

As Per NEP 2020

University of Mumbai



NEP-2020

Syllabus for Basket of Open Elective (OE) Vertical 3

Faculty of Humanities

Board of Studies in Psychology

UG Second Year Programme

Semester

I

Title of Paper

Credits

Psychology of Emotional Intelligence

2

From the Academic Year

2025-26

Sr. No.	Heading	Particulars
1	Description the course:	The course contains various components of Psychology of Emotional Intelligence , for the Open Elective (OE) students. This course offers a comprehensive introduction to emotional intelligence, exploring its core components—such as self-awareness, self-regulation, motivation, empathy, and social skills—and highlighting its importance in personal growth and healthy relationships. Learners will gain insights into major EI models, assessment tools, and practical strategies for applying emotional intelligence in everyday life, education, and the workplace.
2	Vertical:	Major/Minor/Open Elective/Skill Enhancement / Ability Enhancement/Indian Knowledge System (Choose By ✓)
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. Introduce the concept of emotional intelligence, EI models and aspects of EI and appreciate the importance of emotional intelligence in self-growth and fulfilling relationships. 2. To learn about the measures of emotional intelligence and practice self-growth.
8	Course Outcomes:	After completing this course, students will able to ... 1. Develop self-awareness, self-management, and relationship management 2. Apply the learning of emotional intelligence to various aspects of life.

9	Modules:- Per credit One module		
	Module 1: Fundamentals of Emotional Intelligence		
	1. Introduction to Emotion, Intelligence, and Wisdom 2. Models of Emotional Intelligence: ability-based, trait-based, and mixed models 3. Aspects of EI: Self-Awareness, Self-Regulation, Motivation, Empathy, Social Skills.		
	Module 2: Measurement and Application		
1. Measurement of Emotional Intelligence: Different assessment tools and techniques, EQ-MAP, BarOn EQ-i 2. Techniques for Enhancing Emotional Intelligence 3. Applications: Emotional Intelligence in the Workplace; Emotional Intelligence in Relationships.			

10	Text Books: 1. Bar-On, R., & Parker, J.D.A. (Eds.) (2000). The Handbook of Emotional Intelligence. San Francisco, California: Jossey Bros. 2. Sternberg, R. J. (Ed.). (2000). Handbook of Intelligence. Cambridge University Press. 3. HBR’s 10 Must Reads on Emotional Intelligence (2015)		
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11	Reference Books: Dacre Pool, L., & Qualter, P. (Eds.). (1st Edition, 2018). An Introduction to Emotional Intelligence. Wiley: BPS Textbooks in Psychology.		
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12	Internal Continuous Assessment: 40%	External, Semester End Examination: 60%	
		Individual Passing in Internal and External Examination: 40%	

13	Continuous Evaluation through:	Continuous Internal Evaluation (CIE)		Marks: 20
		a) Question Paper Pattern for Class Test Examination (10 Marks)		
		Question No.	Particular	Marks
		1	Fill in the Blanks/ match pairs/ MCQ/True False (All are compulsory)	5
		2	Short Notes (Any <u>one</u> out of three)	5
		b) Completion of following activities as a part of CIE (10 Marks)		
Sr. No.	Particular	Marks		
1	Classroom Presentations/ Assignments /Movie Review / Essay Submission/ Book review/ Field Visit Report / Educational Activity Report	10		

14	Format of Question Paper: for the final examination		
	External / Semester End Examination		Marks: 30
	Q.1 Fill in the blanks/MCQ (Based on all units).		Marks 10
	Q.2 Essay Type Questions (Attempt Any One out of Two Based on Unit I).		Marks 10
	Q.3 Short Notes/Problem (Attempt Any Two out of Four Based on Unit II).		Marks 10

Sd /-	Sd/-	Sd/-	Sd/-
Sign of the BOS Chairman Prof. Dr. Vivek Belhekar Board of Studies in Psychology	Sign of the Offg. Associate Dean Dr. Suchitra Naik Faculty of Humanities	Sign of the Offg. Associate Dean Prof. Manisha Karne Faculty of Humanities	Sign of the Offg. Dean Prof. Anil Singh Faculty of Humanities