

AC -20.04.2024
Item No. -5.4 (N)
Sem II (7a)

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 I	2
From the Academic Year	2024-25

OE3: Psychology of Adjustment I

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 introduce psychology of adjustment as a field of study to students. 2. To make students aware of health and coping with illness, understanding and managing motives and emotions.	

8	<p>Course Outcomes: After completing this course, students will be able to ...</p> <ol style="list-style-type: none"> 1. Demonstrate a comprehensive understanding of the psychology of adjustment as a distinct field of study 2. Acquire knowledge about various aspects of health, illness, and coping mechanisms. 3. Demonstrate an understanding of human motives and emotions, including how they influence behaviour and decision-making. 	
9	Modules...	
	<p>Module 1: Towards Better Health (15 Hours)</p> <ol style="list-style-type: none"> 1. Health and the mind-body relationship 2. Body image 3. Coping with illness 4. Promoting wellness <p>Module 2: Taking Charge and Managing Motives and Emotions (15 Hours)</p> <ol style="list-style-type: none"> 1. Personal control, decision making 2. Decisions and personal growth 3. Understanding human motivation 4. Understanding human emotions 	
10	<p>Text Books:</p> <ol style="list-style-type: none"> 1. Kirsh, S. J.; Duffy, K. G. & Atwater, E. (2014). Psychology for Living: Adjustment, Growth and Behaviour Today. 11th Edition. New Jersey: Pearson. 	
11	<p>Reference Books:</p> <ol style="list-style-type: none"> 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	<p>Internal Continuous Assessment: 40%</p> <p>20 marks</p>	<p>External, Semester End Examination</p> <p>60%</p> <p>Individual Passing in Internal and External Examination :</p> <p>30 marks</p>

13	<p>Continuous Evaluation through: (20 marks)</p> <p>a) Question Paper Pattern for Class Test Examination (10 Marks)</p> <p>1. Fill in the Blanks/ match pairs/ MCQ/True False (All are compulsory): 5 Marks</p> <p>2. Short Notes (Any Three out of Five) 5 Marks</p> <p>b) Completion of following activities as a part of CIE (10 Marks)</p> <p>Classroom Presentations/ Assignments /Movie Review / Essay Submission/ Book review/ Field Visit Report / Educational Activity Report/ Presentation / Role play/ creative writing assignment: 10 Marks</p>	
14	<p>External / Semester End Examination Marks: 30 Time: 1 Hours</p> <p>Each question is for 15 marks. Two out of Three questions to be attempted.</p> <p>Q.1 Fill in the blanks (Based on all units). Marks 15</p> <p>Q.2 Essay Type Questions (Attempt Any One out of two Based on Unit I). Marks 15</p> <p>Q.3 Essay Type Questions (Attempt Any Three out of five Based on Unit II). Marks 15</p>	

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Chairman
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