-Islamia, Club Road,
- Afzal, M-R.(1998). *Political Parties in Pakistan,* Vol. I, II & III. Islamabad, Pakistan: National Institute of Historical and cultural Research.
- Sayeed, Khalid Bin. (1967).*The Political System of Pakistan.* Boston: Houghton Mifflin Press.
- Wilcox,W.(1972).*The Emergence of Banglades.,* Washington: American Enterprise, Institute of Public Policy Research.
- Zaidi,A(2000). *Issue in Pakistan's Economy.* Karachi,Pakistan: Oxford University Press.
- Ziring, L.(1980). *Enigma of Political Development.* Kent, England: Dawson & sons Ltd.
- Zahid, Ansar.(1980). *History & Culture of Sindh.* Karachi,Pakistan : Royal Book Company.

ISLAMIC STUDIES (Compulsory)

Course Code: PSY-306   **Credit Hours: 02**
Objectives:
This course is aimed at:
- To provide Basic information about Islamic Studies
- To enhance understanding of the students regarding Islamic Civilization
- To improve Students skill to perform prayers and other worships
- To enhance the skill of the students for understanding of issues related to faith and religious life.

Course Outline:

1. **Introduction to Quranic Studies**

   - Basic Concepts of Quran

- History of Quran
- Uloom-ul -Quran

2. **Study of Selected Text of Holly Quran**
   - Verses of Surah Al-Baqra Related to Faith(Verse No-284-286)
   - Verses of Surah Al-Hujrat Related to Adab Al-Nabi (Verse No-1-18)
   - Verses of Surah Al-Mumanoon Related to Characteristics of faithful (Verse No-1-11)
   - Verses of Surah al-Furqan Related to Social Ethics (Verse No.63-77)
   - Verses of Surah Al-Inam Related to Ihkam(Verse No-152-154)

3. **Study of Selected Text of Holly Quran**
   - Verses of Surah Al-Ihzab Related to Adab al-Nabi (Verse No.6,21,40,56,57,58.)
   - Verses of Surah Al-Hashar (18,19,20) Related to thinking, Day of Judgment
   - Verses of Surah Al-Saf Related to Tafakar,Tadabar (Verse No-1,14)

4. **Seerat of Holy Prophet (S.A.W) I**
   - Life of Muhammad Bin Abdullah (Before Prophet Hood)
   - Life of Holy Prophet (S.A.W) in Makkah
   - Important Lessons Derived from the life of Holy Prophet in Makkah

5. **Seerat of Holy Prophet (S.A.W) II**
   - Life of Holy Prophet (S.A.W) in Madina
   - Important Events of Life Holy Prophet in Madina
   - Important Lessons Derived from the life of Holy Prophet in Madina

6. **Introduction to Sunnah**
   - Basic Concepts of Hadith
   - History of Hadith
   - Kinds of Hadith
   - Uloom –ul-Hadith
   - Sunnah & Hadith
   - Legal Position of Sunnah

7. **Selected Study from Text of Hadith**

8. **Introduction to Islamic Law & Jurisprudence**
   - Basic Concepts of Islamic Law & Jurisprudence
   - History & Importance of Islamic Law & Jurisprudence
   - Sources of Islamic Law & Jurisprudence
   - Nature of Differences in Islamic Law
   - Islam and Sectarianism

9. **Islamic Culture & Civilization**
   - Basic Concepts of Islamic Culture & Civilization
   - Historical Development of Islamic Culture & Civilization
   - Characteristics of Islamic Culture & Civilization
   - Islamic Culture & Civilization and Contemporary Issues

10. **Islam & Science**
    - Basic Concepts of Islam & Science
    - Contributions of Muslims in the Development of Science
    - Quranic & Science

11. **Islamic Economic System**

- Basic Concepts of Islamic Economic System
- Means of Distribution of wealth in Islamic Economics
- Islamic Concept of Riba
- Islamic Ways of Trade & Commerce

12. Political System of Islam
- Basic Concepts of Islamic Political System
- Islamic Concept of Sovereignty
- Basic Institutions of Govt. in Islam

13. Islamic History
- Period of Khilaft-E-Rashida
- Period of Ummayyads
- Period of Abbasids

14. Social System of Islam
- Basic Concepts of Social System of Islam
- Elements of Family
- Ethical Values of Islam

Recommended books:
- Bhatia,H-S.(1989).Studies in Islamic Law, Religion and Society. New Delhi,India: Deep & Deep Publications
- Hassan,H-H. An Introduction to the Study of Islamic Law. Islamabad, Pakistan: Leaf Publication
- Hasan,A.(1993).Principles of Islamic Jurisprudence .Islamabad, Pakistan:Islamic Research Institute, International Islamic University.
- Waliullah,M.(1982). Muslim Jurisprudence and the Quranic Law of Crimes. Islamabad, Pakistan :Islamic Book Service.
- Zia-ul-Haq,M (2001). "Introduction to Al Sharia Al Islamia.Islamabad, Pakistan: Allama Iqbal Open University.

BASICS OF MATHEMATICS

Course Code: PSY-307   **Credit Hours: 03**

Objectives:
To give the basic knowledge of Mathematics and prepare the students not majoring in mathematics
- Understand the use of the essential tools of basic mathematics;
- Apply the concepts and the techniques in their respective disciplines;
- Model the effects non-isothermal problems through different domains;

Course Outline:

1. **Algebra:** *Preliminaries:*
   - Real and complex numbers.

- Introduction to sets.
- Set operations, functions, types of functions.

2. **Matrices:**
   - Introduction to matrices.
   - Types of matrices.
   - Inverse of matrices.
   - Determinants.
   - System of linear equations.
   - Cramer's rule.

3. **Quadratic equations:**
   - Solution of quadratic equations.
   - Nature of roots of quadratic equations.
   - Equations reducible to quadratic equations.

4. **Sequence and Series*:*
   - Arithmetic.
   - Geometric progression.
   - Harmonic progressions.

5. **Permutation and combinations:**
   Introduction to permutation and combinations.

6. **Binomial Theorem:**
   Introduction to binomial theorem.

7. **Trigonometry*:*
   - Fundamentals of trigonometry.
   - Trigonometric identities.

8. **Graphs*:*
   - Graph of straight line.
   - Circle and trigonometric functions.

9. **Statistic*s*:** *Introduction*:
   - Meaning and definition of statistics.
   - Relationship of statistics with social science.
   - Characteristics of statistics, limitations of statistics and main division of statistics**.**

10. **Frequency distribution**:
    - Organization of Data.
    - Array, Ungrouped and Grouped Data.
    - Types of Frequency Series, Individual, Discrete And Continuous Series.
    - Tally Sheet Method.
    - Graphic Presentation of the Frequency Distribution, Bar Frequency Diagram Histogram, Frequency Polygon, Cumulative frequency curve.

11. **Measures of central tendency:**
    - Mean, medium and modes, quartiles, deciles and percentiles.

12. **Measures of dispersion**:
    - Range, inter quartile deviation mean deviation, standard deviation, variance, moments, skewness and kurtosis.

Recommended books:

- Houssart,J.(2004).Low Attainers in Primary Mathematics: The Whisperers and the Maths Fairy.London: Routledge Falmer.
- Swokowski. E.(2005). Fundamentals of Algebra and Trigonometry.New Jersey,USA: :Prentice Hall.
- Walpole, R. E., 'Introduction of Statistics', Prentice Hall, Latest Edition.
- Wilcox, R. R., 'Statistics for The Social Sciences',

INTRODUCTION TO STATISTICS

Course Code: PSY-308   **Credit Hours: 03**

Objectives:

Research and policy making is one of the objective of the academic institution and particularly of HEIs. The importance of statistical application in all almost all the disciplines of natural and social sciences in one of the compulsory aspect because research without statistic is not possible. Keeping the importance of statistics, the course has been introduce in Psychology with the objectives that the students of Psychology shall adopt various techniques of data collection, interpretation, report writing and testing of hypothesis in practical manner to produce quality research. The course has been designed in such a way that the students shall took interest in learning of the statistical tools and further enhance their capacity for implementation with the ethical guidelines of the research.

1. **Introduction**
   - Introduction, meaning and definitions of statistics
   - Descriptive and inferential statistics
   - Population parameter and sample statistics
   - Variable and its types
   - Use of statistics in modern Psychology
2. **Classification of data**

   - Levels of measurement
   - Types and sources of data
   - Classification, its types, bases
   - Aims of classification
   - Frequency distribution
   - Class-limits
   - Class boundaries

- Class-marks
- Class width
- Construction of a group frequency distribution
- Cumulative frequency distribution

3. **Measures of central tendency**

- Average, introduction and meaning
- Criteria of a satisfactory average
- Arithmetic mean
- Median
- Mode
- Quartiles, Deciles and percentiles

4. **Measures of dispersion**

- Introduction and definitions of dispersion
- Types of dispersion
- Range
- Mean deviation
- Variance
- Quartile Deviations
- Standard deviation
- Coefficient of variation

5. **Correlation and regression**

- Introduction, meaning and definition of correlation
- Types of correlation
- Pearson product moment or coefficient of correlation
- Introduction and types of regression
- Deterministic and probabilistic relation or model
- Least square regression equation Y on X and X on Y

6. **The logic and types of sampling**
- Population, target population, census method
- Sampling, sample, sampling frame, sampling bias
- Types of sampling
- Probability sampling
- Non Probability sampling
- Sampling and non-sampling errors
- Principles of sampling

Recommended books:
- Alam, A. (2002). Social Statistics. Peshawar,Pakistan: University of Peshawar,Saif Printing Press.

- Blalock, H.M., Jr(1974). Measurement in the Social Sciences. Chicago, Illinois: Aldine Publishing, ISBN 0-202-30272-5,
- Chaudhry,S-M. (2000). Introduction to Statistical Theory Part I & II. Lahore,Pakistan : Elmi Kitab Khana.
- Garret, K.E. (1983). Statistics in Psychology and Education. New York: Longmans.
- Jr, Kendrick, Richard (2000). Social Statistics. California , USA: Mayfield Publishing Company.
- Miller, Delbert C., & Salkind, Neil J. (2002). Handbook of Research Design and Social Measurement,.California: Sage Publishers, ISBN 0-7619-2046-3.
- Tijms, Henk (2004). Understanding Probability: Chance Rules in every Day life. Cambridge University press.
- Wallau, larry, B. (2002). Essential of statistics for Behavioral Sciences. Florida,USA:Thomsons Wadsworth.

COMPUTER APPLICATIONS

Course Code: PSY-309   **Credit Hours: 03**

Course objectives

This course is designed in view of the application of computers in wide range of areas. This course would familiarize students with basics of computers. It further aims to educate the students about the tremendous potential of computer as an instrument for research work in a variety of disciplines. It will cover brief introduction to computer hardware and software related to discipline of psychology. After having completed this course, students will be able to use windows software such as MS Office including MS Excel, MS Word & MS Power Point.

