

OPEN ELECTIVE

304: PSYCHOLOGY AND LIFE

Learning objective: Psychology is one of the popular subjects having wide range of applications. However, myths and misconceptions related to individual differences are common that need to be addressed. The objective of the paper is to alleviate these and also towards application of psychological principles in understanding and enhancing self efficacy.

1. An Introduction to Psychology: Meaning, Branches of Psychology; Myths and Misconceptions of Psychology; Role of a Psychologist.
2. Psychology applied to the Social World: Interpersonal Communication- Non-verbal communication, effective communication, developing an assertive communication style; the problem of prejudice, forming impressions about others; the impact of Social Pressure.
3. Psychology applied to Education: Learning- Principles of Learning and Memory; Types of learning and Memory; Techniques to enhance learning and memory.
4. Psychology applied to the field of Work and Health: Facing an Interview; Choosing the right person to the right job, Occupational Stress- Coping; Health issues related to stress, Work-life Balance.

References:

- WeyneWeiten and Margaret A.Lloyd, "Psychology Applied to Modern Life- Adjustment in the 21st Century". 7th Edition, Thomson Wadsworth.
- Robert.S.Feldman, "Understanding Psychology", 6th edition.
- Atkinson and Atkinson, "Introduction to Psychology".

