

As Per NEP 2020

University of Mumbai



| <b>Syllabus for Minor</b><br><b>Syllabus for Minor (M2) for M1 Format (Scheme I)</b><br><b>Syllabus for Minor (M2) for M1-M2 format (Scheme II)</b> |                  |
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| <b>Board of Studies in Psychology</b>                                                                                                               |                  |
| <b>UG Second Year Programme</b>                                                                                                                     |                  |
| <b>Semester</b>                                                                                                                                     | <b>III</b>       |
| <b>Title of Paper</b>                                                                                                                               | <b>Credits</b>   |
| <b>Introduction to Developmental Psychology</b>                                                                                                     | <b>4</b>         |
|                                                                                                                                                     |                  |
|                                                                                                                                                     |                  |
| <b>From the Academic Year</b>                                                                                                                       | <b>2025-2026</b> |

| Sr. No. | Heading                           | Particulars                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
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| 1       | <b>Description of the course:</b> | The course contains various components of human development for the students who are opting the course in <b>Minor (M2) for M1 Format (Scheme I) OR Minor (M2) for M1-M2 format (Scheme II)</b> . The topics covered in the course include physical, cognitive, personality, and social development from birth till adolescence.                                                                                                                                                                                                                                                                                                                                                                                                                             |
| 2       | <b>Vertical:</b>                  | <del>Major/Minor/Open Elective /Skill Enhancement / Ability Enhancement/Indian Knowledge System</del> (Choose By $\sqrt{\phantom{x}}$ )                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| 3       | <b>Type :</b>                     | Theory                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| 4       | <b>Credit:</b>                    | <b>4 credits</b> (1 credit = 15 Hours for Theory)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| 5       | <b>Hours Allotted:</b>            | <b>60 Hours</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| 6       | <b>Marks Allotted:</b>            | <b>100 Marks</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| 7       | <b>Course Objectives:</b>         | <ol style="list-style-type: none"> <li>1. To learn about the process of labor, childbirth, birth complications, alternative birthing procedures, and in the context of Infancy the development which involves physical, Cognitive, Social and Personality development.</li> <li>2. To enhance understanding of the Physical, Cognitive, Personality and Social development in the Preschool stage of development.</li> <li>3. To orient students about the changes which happen in Middle Childhood regarding Physical, Cognitive, Personality and Social aspects.</li> <li>4. To know basic changes that happen during Adolescence stage of development regarding Physical, Cognitive, Personality and Social aspects.</li> </ol>                           |
| 8       | <b>Course Outcomes:</b>           | <p>After completing the course, students will be able to:</p> <ol style="list-style-type: none"> <li>1. Describe the entire process of labour, childbirth, birth complications, alternative birthing procedures, and development in Infants with regard to physical, Cognitive, Social and Personality development</li> <li>2. Evaluate and explain about the Physical, Cognitive, Personality and Social development which occur during the Preschool stage.</li> <li>3. Discuss development happening in Middle Childhood about Physical, Cognitive, Personality and Social aspects.</li> <li>4. Demonstrate and summarize the changes which happen during Adolescence stage, relating to Physical, Cognitive, Personality, and Social aspects.</li> </ol> |