Course Contents

1. **Introduction to Computer Sciences**
   History of computer development; Uses and limitations; Basic units of Personal computers (PC)
2. **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
3. **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 paste; Making tables and graphs; Numbering; Bordering the tables
4. **Introduction to MS Excel**
   Basic features; Introduction to spreadsheet; Menu bar and formula bar; Manipulating data in rows; columns and all entries; Applying formula Creating and formatting charts; Designing a table; Auto file and advance filter; Printing features
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 an slide

show; Adding clip art to slide, insigne a should or, video file, adding animations to slides; Printing in power point.

Recommended books:
Person, Ron., Christopher, V. B. & Shelley O'ara (1994). Using excel version 5 for windows. Indian polis: Que Corporation

*Note: **General Courses from other Departments***

Details of courses may be developed by the concerned universities according to their Selection of Courses as recommended by their Board of Studies.

<u>**DETAILS OF FOUNDATION COURSES**</u>

INTRODUCTION TO PSYCHOLOGY

Course Code: PSY-401   **Credit Hours: 03**

Course Objectives
This course will help to describe Psychology with major areas in the field, and identify the parameters of this discipline. It will help to distinguish between the major perspectives on human thought and behavior.it helps to gain insight into human behavior and into one's own personality or personal relationships. Explore the ways that psychological theories are used to describe, understand, predict, and control or modify behavior.

Course Contents

1. **Introduction to Psychology**
   - Introduction, Meaning and definition of Psychology
   - Nature and Scope of Psychology
   - History of Psychology
   - Different Schools in Psychology
   - Application of Psychology with special reference to Pakistan
2. **Methods of Psychology**
   - Observation
   - Case History Method
   - Experimental Method
   - Survey Method

- Interviewing Techniques

3. **Biological Basis of Behavior**
   - Neuron: Structure and Functions
   - Central Nervous System and Peripheral Nervous System
   - Endocrine Glands

4. **Sensation, Perception and Attention**
   - Sensations : Characteristics and Major Functions of Different Sensations
   - Vision: Structure and functions of the Eye.
   - Audition: Structure and functions of the Ear.
   - **Perceptions :** Nature of Perception
   - Factors of Perception: Subjective, Objective and Social
   - Kinds of Perception:
   - Spatial Perception (Perception of Depth and Distance)
   - Temporal Perception; Auditory Perception.
   - Attention : Factors, Subjective and Objective
   - Span of Attention
   - Fluctuation of Attention
   - Distraction of Attention (Causes and Control)

5. **Motives**
   - Definition and Nature
   - Classification of Motives (**Primary** (Biogenic) Motives: Hunger, Thirst, Defection and Urination, Fatigue, Sleep, Pain, Temperature, Regulation, Maternal Behavior, Sex, **Secondary** (Sociogenic) Motives: Play and Manipulation, Exploration and Curiosity, Affiliation, Achievement and Power, Competition, Cooperation, Social Approval and Self Actualization)

6. **Emotions**
   - Definition and Nature
   - Physiological changes during Emotions (Neural, Cardial, Visceral, Glandular), Galvanic Skin Response; Pupilliometrics
   - Theories of Emotion (James Lange Theory; Cannon-Bard Theory, Schachter –Singer Theory)

7. **Learning**
   - Definition of Learning
   - Types of Learning: Classical and Operant Conditioning: Trial and Error, Learning by Insight; Observational Learning, Methods of Learning

8. **Memory**
   - Definition and Nature
   - Memory Processes: Retention, Recall and Recognition
   - Forgetting: Nature and Causes

9. **Thinking**
   - Definition and Nature
   - Tools of Thinking: Imagery; Language; Concepts

- Kinds of Thinking (Problem Solving; Decision Making; Reasoning)

10. Individual differences

- Definition of Individual Differences and conceptual Framework
- Intelligence, personality, aptitude, achievement

Recommended books:

- Atkinson R. C., & Smith E. E. (2000). Introduction to psychology (13th Ed.). San Diego, California,USA Harcourt Brace College Publishers.
- Fernald, L. D., & Fernald, P. S. (2005). Introduction to psychology. USA: WMC Brown Publishers.
- Glassman, W. E. (2000). Approaches to psychology. Open University Press.
- Hayes, N. (2000). Foundation of psychology (3rd Ed.).New York,USA: McGraw Hill.
- Leahey, T. H. (1992). A history of psychology: Main currents in psychological thought. New Jersey: Prentice-Hall International, Inc.
- Myers, D. G. (1992). Psychology (3rd Ed.). New York,USA : Wadsworth Publishers.
- Ormord, J. E. (1995). Educational Psychology: Developing learners.New York,USA: Prentice Hall.
- Thomson.,& Lahey, B-B. (2004). Psychology: An Introduction (8th Ed.).New York,USA : McGraw-Hill Companies, Inc.

CONTEMPORARY HISTORY OF PSYCHOLOGY

Course Code: PSY-402   **Credit Hours: 03**

Course Objectives

The course aims at the development of basic understanding of the various processes of scientific development and change and to become familiar with the chronological history of ideas which contribute to the field of Psychology.So ,the brief historical context within which that historical development took place and the schools of psychology,are well explained and understood.It will enable current psychological thought within that historical development and context.

Course Contents

1. Introduction

- Brief History of Psychology
- Early Greek, Roman philosophy and Philosophers. (Thales, Anaximander ,Heraclitus, Parmenides,Pythagoras,empedocles)
- Early Greek Medicine
- The relativity of Truth; Protagoras, Gorgias, Xenophobes, Socrates, Plato, Aristotle
- Skepticism & Cynicism
- Epicureanism and Stoicism, Neoplatonism and Emphasis on spirit Contribution of Muslim Philosophers
- Scholasticism

2. The Beginning of Modern Science and Philosophy

- Renaissance and the rise of Humanism; Challenges to Church authority; Rene Descartes

- British Empiricism; French Sensationalism; Positivism
- Rationalism
- Spinoza; Immanuel Kant; Johann Friedrich Herbert; Friedrich Hegel
- Romanticism and Existentialism
- Early developments in physiology and the rise of experimental psychology; Individual differences; Early Research on brain functioning, Voluntarism, Structuralism and other early approaches to psychology Voluntarism.

3. Psychobiology

Karl and Lashley; New connectionism; Behavioral genetics

- Contemporary Psychology
- The Diversity in contemporary psychology
- The tension between pure, scientific and applied psychology

4. Psychology's status as a science; Post modernism

Recommended books:

- Ajmal, M. (1986). Muslim Contribution to Psychotherapy and Other Essays. Islamabad, Pakistan: National Institute of Psychology, Quaid-i-Azam University.
- Boring, E. G. (1957). A History of Psychology. New Jersey, USA : Prentice-Hall.
- Hergenhahn, B. R. (2001). An Introduction to the History of Psychology. New York,USA : Wadsworth.
- Leahey, T. H. (1987). A History of Psychology. New Jersey, USA: Prentice-Hall Inc.
- Murphy, G. (1949). Historical Introduction to Modern Psychology. London: Routledge & Kegan Paul.
- Shultz, D. (1981). A History of Psychology. Florida, USA : Academic Press.
- Sharma, N., & Sharma, R. (2003). History and Schools of Psychology. New Delhi,, India: Atlantic Publishers.
- Wolmen, B.-B. (I 979). Contemporary Theories and Systems in Psychology. New York, USA: Harper & Row.

SCHOOLS OF PSYCHOLOGY

Course Code: PSY-403   **Credit Hours: 03**

Course Objectives

The course will develop a basic understanding of the various processes of scientific development and change ,It will assist in becoming familiar with the chronological history of ideas which contribute to the field of psychology. The historical context within which that historical development took place and the schools of psychology,are explained in brief.

Course Contents

1. **Roots of Psychology Philosophical roots:**
    *   Greek and Muslim contribution to the development of psychology.
    *   The spread of scientific psychology. Psychology in Europe, USA, and Former Soviet Union
2. **Systems and Schools of Thought :**
    *   Structuralism
    *   Functionalism
    *   Behaviorism
    *   Gestalt psychology and Field Theory
    *   Psychodynamics
    *   Humanistic Psychology
    *   Cognitive Psychology
3. **Psychology in Pakistan**
4. **Practicum: 25 Marks**
    Following experiments shall be performed by the students: Concept Formation Maze Learning Memory: Function of Recitation Memory: Function of Time (Saving Method) Memory: Method of Serial Reproduction Problem Solving

Recommended books:
*   Ajmal, M. (1986). Muslim Contribution to Psychotherapy And Other Essays. Islamabad,Pakistan: National Institute of Psychology, Quaid-i-Azam University.
*   Boring, E. G. (1957). A History of Psychology. New Jersey,USA : Prentice-Hall.
*   Leahey, T. H. (1987). A History of Psychology. New Jersey: Prentice-Hall Inc.
*   Murphy, G. (1949). Historical Introduction to Modern Psychology. London: Routledge & Kegan Paul.
*   Shultz, D. (1981). A History of Psychology. Florida,USA : Academic Press.
*   Wolmen, B. B. (I 979). Contemporary Theories And Systems In Psychology. New York,USA: Harper & Row.

EXPERIMENTAL PSYCHOLOGY

Course Code: PSY–404   **Credit Hours: 03**

Course Objectives
This course will help the students to examine the importance of the Psychology of the individual to the development of self- esteem, cooperative learning, individual differences, and motivation and learning styles.

Course Contents
1. **Psychophysics:**
    *   Importance of Psychophysics
    *   Absolute & Differential Thresholds
    *   Psychophysical Methods

- Theory of signal detection.

2. **Perception:**
    - Perception and Sensation.
    - The Gestalt Concept of Perception.
    - Perceptual Consistencies; Depth Perception; Figure and Ground Perception; Perception of Movement; Perceptual defense and vigilance; Perception of time.
    - Visual illusions

3. **Learning:**
    - Types of learning.
    - Basic factors in learning and performance.
    - Role of reinforcement in learning.
    - Contemporary theories of Learning

4. **Memory**:
    - Theories of Memory.
    - Compartments of Memory (The storage and   retrieval   process.)
    - Mnemonics: ways of improving memory (Devices Mnemonics)

5. **Thinking and Problem-Solving:**
    - Nature of Thinking
    - Concept formation
    - Set and attitude as factors in Thinking
    - Creative Thinking
    - Theories of Thinking.

6. **Practicum: 25 Marks**

    Three of the following experiments shall be performed by the students:
    - Meaningful vs. Nonsense Learning
    - Retroactive Inhibition
    - Simple Reaction Time
    - Transfer of Training
    - Trial Position Effect under Massed and Distributed Practice
    - Whole vs. Part Learning

Recommended books:
- Andreas, B-G. (1972). Experimental Psychology (2nd Ed). New York,USA : John Wiley and Sons
- Boring, E.-G. (2007). History of Experimental Psychology. New Delhi,India : Cosmo Publications
- Kantowitz, B- H., Roediger, H-L., & Elmes, D-G. (1994). Experimental Psychology: Understanding Psychological Research. (5th Ed). USA: West Publishing Company.
- McGuigan, F. J. (2001). Experimental Psychology-Methods of Research: (7th Ed).UK: Prentice Hall.
- Postman, L & Eagan, J-P. (2007). An Introduction. New York,USA: Harper and Row.

