

As Per NEP 2020

University of Mumbai



Syllabus for Basket of OE	
Board of Studies in Psychology	
UG First Year Programme	
Semester	II
Title of Paper	Credits 2/ 4
I) Psychology of Adjustment II	2
From the Academic Year	2024-25

OE4: Psychology of Adjustment II

Sr. No.	Heading	Particulars
1	Description the course: Including but Not limited to:	This course introduces a learner to Psychology of adjustment. It explains how adjustment is playing an important role in human life. It also introduces to how to use psychology for better life, and deal with issues like body-image, mental-health, and promote wellness. It introduces to aspects of making decisions and how emotions and motivation is in influence our decision-making process. In the last two units, the course explains some common mental health problems and counselling and psychotherapy techniques to deal with those problems. All in all, the course provides an introductory but sound understanding of how to use human emotion, motivation and adjustment to live a better life even for someone who is not having psychology background.
2	Vertical:	Major/Minor/ Open Elective /Skill Enhancement / Ability Enhancement/Indian Knowledge System
3	Type:	Theory
4	Credit:	2 credits (1 credit = 15 Hours for Theory or 30 Hours of Practical work in a semester)
5	Hours Allotted:	30 Hours
6	Marks Allotted:	50 Marks
7	Course Objectives: 1. To familiarize students with mental health issues 2. To familiarize students with ways of treating mental health issues	

8	Course Outcomes: After completing this course, students will able to ... 1. Gain familiarity with a range of mental health issues, including common disorders and their symptoms 2. Describe various treatment approaches used in addressing mental health issues	
9	Modules:-	
	Module 1: Understanding Mental Disorders (15 Hours)	
	1. Concept of Psychological Disorders 2. Anxiety Disorders 3. Mood Disorders 4. Other Disorders	
	Module 2: Counselling, Psychotherapy and Interventions (15 Hours)	
10	1. Counselling and Psychotherapy: What it is and who uses it 2. Insight Therapies, Cognitive and Behavioural Therapies 3. Process of Counselling and psychotherapy 4. Other Approaches to Therapy, how well does psychotherapy work?	
	Text Books: 1. Kirsh, S. J.; Duffy, K. G. & Atwater, E. (2014). Psychology for Living: Adjustment, Growth and Behaviour Today. 11th Edition. New Jersey: Pearson.	
11.	Reference Books: 1. Abascal, J.R., Brucato, L., & Chauhan, D. (2001). Stress Mastery: The Art of Coping Gracefully. Indian subcontinent adaptation 2012, New Delhi: Dorling Kindersley India pvt ltd. 2. Bam, B.P. (2008). Winning Habits: Techniques for Excellence in Sports. New Delhi: Pearson Power, Dorling Kindersley India pvt ltd.	
12.	Internal Continuous Assessment: 40% 20 Marks	External, Semester End Examination 60% Individual Passing in Internal and External Examination : 30 Marks
13.	Continuous Evaluation through: (20 marks) a) Question Paper Pattern for Class Test Examination (10 Marks)	

	1. Fill in the Blanks/ match pairs/ MCQ/True False (All are compulsory): 5 Marks 2. Short Notes (Any Three out of Five) 5 Marks b) Completion of following activities as a part of CIE (10 Marks) Classroom Presentations/ Assignments /Movie Review / Essay Submission/ Book review/ Field Visit Report / Educational Activity Report/ Presentation / Role play/ creative writing assignment: 10 Marks	
14.	External / Semester End Examination Marks: 30 Time: 1 Hours Each question is for 15 marks. Two out of Three questions to be attempted. Q.1 Fill in the blanks (Based on all units). Marks 15 Q.2 Essay Type Questions (Attempt Any One out of two Based on Unit I). Marks 15 Q.3 Essay Type Questions (Attempt Any Three out of five Based on Unit II). Marks 15	

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Chairman
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Name of the BOS

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Name of the Associate Dean
Name of the Faculty

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Offg. Dean
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