

SCHOOL OF STUDIES IN PSYCHOLOGY

Pt. Ravishankar Shukla University, Raipur

CHOICE BASED CREDIT SYSTEM (CBCS) SYLLABUS – 2nd SEMESTER

Credit: 03

Marks: 100

Psychology of Everyday living

Unit:1 Developmental Psychology: adolescence period, Physiological and Psychological changes, personal adjustment and career selection.

Unit:2 Adulthood period - physiological and psychological changes, personal and Career adjustment

Unit:3 Personality development : characteristics of mature personality.

References:

1. Baron, R.A. – Introduction to Psychology
2. Hurlock, E.B. – Developmental Psychology

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CHOICE BASED CREDIT SYSTEM (CBCS) SYLLABUS – 3rd SEMESTER

Credit: 03

Marks:100

Mental Health: Prevention and Promotion

Unit :1 Behavioral deficits, Excessive behavior

Unit : 2 Health and personality dispositions

Unit : 3 Counselling : The Art and Science of helping

(a) Meaning, purpose and goals of counseling

(b) Professional issues, ethics, educational training of the counselor

References :

1. Carson & Bucher – Abnormal Psychology and modern life.
2. Gorey, G. (1986) – theory and practice of counseling and Psychotherapy.