INTRODUCTION TO SOCIAL PSYCHOLOGY

Course Code: PSY–405   **Credit hours: 03**

Course Objectives

Social Psychology aims to give awareness of certain fundamental concepts and principals involved in human behavior, and in his interaction with the society. It provides an awareness of the major problems and issues in the discipline of social psychology, and the capacity to interpret them through research findings. The aim is to accomplish the goal, of the understanding and interpretation of human behavior.

Course Contents:
1. **The Field of Social Psychology**
    *   Introduction to social psychology
    *   Conducting research in social psychology
    *   Current trends and future scope
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
    *   Other aspects of self-functioning
    *   Self-focusing
    *   Cognitive and affective aspects
    *   Self-Monitoring
    *   Self-Efficacy
6. **Gender & Socialization**
7. **Social Influence**

- Conformity
- Compliance
- Obedience

8. 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?

9. Aggression /hurting others
- What is Aggression?
- Influences on Aggression
- Reducing Aggression
- Lucifer effect
- Bullying

10. Theories of Social Psychology Theorists

- Sigmund Freud
- C.H. Cooley
- B. F. Skinner
- D H Mead

Recommended books:
- Forsyth, D- F. (1987). Social Psychology. California,USA: Brooks Publishing Company.
- Myers, D-G. (1987). Exploring Social Psychology. New York,USA: McGraw-Hill.
- Myers, D-G. (1987). Social Psychology. New York,USA: McGraw-Hill.
- Wayant, J-M. (1986). Applied Social Psychology. New York, USA: Oxford University Press
- Wesley., & Fisher, R-J. (1982). Social Psychology: An Applied Approach. New York, USA: St. Martin Press.

PERSONALITY THEORIES-I

Course Code: PSY–406   **Credit Hours: 03**

Course Objectives
This course aims to examine, in depth, specific theories of Psychology, under each of the major psychological models of personality through their theoretical concepts and principles, their explanation of personality development, their assessment techniques, and their application to treatment of psychopathology. Students will be able to articulate the major concepts and principles of each personality theory discussed in the class and in the text

Course Contents

1. **Psychology Of Personality**
   - Introduction to the Discipline
   - Meaning of personality
   - Meaning of theory
   - Components of personality theory
2. **The Psychoanalytic Legacy; Sigmund Freud**
   - Basic concepts
   - Personality structure:
   - Three interacting systems
   - Personality development
   - Five sequential stages.
   - Personality dynamics
   - instincts / anxiety / catharsis and anti-catharsis
   - Defense mechanisms
   - Application of psychoanalytic theory; Dream analysis paraphrases
   - Psychotherapy
   - Critical evaluation
3. **Personality's Ancestral Foundations: Carl Jung:**
   - Basic concepts: Conscious and unconscious; Archetypes.
   - Personality typology
   - Personality development
   - Further applications: Dream analysis; Psychopathology.
   - Psychotherapy
   - Critical evaluation
4. **Overcoming Inferiority And Striving For Superiority: Alfred Adler**
   - Basic concepts:
   - Developing social feelings: society; work and love
   - Style of life; future goals vs. past events.
   - overcoming inferiority Striving for superiority and superiority complex.
   - Family influences on personality development
   - Further applications: Dream analysis; Psychopathology
   - Psychotherapy
   - Critical evaluation
5. **Neo Freudians -Karen Horney**
   - Basic anxiety
   - Coping by way of 10 neurotic needs moving towards, or against, or away from people
   - Development of an idealized vs. a real image of self
   - Claims, shoulds
   - Defense mechanisms.
6. **Harry Stack Sullivan**
   - Empathy
   - Anxiety and security

- 3 modes of experience
- 6 stages of Development

7. Henry A. Murray
- Definition of need
- variety of needs
- Strength of needs and interactions Environmental press
- Themas

8. Erik Erikson
- Psycho-social stages of personality development
- Identity crises

9. Erich Fromm
- Existential needs
- Individual and social characters

Recommended books:
- Buss, D. M. (2004). Evolutionary Psychology: The Science of Mind (2nd Ed.) Boston: Allyn & Bacon.
- Ewen, R. B. (1998). An Introduction of Theories of Personality. (5th Ed.). New Jersey: Lawrence Erlbaun Associate Publishers.
- Feist, J. (1985). Theories of Personality. Sydney: Holt Rinehart & Winston, Inc.
- Pervin, L. A., Cervone, D., & John, O. P. (2005). Personality Theory and Research (9th Ed.). New York: John Wiley & Sons

PERSONALITY THEORIES-II

Course Code: PSY–407   **Credit hours: 03**

Course Objectives

This course aims at the developing the understanding of theories related to Psychology, of the new era. This course aims at highlighting the basic concepts of the psychologists after Freud. It will enable the students to articulate each theory, its assessment techniques and the theoretical approach to the treatment and understanding of Human. Students will be able to critically evaluate each theory

Course Contents

1. Dispositional Theories:
   a. Gordon Allport
   - Personality development
   - Personality traits
   - Critical evaluation
   b. Raymond Cattell
   - View of a person; Understanding of the person Factor analysis; Economic model
   - Basic concepts; Data types; Traits; Personality of nations

- Critical evaluation
- Hans Eysenck
- Basic concepts; Traits and types;
- Measuring and describing E, N, and P
- Critical evaluation
2. **Humanistic And Existentialist Theories**
   a. **Abraham Maslow**
      - Basic concepts
      - Five basic human needs
      - Self-actualizing person
      - Critical evaluation:
   b. **Carl Rogers**
      - Basic concepts
      - Actualization
      - Importance of self
      - Personality development
      - Client centered therapy
   c. **George Kelly:**
      - Basic concepts
      - Personality as a system of constructs
      - Relation among constructs
      - Personality development
      - Predictability
      - Dependency constructs
      - Role playing
      - Choices: the C-P-C cycle
      - Critical evaluation
3. **Behaviorist Theories**
   a. **B.F. Skinner**
      - Basic Concepts
      - Operant conditioning
      - Positive reinforcement
      - Negative reinforcement and punishment
      - schedules of reinforcement
      - Operant conditioning and reinforcement
      - Development of humans: Language, Personality and child rearing.
      - Critical evaluation.
   b. **John Dollard and Neal E. Miller**
      - Basic concepts
      - Psychopathology
      - How fear is learned
      - Effect of fear
   b. Critical evaluation
4. **Social Learning Theory of Albert Bandura**

- Basic concepts
- Models and modeling
- Goals and self-regulating
- Self-efficacy
- Reward
- Defensive behavior
- Critical evaluation
5. **Current Paradigms**

Recommended books:
- Allen, B- P. (1997). Personality Theories: Development, Growth and Diversity. (2nd Ed.). Boston,USA: Allyn & Bacon.
- Ewen, R- B. (1998). An Introduction to Theories of Personality. (5th Ed.) New Jersey,USA: Lawrence Erlbaun Associate Publishers.
- Feist, J. (1985). Theories of Personality. Sydney: Holt Rinehart & Winston, Inc.

MENTAL HEALTH AND PSYCHO-PATHOLOGY – I

Course Code: PSY–408   **Credit Hours: 03**

Course Objectives

The course will help spreading the knowledge of the psychological theories and models for the field of abnormal psychology or Psychopathology. It will help in understanding of assessment, etiology, symptoms, and treatments of the major psychological disorders. Also, assisting in development of familiarity with research methods and ethical considerations appropriate for the study of abnormal psychology. The students will be developing ability to apply course materials to case studies of individuals.

Course Contents

1. **Introduction to Abnormal Psychology**
   - Concept of Abnormality;
   - Criteria of Normality and Abnormality;
   - Defining Psychological Abnormality (Deviance, Distress, Dysfunction, Danger)
   - Paradigm shift of mental health
2. **Historical Background of Modern Abnormal Psychology**
   - Ancient views and treatment
   - Greek and Roman views; Europe in the middle ages
   - The Renaissance; 19th Century
   - Views of abnormality; modern trends
3. **Models of Psychopathology**
   - Biological Model

- The Psychodynamic Model
- Behavioral Model
- Cognitive Model
- The Humanistic Model
- The Socio-cultural Model
- Eclectic Approach

4. Clinical Assessment of Abnormality:
- A brief overview of clinical observation, tests and interviews
- Diagnostic Classification Systems: DSM-IV and ICD-10

Recommended books:
- American Psychiatric Association. (1994). Diagnostic and Statistical Manual Of Mental Disorders (4th Ed.). Washington, DC.
- Bootzin, R-P., & Acolleah, Jr. (1983). Abnormal Psychology: Current Perspective.NewYork,USA : Random House.
- Coleman, J-C., & Boring.(1976). Abnormal Psychology and Modern Life.(8th Ed).NewYork,USA :Scott, Foresman and Co.

MENTAL HEALTH AND PSYCHO-PATHOLOGY–II

Course Code: PSY–409   **Credit Hours:3+1**

Course objectives

The course aims to briefly define the Psychological Theories in detail. In this course, the pathology is briefly studied to build the student understanding of the abnormal behavior, its etiology, symptoms, treatment and the related factors.

Course Contents:

1. **Introduction And Basic Concept Of Abnormal Behavior**
2. **Different Diagnosis and Etiological Factor described in DSM-IV**
   Axis I, II, III, & IV
3. **Disorders.**
   - Anxiety Disorders
   - Somatoform Disorders
   - Dissociative Disorders
   - Schizophrenia
   - Mood Disorders
   - Eating Disorders
   - Adjustment Disorders
   - Sexual & Gender Identity

- Developmental or Childhood and Infancy Disorders
- Psychoactive Substance use Disorders
- Factitious Disorders
- Sleep Disorders
- Delirium
- Dementia
- Amnesic Disorders
- Cognitive Disorders

Recommended books:
- American Psychiatric Association. (1994). Diagnostic and Statistical Manual Of Mental Disorders (4th Ed.). Washington, DC.
- Comer, R- J. (2004). Abnormal Psychology. USA: Freeman and Company.
- Neale, J-M., & Davison, G-C. (2004). Abnormal Psychology. New York: John Wiley & Sons.
- Bootzin, R-P., & Acolleah, Jr. (1983). Abnormal Psychology: Current Perspective.NewYork,USA : Random House.
- Coleman, J-C., & Boring.(1976). Abnormal Psychology and Modern Life.(8th Ed).NewYork,USA :Scott, Foresman and Co.

NEUROLOGICAL BASIS OF BEHAVIOR

Course Code: PSY–410   **Credit Hours: 03**

Course Objectives

The course aims at the development of student's insight into the biological basis causing any act, or behavior or any abnormal functioning. The biological or physiological bases of associative psychological disorders are studied, in depth. This course will equip the students to understand the natural process of functioning, by studying many different methods used to explore these processes.

Course Contents

1. **Origins of Neuropsychology**
- Neurological explanation of behavior
- Historical roots of Physiological Psychology
- Evolution of brain
- Ethical issues in Neuropsychological research
2. **Physiology of Neural Cells**
- Neurons
- Types of neurons
- Nerve impulse
- Communication within a neuron
- Communication between neurons.