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| 9 | <b>Modules:-</b> Per credit One module                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|   | <b>Module 1: From Birth till Infancy</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|   | <p><b>a) Birth:</b></p> <ul style="list-style-type: none"> <li>i) Labor: The Process of Birth Begins</li> <li>ii) Alternative Birthing Procedures</li> <li>iii) Birth complications</li> </ul> <p><b>b) Physical Development in Infancy: Growth and Stability-</b></p> <ul style="list-style-type: none"> <li>i) Physical Growth: Four Principles of growth</li> <li>ii) The Nervous System and Brain: The Foundations of Development</li> </ul> <p><b>c) Cognitive Development in Infancy:</b></p> <ul style="list-style-type: none"> <li><b>i) Piaget's Approach to Cognitive Development-</b> <ul style="list-style-type: none"> <li>a) The Sensorimotor Period</li> <li>b) Appraising Piaget's Theory: Support and Challenges</li> </ul> </li> <li>ii) The Roots of Language</li> </ul> <p><b>d) Social and Personality Development in Infancy: Developing the Roots of Sociability-</b></p> <ul style="list-style-type: none"> <li>i) Stranger Anxiety and Separation Anxiety: It's Only Natural</li> <li>ii) Attachment: Forming Social Bonds</li> </ul>                                                                                                                                                                                                                                                         |
|   | <b>Module 2: Physical, Cognitive, Personality, and Social Development in the Preschool Years</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|   | <p><b>a) Physical Development: Keeping Preschoolers Healthy-</b></p> <ul style="list-style-type: none"> <li>i) Brain Lateralization</li> <li>ii) Motor Development</li> </ul> <p><b>b) Cognitive Development: Intellectual Development-</b></p> <ul style="list-style-type: none"> <li>i) Piaget's Stage of Preoperational Thinking</li> <li>ii) Vygotsky's View of Cognitive Development-Taking Culture into Account</li> </ul> <p><b>c) Personality Development: Forming A Sense of Self: Gender Identity-</b></p> <ul style="list-style-type: none"> <li>i) Developing Femaleness and Maleness</li> <li>ii) Biological Perspectives on Gender</li> <li>iii) Psychoanalytic Perspectives</li> <li>iv) Social Learning Approaches</li> <li>v) Cognitive Approaches</li> </ul> <p><b>d) Social Development: Friends and Family: Preschoolers' Social Lives:</b></p> <ul style="list-style-type: none"> <li><b>i) Playing By the Rules: The Work of Play-</b> <ul style="list-style-type: none"> <li>a) Categorizing Play</li> <li>b) The Social Aspects of Play</li> </ul> </li> <li><b>ii) Effective Parenting: Teaching Desired Behavior-</b> <ul style="list-style-type: none"> <li>a) Four Parenting Styles proposed by Baumrind</li> <li>b) Cultural Differences in Childrearing Practices</li> </ul> </li> </ul> |

### **Module 3: Physical, Cognitive, Personality, and Social Development in Middle Childhood**

#### **a) Physical Development:**

- i) Motor Development
- ii) Physical and Mental Health during Middle Childhood
- iii) Psychological Disorders
- iv) Children With Special Needs

#### **b) Cognitive Development: Intellectual Development-**

- i) Piaget's Approaches to Cognitive Development: The rise of Concrete Operational Thought
- ii) Vygotsky's Approach to Cognitive Development and Classroom Instructions
- iii) Below and Above Intelligence Norms: Intellectual Disabilities and the Intellectually Gifted

#### **c) Personality Development: The Developing Self-**

- i) Psychosocial Development in Middle Childhood
- ii) Understanding One's Self: A New Response to 'Who Am I'?
- iii) Self-Esteem: Developing a Positive or Negative View of the Self

#### **d) Social Development: Families: The Changing Home Environment-**

- i) Family Life: Still Important After All These Years
- ii) When Both Parents Work Outside the Home: How Do Children Fare?
- iii) Home And Alone: What Do Children Do?
- iv) Divorce
- v) Single-Parent Families
- vi) Children With Gay and Lesbian Parents

### **Module 4: Physical, Cognitive, Personality, and Social Development during Adolescence**

#### **a) Physical Development : Physical Maturation-**

- i) Growth During Adolescence: The Rapid Pace of Physical and Sexual Maturation
- ii) Nutrition, Food, and Eating Disorders: Fueling the Growth of Adolescence

#### **b) Cognitive Development and Schooling**

- i) Piagetian Approaches to Cognitive Development: Using Formal Operations
- ii) Threats to Adolescents' Well-Being- a) Illegal Drugs b) Sexually Transmitted Infections

#### **c) Personality Development: Identity: Asking 'Who Am I' -**

- i) Self-Concept and Self-Esteem
- ii) Identity Formation: Change or Crisis?
- iii) Marcia's Approach to Identity Development: Updating Erikson

#### **d) Social Development: Dating, Sexual Behavior, and Teenage Pregnancy-**

- i) Dating, and Sexual Relationships in the Twenty-First Century
- ii) Sexual Orientation: Heterosexuality, Homosexuality, Bisexuality, and Trans-sexualism
- iii) Teenage Pregnancies