3. **Physiology of Nervous System**
   - Basic features of nervous system
   - Central nervous system
   - Peripheral nervous system
   - Development of the brain.
   - Investigating how the brain controls behavior.
4. **Emotions and 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
5. **Endocrine System And Emotions**
6. **Homeostasis**
   - The psychology and biology of thirst
   - The multiple controls of hunger
   - Physiological mechanisms of sleep and waking.

Recommended books:
- Carlson, N-R. (1999). Foundations of Physiological Psychology (4th Ed.). Boston, USA: Allyn and Bacon.
- Cooper,J-R., Bloom,F-I.,& Wroth,R-J.(1989).Biochemical Basic of Neuro Pharmacology. London: Oxford University Press.
- Kalat, J-W. (1998). Biological Psychology (6th Ed.). California, USA: Brooks/Cole Publishing Company.
- Pinel, J-P. (2000). Biopsychology.(4th Ed).Boston,USA: Allyn and Bacon.
- Rimble, D-P. (1988). Biological Psychology. NewYork,USA : Halt, Rinehart and Winston, Inc.

DEVELOPMENTAL PSYCHOLOGY

Course Code: PSY-411   **Credit Hours: 03**

Course Objectives:

The course aims at the theoretical explanations of the developmental process. Developing the understanding of the relationship between heredity and environment as they form the foundations of human developme, in cognitive, moral, and social development. These changes are occurring in late childhood, ages seven to twelve and in adolescence. The psychologist will study the normal development of child and the effect of any hindrance in the normal development.

Course Contents

1. **Nature and Scope**
2. **Research Methods in Developmental Psychology**:

Longitudinal; Cross-Sectional;
3. **Experimental Aspects of Development**:
   Physical, Emotional, Moral, Social, Linguistic & Cognitive
4. **Phases of Development**:
   Prenatal, Birth, Infancy, Childhood, Adolescence, Adulthood, Old-age

   Recommended books:
   - Ahmad, F-Z. (1993). Mental health And Patterns of Child Rearing in Pakistan. Karachi, Pakistan: Institute of Clinical Psychology, University of Karachi.
   - Bee, H. (1994). Lifespan Development. Harper Collins College Publishers.
   - Berk, E-L. (2000). Child Development (5th Ed.). Boston, USA: Allyn & Bacon.
   - Feldman, R-S. (1999). Child Development: A Typical Approach. USA: Prentice- Hall, Inc.
   - Papalia, E-D., Olds, W-S., & Feldman, D-R. (2001). Human Development (8th Ed.). New York,USA : McGraw-Hill.
   - Sprinthall, N-A., & Collins, W-A. (1984). Adolescent Psychology: A Developmental View. (3rd Ed.). USA: McGraw-Hill.

CONTRIBUTION OF MUSLIM PHILOSOPHERS TO PSYCHOLOGY

Course Code: PSY-412   **Credit Hours: 03**
Course Objectives:
The course aims at acknowledgement of Muslim scholars,especily in the field of Psychology. This course highlights the contribution of Muslims and their in-depth study related to the Psychic phenomenas, relating soul,mind,the consciousness, their way of studying those phenomenas,their theories, therapies all provide a brief summary of their contribution.

Course Contents

1) **Introduction**
   - Definition, Subject matter and scope
   - Historical background of Muslim Psychology
2) **Studies of Muslim Scholars on Psychology**
   - Al-Kindi
   - Abn Sina
   - Ibn Rushd
   - Ghazali
   - Miskewah
   - Ashraf Ali Thanvi
   - Shah Wali Allah
3) **Methodology**
   - Quranic concept of Human Psyche
   - Concept of Man

4) **Personality Theories and Therapies**
- Ghazali
- Miskewah
- Ashraf Ali Thanvi

5) **Self Determination**
- Nafs, Laataif, Hawadas, Khawater

6) **Muslim approaches to Mental Health**
- Wellbeing, love, contentment, satisfaction, hope, optimism and happiness

7) **Behavior modification**
- Ibadat
- Zakat
- Tauba

Recommended books:

- Ajmal, M (1986). Muslim contribution to psychotherapy. Islamabad,Pakiistan: National Institute of Psychology.
- Badri, M. (1979). The Dilemma of Muslim Psychology. London: MWH Publishers
- Huq, M. (1984). Concept of Personality Development In The Light Of Islamic Thoughts. Bangladesh Journal of Psychology 7, 118-128.
- Latif, A. (2000) Holistic Health, Healing and Spirituality. Lahore,Pakistan: Psyche Hope.
- Rizvi, A. A. (1994). Muslim Tradition in Psychotherapy and Modern Trends.Lahore: Institute Of Islamic Culture.
- Rizvi, A. A. (1998) Muslim Nafsiat Kay Khado Khal. Lahore,Pakistan: Urdu Science Board.
- Rizvi, A. A. (2005) Quranic Concept of Psyche. Lahore,Pakistan: Institute Of Muslim Psychology.
- Rizvi, A. A. (2005). Reading Therapy. Lahore,Pakistan: Institute Of Muslim Psychology .
- Rizvi, A.A. (1994) Traditions, Paradigms And Basic Concepts Of Muslim Psychology. Lahore, Pakistan: Institute Of Muslim Psychology

SPORTS PSYCHOLOGY

Course Code: PSY-413   **Credit Hours: 03**
Course Objectives:
This course aims at the explanation of physical health and mental health. The effects of mental health on physical and the effects of physical health upon the human being are studied. This course covers the area of Sports, the psychological well-being of the sports man, the way psychology can facilitate the sports-man and the practical implementation of the psychological theoretical concepts.

Course contents

1. Introduction to Sports Psychology
- Historical Background of Sports Psychology
- Theories and Models of Sports Psychology

- Methods and Measure of Sports Psychology

2. Imagery
- Development of Imager
- Neuromuscular Theories of Mental Practice
- Cognitive Theories of Mental Practice
- Bio-Informational theory of Mental Practice

3.Motivation
- Introduction to Motives and motivation theories; Self-determination Theory; Perceived Competence Theory; Achievement Goal Theory; Self-efficacy and social cognitive theory.
- Significant Other; Integrated Model of youth sport participation and withdrawal.
- Sport Commitment Model

4.Concentration
- Development: Origin of Concentration; Attention as a 'Filter'
- Attention as a 'Zoom lens'; Attention as a 'resource;
- Psychometric Approach; Effective Concentration; Mental Practice

5.Anxiety
- Introduction to Anxiety
- Drive Theory; Catastrophe Theory; Processing efficiency theory
- Conscious Processing or 'Reinvestment' Hypothesis;
- Physiological Measures; Self-report Instruments;
- Physical Relation Techniques;
- Simulation Training; Choking under pressure

6.Sports Exercise
- Perceptual and cognitive expertise in sports; Identifying patterns of play; Reading on opponents intentions; Visual search behavior;
- Role of Deliberate Practice in Developing; Expertise in Sport

7.Acquiring Sports Skills
- Demonstrating the Skills
- Providing verbal instructions about the skills
- Practice Scheduling; Feed Back

8.Teams
- How to define a Team;
- Individual performance in team;
- Team Dynamics;
- Teams in Content;
- Team Roles

9.The Athlete's Career
- Gerontology Theory;
- Thamatology Theory;
- Transition Models

10.Exercise and Mental Health
- Depression; Anxiety; Vlood State; Stress responsively
- Self Esteem;
- Body Image

- Endorphin Hypothesis; Mastery Hypothesis; Distraction or Time-out-Hypothesis; Thermogenic Hypothesis

Recommended books:
- Lavallec. D., Kremer, J., Moran, A., & Williams. M. (2004). Sports Psychology: Contemporary Themes. New York, USA : Palgrave Macmillan Publisher.
- Millamn, D. (1999). Body Mind Mastery: Creating Success In Sports And Life. Novato: New World Library.
- Raalte, J. L. V., & Brewer, B. W. (2002). Exploring Sports And Exercise Psychology. Washington D. C.: American Psychological Association.

ETHICS IN PSYCHOLOGY

Course Code: PSY-414   **Credit Hours: 03**
Course Objectives:
The course aims at developing the students insight about the ethics of Psychology, Being a student of psychology, it is necessary to be aware of the code of conduct of the particular field.it will enable the students to know ,how to behave professionaly,how to practise,conduct reseach and how to carry out experiments

Course Contents:

1. 1.**Introduction To Ethics:**
    - Ethical conduct of Psychologists
    - Ethical Principles of Psychologist
    - Ethical Standard
    - Ethical Committees; Formation of working guidelines
    - Privacy and Confidentiality
    - Classroom Materials
    - Research Data
2. **Assessment Materials**
3. **Psychologists And Social Responsibility**
4. **Ethics In Psychotherapy**
    - Therapists' obligations.
    - Sexually intimated behaviour with clients
    - Dual relationship;
    - Conflict of interest situation
    - Psychologists and advertising.
    - Acceptable advertisement; Unacceptable advertisement

6. Ethical Issues Involved In Experimentation With Human And Animal Subjects

7. Relationship With Colleagues;
- Monitoring conduct of colleagues;
- Vindictive/ difficult colleague;
- Relationship with students/ employees

5.   Ethics and Psychological research;

6.   Psychologists responsibility;
- Volunteerism;
- Enticements
- Concealment;
- Distortion;
- Deception;
- Debriefing

Recommended books:
- Austin, K. M., Moline, M.E., & Williams, G. T. (1990). Confronting Malpractice: Legal & Ethical Dilemmas In Psychotherapy. Newbury Park: CA. Sage.
- Spiegel, P. K., & Koocher, G. P. (1998). Ethics In Psychology. New York,USA : Oxford University Press.

DETAILS OF MAJOR COURSES

PSYCHOLOGICAL TESTING-I

Course Code: PSY–431   **Credit Hours: 03**

Course Objectives

The subject is to introduce the student, to the basic theoretical psychometric concepts and use of psychological tests. Main course objectives include understanding of the basic principles of psychological measurement and the techniques of test construction, administration, and validation. And also to understand reliability, validity, and understanding social and cultural factors related to the assessment and evaluation of individuals, groups, and specific populations.

Course Contents

1. **Psychological Assessment and tests:**
   - Definition
   - Nature of Psychological assessment
   - Psychological testing
   - Types and uses
   - Control in use of psychological tests
   - Sources of information about tests
   - Ethics of psychological testing
   - Standards of testing and test administration.

2. **History Of Psychological Testing:**
   - Antecedents
   - Rise of modern psychological testing
   - Current status and controversies

3. **Test Construction And Adaptation:**
   - A general introduction
   - Characteristics of a good psychological test
   - Steps of test construction and adaptation.

4. **Item Writing:**
   - Types of items
   - General guidelines for writing items
   - Methods of scoring

5. **Item Analysis:**
   - Meaning and purpose of item analysis
   - Item difficulty
   - Item discrimination
   - Item distracters
   - Factors influencing item difficulty and item discrimination
   - Item response theory
   - Item characteristic curves.
   - Problems of item analysis: Cross Validation.
   - Item analysis of tests.

6. **Reliability**:
   - Introduction
   - Types of reliability
   - Measurement of reliability
   - Test-retest, split-half reliability
   - Parallel forms and inter-rater reliability
   - Cronbach alpha.
   - Factors influencing reliability of test scores
   - Improving reliability of tests.

7. **Validity:**

- Introduction
- Types of validity
- Face / Content, Criterion, Concurrent, Predictive and Construct validity
- Relation of validity & reliability
- Convergent & divergent validation
- Statistical methods for calculating validity
- Threats to validity

8. **Test Norms:**
   - Introduction
   - Types of norms
   - Steps in developing norms
   - Relativity of norms
   - Cut-off scores.
   - Implications of response sets Methods to eliminate response sets
   - Interpretation of test scores

Recommended books:

- Anastasia, A. (1988). Psychological Testing (6th Ed.). New York,USA: Macmillan.
- Anastassi, A., & Urbina, S. (1997). Psychological Testing (7th Ed.). New York,USA: Prentice-Hall Inc.
- Cronbach, L. J. (1970). Essentials Of Psychological Testing (3rd Ed.). London: Harper & Row Publishers.
- Thorndike R. L., & Hagen, E. P. (1995). Measurement And Evaluation In Psychology And Education (4th Ed.). New York: Macmillan.

PSYCHOLOGICAL TESTING–II

Course Code: PSY–432   **Credit Hours: 03**

Course Objectives

Main course objectives include understanding of the basic principles of psychological measurement and the techniques of test construction, administration, and validation. Test rationale, construction, characteristics and the use of evaluation are emphasized. Understanding social and cultural factors related to the assessment and evaluation of individuals, groups, and specific populations.

Course Contents

1. **Assessment Of Intellectual And Cognitive Abilities**
   - Intelligence

- Nature, Meaning, Different view points
- Types of intelligence tests: Howard Gardner, Robert Sternberg, Simon-Binet, Wechsler, Kaufman.
- Differential Ability Scales
- Problems in testing intelligence during infancy, childhood, adulthood and old age.
- Cross cultural & longitudinal studies in intelligence testing.
- Diversity in test performance

2. **Tests for special populations.**
- Infant & Preschool Testing
- Testing of the Mentally   Retarded   populations.
- Testing   for   physical   disabilities
- Multicultural testing.
- Adaptive Testing

3. **Computer Based Administration**
- Multilevel batteries
- Educational Testing
- Career guidance
- Aptitude testing
- Achievement testing
- Learning disabilities

4. **Personality Assessment and Testing**
- Meaning & purpose of personality assessment and testing.
- Types of Personality tests:
- Objective and Projective tests.
- Inventories, check lists, Autobiographical memories, rating and ranking scales
- Interview:structured, semi structured and unstructured
- Current status of different personality assessment techniques
- When to use which test or assessment techniques

5. **Assessment of interests, values & attitudes**
- Overview & highlights
- Significant trends
- Performance.

6. **Occupational & Organizational Testing and assessment**
- Criteria for occupational testing
- Career assessment

7. **Tests applied to organizational setting**
8. **Assessment and Psychological Testing in Clinical & Counseling Settings**
- Psycho Neurological tests
- Behavioral assessment and clinical judgment
- Battery of diagnostic tests
- Evaluation of various assessment techniques

Recommended books:

(for Psychological Testing I and II)

- Aiken,L. R .,(2006.). Psychological Testing & Assessment (12ᵗʰ Ed). Allyn & Bacon, Inc.
- Anastasia, A., & Urbina, S. (1997). Psychological Testing. New Jersey,USA: Prentice-Hall.
- Cohen, R. J., & Swerdlik, M. E. (2005). Psychological Testing & Assessment (6th Ed.). New York,USA: McGraw-Hill.
- Panda, L H. (1998). Psychological Testing: Theory And Application. New York,USA: Allyn & Bacon.
- Pittrnger, D. J. (2003). Behavioral Research Design Analysis. New York,USA: McGraw-Hill.
- Shelly, D., & Cohen, D. (1986). Testing Psychological Tests. London: Croon Helm

RESEARCH METHODOLOGY-I

Course Code: Psy–433   **Credit Hours:03**

Course Objectives

This course will examine a number of major research topics in social psychology. Students are expected to gain substantial knowledge of the field, including major concepts, theories, empirical findings, and controversies. Also, students will also have the opportunity to communicate critically and creatively about these theories and findings.

Course Contents:

1. **Introduction**

   - Scientific and non-scientific approaches to knowledge.
   - The scientific method: definition, features, goals, and steps.

2. **Identifying a research problem**

   - Basic approaches
   - Sources of research literature

3. **Scientific theories and hypotheses**

   - Formulation of a hypothesis
   - Criteria of a hypothesis
   - The nature and types of hypotheses
   - Operational definitions

4. **Ethical issues in the conduct of psychological research: APA ethical standards**

   - Risk versus benefit
   - Anonymity and privacy of the subjects
   - Informed consent
   - Research with animals
   - Qualitative Techniques

- Program evaluation Focus groups

5. **Descriptive research methods**

A. Observation
- Naturalistic observation \ observation without intervention
- Observation with intervention
- Participant observation
- Structured observation
- Field experiments

b. Recording behavior
- Qualitative measures of behavior
- Quantitative measures of behavior

c. Analysis of observational data:
- Advantages,
- Problems
- methodological issues

d. Unobtrusive measures of behavior
- Physical traces
- Archival data

6. **Sampling techniques**

- Basic terminology ; representativeness and bias Probability sampling
- Random sampling methods: pure\simple random sampling; Random digit dialing, Systematic\interval sampling
- Stratified random sampling
- Cluster sampling; simple and multistage
- Non-probability sampling: Accidental\Incidental \grab; Purposive; quota; Self-Selected; Snowball; Convenience; Clinical Sampling
- Time and event sampling
- Situation sampling

Recommended books:

- Billing,S-H.,& Waterman,A-S.(2003).Studying Service-Learning: Innovations In Education Research Methodology.London.New Jersey, USA: Lawrence Erlbaum Publishers.
- Ellis, L. (1994). Research Methods in Social Sciences. Madison: Brown And Benchmark Publishers
- Goodwin, C. J. (2002). Research in Psychology: Methods And Design. (3rd Ed.). New
- York, USA: John Wiley & Sons.
- Lee,A.,& Poynton,C.(2000).Culture & Text: Discourse and Methodology In Social Research and Cultural Studies. Australia. St.Leonards, NSW: Allen & Unwin.
- Lewis, M-S, Beck., Bryman,A., & Liao,T.(2004).The Sage Encyclopedia Of Social Sciences Research.London: Sage Publications

- Shaughnessy, J. J., Zechmeister, E. B., & Zechmeister, J. S. (2005). Research Methods In Psychology. (5th Ed.). Singapore: McGraw-Hill.

RESEARCH METHODOLOGY-II

Course Code: PSY-434   **Credit Hours: 03**

Course Objectives

The course will help in briefly explain the social reseaches, providing a brief description of various methods of research.

Course 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
   - Survey methods: mail surveys, personal interviews, telephone   surveys
3. **Survey Research Designs**
   - Cross-sectional design
   - Successive independent samples design
   - Longitudinal design
4. **Experimental Research Methods**
   - Experimental method: Control and variability, logic, characteristics   Independent measure designs/Between group design Random group design
   - Alternative independent groups design
   - Methodological issues: Individual differences; Assigning conditions
   - Repeated Measures designs/Within group design
   - Advantages and methodological issues: Differential carry-over effect, and general practice effect
   - Complex designs
   - Small N designs
   - Classical, After – only, Before – after no control group, Crossover, Solomon four-group, and Factorial designs

5. **Applied Research**
   - Single Case research designs
   - Quasi- Experimental Designs
   - Retrospective \ Ex Post Facto Designs
   - Prospective Quasi – Experimental Designs
   - Time Series Designs
   - Event – Specific Alignment Designs
   - Twin Studies and Adoption Studies
   - Reporting Investigations
6. **The structure of a research report based upon APA standards**: Title page, abstract, introduction, review of relevant literature, method, results, discussion, references and citations
7. **Research Project**
   - The students will be expected to carry out small research projects either individually or in groups (preferably 2 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:
- Ellis, L. (1994). Research Methods In The Social Sciences. Madison: Brown & Benchmark Publishers.
- Goodwin, C. J. (2002). Research in Psychology: Methods and Design. (3rd Ed.). New York, USA: John Wiley & Sons.
- Kerlinger , F. N. (1986). Foundations of Behavioral Research. New York, USA: Holt Rinehart & Winston, Inc.
- Shaughnessy, J. J., Zechmeister, E. B., & Zechmeister, J. S. (2005). Research Methods In Psychology (5th Ed.). Singapore: McGraw-Hill.

ENVIRONMENTAL PSYCHOLOGY

Couse Code: PSY-435   **Credit Hours: 03**

Course Objectives:
To enable the students to learn the psychological effects, of the environment on humans and humans' effects on environment. The main course aim is to embark upon the student the importance of the environment ,and its impact upon the human nature.

COURSE CONTENTS:

1. **Introduction to Environmental Psychology:**

- Importance and Application of Subject in Daily Life

2. **Components of the Environment**
   - Environmental Men : Evaluation and Anthropology

3. **Enviroment:**
   - Historical Attitudes toward the Natural Environment
   - Environment Perception and the Use of Natural Environment
   - Social Interaction and the Environment.
   - Impact of Environment on Personality Development and Individual Differences
   - Mob and Group Behavior in Environmental and Cultural Variances
   - Environmental Changes and Stress .

4. **Impact of Environment in its Incumbents**
   - The City as an Unnatural Habitat
   - Nature and Environment Changes in Rural and Urban Areas

5. **Environment and Adjustment :**
   - Gender, Age Job Family, Fashion, Religion Society.
   - Catastrophes and Human Adjustment to Meet the Future Challenges like Changes in Industrial and Geographical Development
   - The Built Environment and Human Adjustment

6. **Further Plans, Cities and Global Interaction in Reference to Entranced Issues**

Recommended books:
- Baum, A. (1998). Advances In Environmental Psychology. New York,USA: Lawrence Erlbaum Associates.
- Cassidy, T. (1997). Environmental Psychology. UK: Psychology Press.
- Garling, T., & Golledge, R. (Eds.). (1997). Behavior And Environment:Psychological and Geographical Approaches. Amsterdam: North Holland.
- Spindler, G. D. (1998). Making Of Psychological Anthropology. University Of California Press.
- Stokols, D., & Altman, I.(2000). Handbook of Environmental Psychology. New York: Wiley.

ADVANCED SOCIAL PSYCHOLOGY

Course Code: PSY:436   **Credit Hours: 03**

Course Objectives

This course will examine a number of major research topics in Social Psychology. Students are expected to gain substantial knowledge of the field, including major concepts, theories, empirical findings, and controversies. Also, students will also have the opportunity to communicate critically and creatively about these theories and findings.