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| 10       | <b>Text Books:</b><br>1. Feldman, R. S., & Babu, N. (2018). Development across the life span. (8 <sup>th</sup> ed.). Pearson<br>India Education Services Pvt. Ltd.<br>2. Feldman, R. S. (2013). Psychology and your life. (2 <sup>nd</sup> ed.). New York: McGraw Hill Publications<br>3. Feldman, R. S. (2015). Development across the life span. Dorling Kindersley (India) Pvt. Ltd.                                                                                                                                                             |                                                                                                                           |                                                                      |              |
| 11       | <b>Reference Books:</b><br>1. Baron, R. A., & Kalsher, M. J. (2008). Psychology: From Science to Practice. (2nd ed.).<br>Pearson Education inc., Allyn and Bacon<br>2. Ciccarelli, S. K. & Meyer, G. E. (2008). Psychology. (Indian sub-continent adaptation).<br>New Delhi: Dorling Kindersley (India) pvt ltd.<br>3. Ciccarelli, S. K., White, J. N. & Misra, G. (2015). Psychology.5th edi. New Jersey: Pearson education.<br>4. Mash, E.J., & Wolfe, D.A. (2005). Abnormal Child Psychology. (3 <sup>rd</sup> ed.). Wadsworth Thomson Learning. |                                                                                                                           |                                                                      |              |
| 12       | <b>Internal Continuous Assessment: 40%</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <b>External, Semester End Examination: 60%</b><br><br><b>Individual Passing in Internal and External Examination: 40%</b> |                                                                      |              |
| 13       | <b>Continuous Evaluation through:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <b>Continuous Internal Evaluation (CIE) Marks: 40</b>                                                                     |                                                                      |              |
|          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <b>a) Question Paper Pattern for Class Test Examination (20 Marks)</b>                                                    |                                                                      |              |
|          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <b>Question No.</b>                                                                                                       | <b>Particular</b>                                                    | <b>Marks</b> |
|          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <b>1</b>                                                                                                                  | Fill in the Blanks/ match pairs/ MCQ/True False (All are compulsory) | 5            |
|          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <b>2</b>                                                                                                                  | Short Notes (Any <b>Three</b> out of Five)                           | 15           |
|          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <b>b) Completion of following activities as a part of CIE (20 Marks)</b>                                                  |                                                                      |              |
|          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <b>Sr. No.</b>                                                                                                            | <b>Particular</b>                                                    | <b>Marks</b> |
| <b>1</b> | Classroom Presentations/ Assignments /Movie Review / Essay Submission/ Book review/ Field Visit Report / Educational Activity Report                                                                                                                                                                                                                                                                                                                                                                                                                | 15                                                                                                                        |                                                                      |              |
| <b>2</b> | Participation in Departmental Activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 05                                                                                                                        |                                                                      |              |

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| <b>14</b> | <b>Format of Question Paper:</b> for the final examination<br><br><b>External / Semester End Examination      Marks: 60</b><br>All Questions are compulsory<br>Q.1    Fill in the Blanks/ match pairs/ MCQ/True False (based on all units).      Marks 12<br>Q.2    Essay Type Questions (Attempt Any One out of two Based on Unit I).      Marks 12<br>Q.3    Essay Type Questions (Attempt Any One out of two on Unit II).      Marks 12<br>Q.4    Short Notes/Problem (Attempt Any Three out of five Based on Unit III).      Marks 12<br>Q.5    Short Notes/ Problems (Attempt Any Three out of five Based on Unit IV). Marks 12 |
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**Sign of the BOS**  
**Chairman**  
**Prof. Dr. Vivek**  
**Belhekar**  
**Board of Studies**  
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**Psychology**

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**Sign of the**  
**Offg. Associate**  
**Dean**  
**Dr. Suchitra Naik**  
**Faculty of**  
**Humanities**

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**Sign of the**  
**Offg. Associate Dean**  
**Prof. Manisha**  
**Karne**  
**Faculty of**  
**Humanities**

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**Prof. Anil Singh**  
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