Course Contents

1. **Introduction**
   - Introduction to Advance Social Psychology
   - Definition, scope, subject matter and nature of Advance Social Psychology
2. **Theories of Social Psychology Theorists**
   - Sigmund Freud
   - C.H. Cooley
   - B. F. Skinner
   - D H Mead
3. **Basic Concepts in Social Psychology**
   - Stereotypes
   - Prejudice and Discrimination
4. **Interacting with others**
   - Interpersonal Attraction – need
   - Characteristics of other situation and problems
   - Intimacy — Parent-child.
   - Interpersonal violence.
5. **Group Influence**
   - Nature and functions
   - How groups affects individual performance
   - Facilitation
   - Social loafing
   - Coordination in groups
   - Cooperation or conflict
   - Perceived fairness in groups
   - Decision making by groups:
   - Process
   - Potential dangers.
6. **Leadership**
   - History of leadership
   - Types and leadership styles
   - Effective leadership process
   - Core activities of a leader
   - Leadership Training
   - Leadership & Gender.
7. **Role of Media in Social Psychology**
   - Perception, Persuasion
   - Propaganda

- Portrayal of Role Models & Media and Agent of change,

8. **Social Psychology in action**
   - Applying social psychology to:
   - Interpersonal aspects of the legal system
   - Health related behavior
   - World of work

   Recommended books:
   - Feldman, R. S. (1998). Social Psychology: Theories, Research and Application. New York,USA: McGraw-Hill.
   - Fisher, R. J. (1982). Social Psychology: An Applied Approach. New York,USA: St. Martin Press.
   - Forsyth, D. F. (1987). Social Psychology. California,USA : Brooks Publishing Company.
   - Myers, D. G. (1987). Exploring Social Psychology. New York, USA: McGraw-Hill.
   - Myers, D. G. (1987). Social Psychology. New York,USA: McGraw-Hill.
   - Wayant, J. M. (1986). Applied Social Psychology. New York,USA: Oxford University Press.

POSITIVE PSYCHOLOGY

Course Code: PSY–437   **Credit Hours: 03**

Course Objectives

The proposed course aims at enriching the students regarding positive aspect of human nature. It also covers subjective state of well-being, optimism and emotional intelligence that facilitates the development of human resource in any society.

Course Contents

1. **Introduction,**
   - Nature
   - Scope of Positive Psychology
   - Approaches/Perspectives on Positive Psychology
2. **Personal Traits**
   - Positive traits and Negative traits
3. **Nature and Associated Psychological Factors:**
   - Hope; Optimism; Happiness; Love; Empathy; Attachment; Emotional Intelligence; Tolerance; Forgiveness; Gratitude; Faith; Morality; Wisdom and Creativity; Resilience; Spirituality; Altruism
4. **Self Determination Theory and Intrinsic Motivation**
5. **Social Development and Well Being**

   Recommended books:

- Corer, L., Keyes, M., & Handit, J. (2002). Flourishing - Positive Psychology & the Life. Washington,USA: APA Publication
- Lias, Aspmwaly, L., & Ursole, M. (2002). A Psychology of Human Strengths. Washington,USA: APA Publication.
- Rizvi, A. A. (1990). Muslim Psychology and Positive Psychology. Lahore,Pakistan: Institute Of Muslim Psychology.

EDUCATIONAL PSYCHOLOGY

Course Code: PSY–438   **Credit Hours: 03**

Course Objectives

The students will be able to apply learning theories to classroom situations. Examine the importance of the psychology of the individual to the development of self- esteem, cooperative learning, individual differences, and motivation and learning styles. It describes the relationships of teachers, parents, and students that lead to a productive learning environment. Articulate their own beliefs about education and the role of educational psychology.

Course Contents

1. I**ntroduction:**
   - Definition of Educational Psychology, Nature and Scope
2. **Individual Differences:**
   - Intelligence, Cognitive styles
3. **Learner's Characteristics:**
   - Abilities, Motivation, Interest, Aptitude
4. **Learning theories and practical applications**
   - behavioral, cognitive and constructivist approaches
5. **Characteristics of a Good Teacher**
6. **Counseling and Vocational Guidance**
7. **Behavior Modification**
8. **Designs of Evaluation**
9. **Psychology of teaching (constructivism)**
10. **Special Education:**
11. **Segregated education; integrated education; inclusive education**
12. **Class Room Management:**
13. **Managing the Class Room Methods of Control**

Recommended books:
- Borich, G. D., & Tombari, M. L. (1997). Educational Psychology: A Contemporary Approach (2nd Ed.). New York.USA: Addison Wesley Longman, Inc.

- Cartwright, G. P., Cartwright, C. A. & Ward, M. E. (1985). Educating Special Learners (2nd Ed.). California, USA: Wadsworth Publishing Company.
- Crow, L., & Crow, A. (2000). Educational Psychology. New Delhi, India: Eurosia Publishing House Ltd.
- Lefranceis, G.R.(1988) Psychology For Teaching (6th Ed.). California,USA: Wordsworth Publishing Co.
- Slavin, R. (1994). Educational Psychology. Boston,USA: Allyn & Bacon.
- Sprinthall, N., & Sprinthall, R. (1987). Educational Psychology: A Developmental Approach (4th Ed.). New York,USA: Random House.

CROSS CULTURAL PSYCHOLOGY

Course Code: PSY–439   **Credit Hours: 03**

Course Objectives

The course should result in the students' higher awareness of the balance between the social and biological substrates of human behavior. Students should learn the difference between area studies, cross-cultural studies, and intercultural studies. Students will learn the basics of successful cross-cultural research and be competent to conduct a valid study of behavior in the cross-cultural context.

Course Contents

1. **History of Cross Cultural Psychology**
   - Methodological issues of cross cultural psychology Comparability and Equivalence
   - Emic and Etic Approaches
   - Sampling Strategy in Cross Cultural Research
   - Problems of translation, adaptation and application of psychological tests across cultures
2. **Culture and Basic Psychological Processes**
   - Culture and Cognition
   - Culture and Emotion, Cultural Similarities and Dissimilarities, Cultural Shock
   - Cross Cultural Studies on Perception and Cognitive Styles
   - Cross Cultural Research on Motivation
   - Socialization across cultures:
   - Individualism & Collectivism
   - Sex-trait stereotypes
   - Development of Gender-stereotypes
   - Parental acceptance – Rejection Theory (PART)
   - Cross Cultural Testing of PART
   - Worldwide application of Piaget cognitive theory
   - New Trends in Cross Cultural Research
   - Indigenous Psychology across Cultures

Recommended books:

- . Berry, J. W., Poortinga, Y. H., & Pandeyn, J. (1997). Handbook Of Cross Cultural Psychology. (Vol. I). Boston, USA: Alyn & Bacon.
- Kagitcibasi, C. (1996). Family and Human Development across Cultures. New Jersy, USA: Lawrence Erllbaum Associates, Publishers.
- Matsumoto, D. & Juang, L. (2004). Cure and Psychology. Sydney, Australia: Thomson's Wadsworth
- Rohner, R. P. (1986). The Warmth Dimension: Foundation of Parental Acceptance Rejection Theory. Beverly Hills, CA, USA: Sage Publication, Inc.
- Rohner, R. P. H. (1999). Handbook for the Study Of Parental Acceptance And Rejection. Stress. CT: University Of Connecticut.

COGNITIVE PSYCHOLOGY

Course Code: PSY–440   **Credit Hours: 03**

Course Objectives

The course helps to understand the contributions made to the understanding of human thought processes by cognitive psychologists. The course aims at becoming familiar with the basic subjects of cognitive study including perception, attention, consciousness, memory, imagery, comprehension, categorization, problem-solving and language. And to develop a view of human cognition that is grounded in research and based on an integration of the student's faith with what psychologists have observed. It will help to develop each student's skills in analytical and synthetic thinking, research methods.

Course Contents

1. **Introduction**
   - Historical Perspective
   - Cognitive neuroscience
   - The eye and Visual cortex; Perception of movement and form
   - The ear and auditory cortex; Magnocellular and parvocellular pathways
   - Memory scanning. Mental processing revealed by reaction time experiments.
   - Types of perception; Colour perception, Depth Perception, movement perception, perception of time.
2. **Visual & Auditory Perception**
   - Sensory memory: iconic memory & Echoic memory
   - Pattern Recognition
   - Selective adaptation of linguistic feature detectors

- Failure to detect changes to people during a real world interaction Dichotic listening task

3. Visual Imagery
- Visual images preserve metric spatial information. Reinterpreting visual patterns
- Neural Basis of mental imagery. Size-distance paradox.
- Mental rotation.

4. Attention & Short Term Memory
- Magic number 7, chunking
- Studies of interference in serial verbal reactions Attention and cognitive control.
- Selection for actions and the inhibitory mechanisms Visual Perception.
- Masking.

5. Learning & Long Term Memory
- Retention in episodic memory
- Semantic integration of verbal information into a visual memory Working Memory and long term memory
- Creating false memories
- Fan effect
- Levels of processing
- Practice effects
- Mnemonic devices
- Recall vs recognition
- Implications for studying and examination: the SQ3R's

6. Thinking and Problem Solving o Categorization
- Basic Objects in natural categories
- Concepts and conceptual structure Modus Tollens
- Cognitive biases & gambler's fallacy
- Heuristics and algorithms

7. Psycholinguistics
- Chomsky's contribution
- Language comprehension Reading: Parsing
- Linguistics Determinism: Whorf-Sapir hypothesis

8. Cognitive Development
- Piaget's contribution
- Social and Emotional development Moral Development
- Gender differences in development
- Development of Language in genie Child's learning of morphology
- Rule learning by 7-month old infants
- Bilingual development: child-adult differences.

Recommended books:

- Groome, D. (1999). Cognitive Psychology: Processes And Disorders. London: Psychology Press.
- Medin, D. Ross, B., & Markmen. (2005). Cognitive Psychology. (4th Ed.). John Wiley   Inc.
- Reed, S. K. (2000). Cognition (5th Ed.). Belmont: Wadsworth / Thomson Learning.
- Sternberg, R. J. (1999). Cognitive Psychology (2nd Ed.). New York: Harcourt College Publishers.

- Sternberg, R. (2005). Cognitive Psychology. New York,USA: Wadsworth.

INDUSTRIAL PSYCHOLOGY

Course Code: PSY:442   **Credit Hours:03**

Course Objectives:
This course contributes to the following competence areas of reasoning and arguing about psychological theory, practice and policy based on solid arguments. It deals with a multitude of theoretical models or research approaches relevant to Industry, the effects of Industry on human beings and the effects of human upon the out-put of an industry.To situate the relevance of psychological theory, practice and policy in society

1. **Course Contents**
   The Practice Of Industrial Psychology
   - Principles, practices and problems
   - Methods and techniques

2. **Personnel management**
   - Recruitment and selection
   - Psychological testing
   - Performance appraisal
   - Training and development

3. **Organizational psychology**
   - Leadership
   - Motivation, job satisfaction and job involvement
   - The Organization of the organization

4. **Work Psychology**
   - Working conditions
   - Safety, violence, and health in the workplace
   - Stress

5. **Consumer psychology**
   Industrial psychological analysis of consumer behavior

   Recommended books:
   - Chatterjee.N.R.(1969).Industrial Psychology. Sudha Publications
   - Mywers,C.(2011).Industrail Psychology . Bibliobazaar.

- Tiffin.J.(1952).Industrial (3rd Edition).New York,Usa : Prentice Hall Inc
- Tylor,F.(2006).Principles Of Scientific Management.Cosimo: Inc

ADVANCE STATISTICS

Course Code: PSY-442   **Credit Hours: 03**
Course Objectives:
The course aims at the explaining anad understanding various methods of statistics that can be used in social reseach.

Course Contents:

1. **Analysis of Variance**
2. **Analysis of Covariance**
3. **Multivariate Analysis of Variance**
4. **Variate, Bivariate, Multiple Variate**
5. **F-Test, G-Test & T-Test**
6. **Simple Regression Analysis**
7. **Multiple Regression Analysis**
8. **Factor Analysis**
9. **Discriminate Analysis**
10. **The Analysis of Contingency Tables**
11. **SAS**
12. **MINITAB**
13. **SPSS**

Recommended books:
- Chris.L.(1979.). Introduction To Statistics: A Non-Parametric Approach for the Social Sciences. New York,USA: John Wiley & Sons.
- Evitt, B. S.(N.D.). The Analysis Of Contingency Tables. Chapman & Hall.
- Ferguson, G.A. (N.D.)aStatistical Analysis In Psychology And Education. McGraw-Hill.
- Gravetter, F. J. (2000). Essentials Of Statistics For Behavioral Sciences. NewYork, USA: Wadsworth.
- Guilford,P.S.& Fruchterb .(1978.), Fundamental Statistics in Psychology and Education. Mcgraw-Hill.
- Howell, D. (1999). Fundamental Statistics For Behavioral Sciences.Wadsworth.
- Hurl, Burt, R.T., (1999) Comprehending Behavioral Statistics. Wadsworth.
- Pagano, R. R. (1998). Understanding Statistics In The Behavioral Sciences.Wadsworth.
- Raymond, B.C. The Scientific Use Of Factor Analysis In Behavioral and Life Sciences. New York & London: Plenum Press.

RESEARCH PROJECT & THESIS

Course Code: PSY-443   **Credit Hours: 06**

Course Objectives:
The students will be expected to carry out small research projects either individually or in groups (preferably 2 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:
- Ellis, L. (1994). Research Methods in the Social Sciences. Madison: Brown & Benchmark Publishers.
- Goodwin, C. J. (2002). Research in Psychology: Methods and Design. (3rd Ed.). New York, USA: John Wiley & Sons.
- Kerlinger , F.N. (1986). Foundations of Behavioral Research. New York,USA: Holt Rinehart & Winston, Inc.
- Shaughnessy, J. J., Zechmeister, E. B., & Zechmeister, J. S. (2005).Research Methods In Psychology.US: McGraw hill

DETAILS OF ELECTIVE COURSES

Each Institution may add and opt any four Elective Courses of each course of three credit hours (12 credit hours)

CLINICAL PSYCHOLOGY

Course Code: PSY-451   **Credit Hours: 03**
Course Objectives:

The course aims at the development of student's insight into the practse of the psychological theories and therapies. The various therapies are studeid for the better underrstanding of the people in distress.

Course Contents:

1. **History of Clinical Psychology**
2. **Definition, Scope and present status**
3. **Training of Clinical Psychology**
   - Training of clinical Psychology
   - Differentiate between psychiatrist and psychologist
   - Interview, Testing, intervention, projective tests.
   - Neuro Psychological tests
4. **Psychological Assessment**
5. **Psycho Therapies for different disorders**
   - Psychology Analytical Therapy
   - Client – Centered Therapy
   - Behavior Therapy
   - Group Therapy
   - Rational Emotive Behavior Therapy.
   - Gestalt Therapy
   - Family Therapy.
6. **Rehabilitation**

Recommended books:
- Barker, C., Pistrang, N., & Elliott, R. (2002). Research Methods in Clinical Psychology: An Introduction for Students and Practitioners. New York, USA: John Wiley & Sons.
- Boll, T. J., Raczynski, J. M., & Leviton, L. C. (2004). Handbook of Clinical Health Psychology: Disorders of Behavior and Health. American Psychological Association (APA).
- Halgin, R. P., Whitbourne, S. K., & Halgin, R. (2004). Abnormal Psychology: Clinical Perspectives on Psychological Disorders. New York, USA: McGraw-Hill.
- Sayette, M. A., Mayne, T. J., & Norcross, J. C. (2004). Insider's Guide To Graduate Programs In Clinical And Counseling Psychology: The Guilford Press
- Shafranske, E. P. (1996). Religion and the Clinical Practice Of Psychology. American Psychological Association (APA).
- Walker, E. (1990). The History Of Clinical Psychology In Autobiography, Volume I, - Brooks/Cole Pub Co.

COUNSELING PSYCHOLOGY

Course Code: PSY-452   **Credit Hours: 03**

Course Objectives:

The course aims to highlight the basic principles of counseling and techniques used in the process of counseling.

Course Contents:

1. **The Counseling Profession: A Historical Perspective**
   - The development of counseling as a distinct profession in Pakistan
   - Historical and Social factors
   - Frank Parsons and other early influences
   - Beginnings of professional organizations and professional identity;
   - Influence of World War-I & II
   - Government involvement; Current Trends and future directions.
2. **The Criteria of Mental Health**
   - The Concept of Adaptive and Maladaptive Behaviour;
   - Healthy personality with particular reference to Jahoda (1958),
   - Shoben, (1957) Allport (1961) Kinnier (1993) and others.
3. **Client Centered And Behavioristic Counseling Approach**
4. **The Counseling Interview**
   - Introduction.
   - Kinds of Interviews
   - The Intake Interview
   - The Diagnostic Interview
   - Interviewing with significant others
   - The Case History Interview and some other major types
   - Interview techniques in Counseling
   - Structuring the counseling relationship
   - Relationship Techniques
5. **The Process of Counseling**
   - Nature & Importance of professional relationship;
   - Ingredients of helping relationship,
6. **Characteristics of Effective Counselors: A client's rights**
7. **Tests in Counseling**
   - Introduction,
   - Limitations of the Use of Psychological Tests
   - Types of Psychological Tests
   - Factors affecting psychological test results
   - Test Use in Counseling Situations
   - Test Interpretation in Counseling

Recommended books:
- Caizzo, D., & Grpss, D. (1991). Introduction To Counseling: Perspectives For The 1990. Boston, USA: Allyn & Bacon.

- Gladding, T. S. (1988). Counseling: A Comprehensive Profession. Toronto:Merrill Publishing Company.
- Ivery, A., & Irey, M. (1993). Counseling And Psychotherapy: A Multicultural Perspective. Boston,USA: Allyn & Bacon.
- Nugent, A. F. (1994). An Introduction to the Profession Of Counseling. (2nd Ed.). New Jersey,USA: Prentice-Hall Inc.
- Peterson, V. J., & Nisenholz, B. (1999). Orientation to Counseling. (4th Ed.).London: Allyn & Bacon.
- Rao, S. N. (1987). Counseling Psychology. New Delhi, India: Tata McGraw-Hill Publishing Company Limited.

COUNSELING IN SPECIFIC FIELDS

Course Code: PSY-453   **Credit Hours: 03**

Course Objectives:
The course will enable the students to practice their counseling skills in mental health, schools, day to day interaction and to provide an understanding about the current trends in the field of counseling.

Course Contents:

1. **Mental health counseling**
   - Criteria of mental health counselors:
   - Theories and function of mental health counseling;
   - Counseling in the communit
   - Current trends in mental health work setting
2. **School counseling**
   - Definition of school counseling
   - Qualification of school counselors
   - Perspectives of a school counselor
   - Principle of comprehensive school counseling programs
   - Types of program interventions
   - Developmental school counseling and its implementation in the schools.
3. **Counseling over the life span**
   - Child counseling
   - Basic trust vs. Basic mistrust, autonomy vs. Shame and doubt, initiative vs. Guilt, industry vs. Inferiority; counseling strategies for children.
4. **Counseling with adolescents:**
   - Views of adolescent
   - The development of intimate relationships
   - Physical attractiveness and its social meaning

- The signs of adolescence love, sex and adolescent
- Adolescent abuse of alcohol. Counselor's role.

5. **Adult counseling**
- Demography of aging
- Problems and concerns of the old age people
- loss of work role identity, decreased financial support; loss of significant persons and increased loneliness; increased physiological disorders and dependence
- Counselor's role

Recommended books:
- Corney, R., & Jenkins, R. (1993). Counseling in General Practice. London: Tavistock Rutledge Publishers.
- Gumaer, J. (1984). Counseling and Therapy for Children. London: The Free Press.
- Sanderson, C. (1990). Counseling Adult Survivors of Child Asexual Abuse. London: Jessica Kingsley Publishers.

ASSESSMENT AND DIAGNOSIS IN COUNSELING

Course Code: PSY-454   **Credit Hours: 03**

Course Objectives:
The course in designed to illuminate the process of counseling in order to equip the students with the basic skills of assessment and diagnosis. In addition, the basic principles for assessment and diagnosis are also emphasized.

Course Contents:

1. **The Nature and Importance of Psychological Assessment**
   - The DSM IV and other Diagnostic Systems (e.g. ICD-10)
   - Review of DSM IV and ICD-10
2. **Principles of Formal Assessment:**
   - Introduction to Quantitative aspects ofPsychological Assessment
   - Single Case Study
   - Neurological Tests
3. **Projective Tests and Personality Test;**
   - Interviewing Methodology;
   - Questionnaires Methodology;
   - Raven's Progressive Matrices
   - Good enough Harris Drawing Test
   - Portage Guide to Early Education.
   - Bender Gestalt Test.
   - Children Apperception Test
   - Thematic Apperception Test
   - Rotter's Incomplete Sentence Blank.

- Beck Depression Inventory
- Various methods of Personality Assessment:
- Projective RISB
- T.A.T. (Thematic Apperception Test)
4. **Non-Projective techniques**
   - MMPI
   - 16 PF)
5. **Intelligence:**
   - Definition and theories
   - Tests of Intelligence and Scholastic Abilities.
   - Wechsler Adult Intelligence Scale
6. **Aptitude**:
   - Aptitude and achievement tests.
7. **The use of Psychological tests in Pakistan with Clinical Samples**
8. **Social and Ethical Issues in implementation of Psychological Testing with special reference to Pakistan**

Recommended books:
- Anastasi, A., (1988) Psychological Testing. (6th Ed.) New Yorkusa: Macmillan.
- Anastassi, A & Urbina, S. (1997). Psychological Testing. (7th Ed.) New York,USA: Prentice-Hall Inc.
- Buros,O. K. (1990). The Tenth Mental Measurement Year Book. Lincolin: University of Nebraska, Buros Institute of Mental Measurement.
- Cronbach, L. J. (1970). Essentials of Psychological Testing. (3rd Ed.). London: Harper and Row Publishers.
- Gregory, R. J. (1996). Psychological Testing: History, Principles and Applications. (2nd Ed.). London: Allyn & Bacon.
- Groth-Marnat, G. (1984). Handbook of Psychological Assessment. New York,USA: Van Nostrand Reinhold Company.
- Hopkins, K. D. (1998). Educational and Psychological Measurement and Evaluation. (8th Ed.). Boston,USA: Allyn & Bacon.
- Kaplan, R.M. & Sacuzzuo, D.P. (1982). Psychological Testing: Principles, Applications and Issues. California,USA: Brooks/Cole Publishing Co.
- Newmark, C. S. (1985). Major Psychological Assessment Instruments. Boston,USA: Allyn & Bacon.
- Nunally, J.E. (1967). Introduction to Psychological Measurement. New York,USA: Mcgraw-Hill.
- Thorndike R. L. & Hagen E. P. (1995) Measurement and Evaluation in Psychology and Education. (4th Ed.). New York,USA: Macmillan

FORENSIC PSYCHOLOGY

Course Code: PSY-455   **Credit Hours: 03**

Course Objectives:

The course primarily aims to inculcate the basic knowledge about law, legal human rights and assessment of the psychological principles in accordance to the mentioned issues.

COURSE 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**
   - Understanding Adult Domestic Law Issues; Understanding Child
   - Domestic Law Issues; Conducting Personal Injury Evolution;
   - Personality Assessment in Personal Injury Litigation
3. **Applying Psychology to Criminal Proceedings**
   - Evaluating eyewitness testimony in Adults & children;
   - Competency to stand Trial; Insanity Defense; Specific intent and
   - Diminished capacity; Probation and Parole
4. **Special Applications**
   - Violence Risk Assessment; Psychology and Law Enforcement;
   - Polygraph Testing
5. **Communicating Expert Opinions**
   - Writing Forensic Report; Serving as an expert witness
6. **Interviewing with Offenders**
   - Punishments and alternate routes to crime prevention; Practicing
   - psychology in Correctional settings; Psychotherapy with criminal
   - offenders
7. **Professional Issues**
   - Practicing Principled Forensic Psychology; legal, ethical and
   - moral consideration; Training in Forensic Psychology

Recommended books:
- Heidensohn, F. (1985). Women and Crime. London: Macmillan Education Ltd.
- Laurence, S., & Wrightman. (2001). Forensic Psychology. Belmont
- Weiner, B. A., & Hess. A. (2006). The Handbook of Forensic Psychology. (3rd Ed.). New York, USA: Wiley

GENDER STUDIES IN PSYCHOLOGY

Course code:PSY-456   **Credit Hours: 03**

Course Objectives:

The concepts about gender relations will be learnt. The historical movements and feminist perspectives about gender relations will be explored. The course will provide understanding about globalization and its role towards changing gender relation in various societies around the world. Special emphasis shall be given to Muslim and Pakistani societies. Specific areas of gender discrimination (both for men and women) will also be learnt.

Course Contents;

1. **Introduction**
   - Definition, Concepts and Importance
   - Gender Studies in International Setting
   - Gender Studies in Pakistani Perspective
   - Feminism
2. **Major Feminist Perspectives**
   - Liberal Feminism
   - Radical Feminism
   - Marxist Feminism
   - Theological Feminism
3. **Gender and Human Rights**
   - Definition and Nature of Human Rights
   - Collective Rights
   - Ethnic Minority Rights
   - Fundamental Rights
   - Property Rights
4. **Gender and Politics**
   - Gender and Third World Politics
   - Women Political Leaders, Past and Present
   - Women in the Legislatures and Executive of the Law
   - Power and Patriarchy
   - Women in Pakistani Political Setup
   - Women Participation in Local Government System
5. **Gender and Education**
   - Gender and education
   - Gender, Origin and development of education
   - Gender Education and religion
   - Gender Education and polity
   - Gender Education and economy
   - Gender Education and social mobility
   - Gender and Forms of education
6. **Gender and Population**
   - Population composition
   - Sex Composition
   - Gender Roles and Family Size
   - Gender and Reproductive Role

- Gender and Youth problem
- Gender and Population Issues
- Changing Perspective of Gender Roles in Population

7. **Gender and Development**
- Gender Roles
- Access to Resources
- Gender Disparity
- Problems of Gender Development
- The role of Development Aid in Gender development
- The role of non-government organizations in Gender development
- Journey from WID to GAD

Recommended books:

- Bornsterin, K.(1995), Gender Outlaw: On Men, Women And Rest Of US, Vintage.
- Butler,J (2004), Undoing Gender, Routledge.
- Butler; J (2006), Gender Trouble: Feminism And The Subversion Of Identity, Routledge.
- Faucault,M (1990), The History Of Sexuality: An Introduction, Vintage.
- Jane,P. (2008) 50 Key Concepts In Gender Studies, Sage Publication New Delhi,India
- Kapadia, K. (2002). The Violence Of Development. London, Zed Books..
- Maryh, (2008) What Is Gender? (Sociological Approaches) Sage Publication New Delhi,India.
- Mead, M. (2001), Male and Female, Harper Perennial.
- Ronnie,V. (2008). Social and Gender Analysis In Natural Resource Management. New Delhi,India.Sage Publication
- Ikramullah, S.(2000), From Purdah To Parliament.Karachi,Pakistan: Oxford University Press.

PSYCHOPHARMACOLOGY

Course Code- PSY-457   **Credit Hours: 03**

Course Objectives;
The course is designed to equip the students with the knowledge related to psychiatric medicines and its importance.

Course Contents

1. **Assessment of diagnosis as conducted by neurologists**
2. **When to make a referral to a neurologist, or psychiatrist**
3. **How to understand consultants**
4. **Treatment and Rehabilitation Techniques**
5. **Different Prescribed Drugs-in Psychological Illnesses**
6. **Effects and Side Effects of Drugs**
7. **Endocrine System**
8. **Role of Neurotransmitters and Neuromodulators**

9. Neurological Disorders:
- Organic Brain Syndrome
- Affective Disorders
- Epilepsy
- Neurological Explanation of Schizophrenia
- Anxiety Disorders
- Sleep Disorders
- Degenerative Disorders.

Recommended books:
- Harvey,A-Richard.,Lippincott., andWilkins. (2005); Lippincott's Illustrated Reviews: Pharmacology.Lippincott Publishers.
- Rang.P-Humphery.,M.Maureen., & Flower.R (2003).Rang and Dale Pharmacology. Philadelphia ,US :Churchill Livingstone Publishers.
- Hacker-M., & Messer,S-W.Pharmacology: Principles And Practice.New Jersey,USA:Prentice Hall Publisher

DEVELOPMENT OF RESEARCH PROPOSAL

Course Code: PSY-458   **Credit Hours: 03**

Course Objectives:
The course will enable the students about the mechanism, technique and methodology of writing a standardized research proposal for their future research.

Course Contents:

- **Report Writing and Programme Evaluation**
- **Scientific Report writing: Thesis, Article Format: The APA / BPA Format**
- **Writing of a Research Proposal**

DRUGS DEPENDENCE AND ADDICTION

Course Code: Psy-459   **Credit Hours: 03**

Course Objectives:
The course provides an introduction of addiction, including the history of drug use, demographic correlates of addiction, addiction's time course, and characteristics of drug using populations, basic drug pharmacology, and treatment strategies.

Course Contents:

1.Introduction to Addiction:
- Introduction to Drugs,
- Psychology of Drugs,
- Understanding Addictive Processes

2.Physiology and Pharmacology of Drugs:
- kinds of Drugs**,**
- Detoxification:
- Identification of Need and Therapeutic Interventions,
- Basic Pharmacology,
- Drugs and the Brain

3.Law and Ethics:
- Law and Ethics related to Addiction.
- Basic Ethics for Addiction Professionals,
- Diagnosing Substance Abuse and Dependence: Using the DSM Structure.

4.Case Management:
- Assessment of Drug Addiction,
- Orientation towards Treatment,
- Treatment Planning and Relapse Prevention/Aftercare Planning.
- Creating Motivation for Change in Substance Abuse Treatment,
- introduction to Co-occurring Disorders of Addiction

5. Professional Practice in Addiction Counseling:
- Basic Counseling Information,
- Guidelines and Techniques,
- Individual. Group and Family Counseling.

Recommended books:
- Bean,P(2001):Drugs And Crime.USA: Willam Publishers.
- Gottsdanker, R. (1978). Experimenting In Psychology. Englewood Cliffs, New Jersey,USA: Prentice-Hall, Inc
- Hrnbacher.Marya (2010).Sane:Mental Illness,Addiction And 12 Steps.Hazelden Publishers

PSYCHOLOGY OF CRIMINAL BEHAVIOR

Course Code: PSY-460   **Credit Hours: 03**

Course Objectives:
This course will examine the Psychology of Criminal Behavior using several different theoretical orientations, examining different Theories of Criminal Behavior, analysis of the criminal mind through the relationship between mental illness, criminal acts, and the Psychopathology

Course Contents:

1. **Crime**
    - What is crime, different types of crimes?
2. **Theories of criminal behavior:**
    - Introduction to the Biological ,Sociological and Psychological Theories of Aggression & Violence
3. **Mental illness:**
    - Brief explanation of Crime and Mental Illness, Competency and Criminal Responsibility..
4. **Psychopathology of criminal behavior.**
    - The association between Crime and Mental Illness
5. **Homicide, serial & mass murder & sexual predators & infanticide**:
    - Introduction to the terms of Homicide, Serial & Mass Murder & Sexual Predators & infanticide, the etiological factors of the above mentioned Terms.
6. **Victims:**
    - Who are the victims of crime? Understanding victimization and fear ; Gender, age and victimization, Victims and restorative justice

    Recommended books:
    - Larry J. Siegel (2012). Criminology: Theories,Patterns& Typologies (11th Ed). Cengage Learning, 2012. ISBN: 1133049648, 9781133049647.
    - Larry J. Siegel (2009). Criminology: The Core (10th Ed). Thompson and Wordsworth Inc.
    - Carey Hames (1978). An Introduction to Criminology. New Jersey,USA: Prentice Hall.
    - Cavan Ruth Shoule. (1956). Criminology. New York, USA: Thomas Yacrowall, Company.
    - Block Harbertt A Gilber Gies Man (1992). Crime And Society, New York, USA:Random House.
    - Khalid. M. (2001). Social Work, Theory and Practice, Kifayat Academy, Karachi.
    - Deflem, Mathieu (2006). Sociological Theory and Criminological Research: Views from Europe and the United States. Elsevier. ISBN 0-7623-1322-6.
    - Shaw, Clifford R. and McKay, Henry D. (1942). Juvenile Delinquency and Urban Areas. The University of Chicago Press. ISBN 0-226-75125-2.

INTERNSHIP REPORT

Course Code: PSY-461   **Credit Hours: 03**
- Selection of relevant area to be made in consultation with internship committee.
- Approval of area of internship has to be approved by the internship committee (at least comprising of 2 members).
- Time period for internship 16-18 weeks.
- Bi-weekly report has to be submitted and formally approved satisfactorily by the internship committee.
- Mid-Term report should be submitted between 8-9 weeks to internship committee.

- Final report should be submitted and formally rated by the internship committee **satisfactory/unsatisfactory**.

theoretical orientations