



Indraprastha College for Women University of Delhi

Work Plan for ODD SEMESTER – 2026

Course Name:	BAH/BAP/BCom- GEC
Paper Title:	Foundations of Psychology (Theory)
Unique Paper Code:	2114001001
Semester:	I
Faculty:	Dr. Mitu Rohatgi
Year:	2026

Work Plan			
Unit No.	Learning Objective	Lecture No.	Topics to be Covered
Unit-1	To understand nature of psychology as a discipline and perspectives therein	1	Introduction and overview of syllabus, pedagogy, references
		2	Definition of Psychology and Psychology as a science
		3	Nature of Psychology
		4	Major schools of Psychology
		5&6	Perspectives on Behaviour
		7	Evolution of Psychology in India
		8	Psychology in India: Ancient roots and Modern Development
		9	Subfields and applications of Psychology
Unit - 2	To understand cognitive processes of perception, learning and memory	10	Perception-Bottom-Up and Top-Down Processing
		11	Perceptual Organizational process
		12	Structure and organization of perception
		13	Organization in form perception
		14	Organizing Principles in Perception
		15	Learning- Principles and applications
		16	Learning by association

		17	Social -Cognitive Learning Social Learning
		18	Memory: Encoding , storage and retrieval
		19	Models of memory- Information processing , Levels of Processing
		20	Forgetting, Theories of forgetting
		21	Methods of enhancing memory- mnemonics
		22	Assignment !
Unit - 3	To understand the concept of personality, theoretical frameworks and the notion of self	23	Definition and nature of personality
		24 & 25	Theories of personality – type and Trait approaches
		26	Jungian Theory of Psychoanalysis
		27	Rogers Self Theory
		28	Measures of Personality - Inventories
		29	Measures of Personality – Projective and semi projective techniques
		30	Effect of culture on Personality
		31	Feedback on assignment 1
Unit - 4	To understand concepts of Intelligence and creativity and the theoretical frameworks and applications of these	32	Intelligence: definitions and nature
		33 & 34	Perspectives – Psychometric approaches
		35 & 36	Cognitive approaches
		37	Class Test
		38	Multiple Intelligences
		39	Managing emotions Intelligently
		40 & 41	Creativity : Nature and theories
		42	Creativity: applications
		43	Feedback on class test, revision
		44	Doubts and discussion on important questions
			Class Dispersal

Unit	Contents/Syllabus
I	Unit 1: What is Psychology: Psychology as a science; Major schools of Psychology; Evolution of psychology in India; Subfields and Applications of Psychology
II	Unit 2: Mind as Information Processes: Bottom-up and Top-down processing, Perceptual organizational processes, Acquiring Information: Learning by Association, Social Cognitive Learning, Encoding and Retrieval in Memory: Information Processing model; Why we forget? Mnemonics
III	Unit 3: Self and Personality: Nature and Perspectives (Trait and Type, Jungian Theory of Psychoanalysis, Roger's Self Theory), Measures of Personality: Inventories and Projective techniques, Culture and Personality
IV	Unit 4: Intelligence and Creativity: Nature and Perspectives: Psychometric approach (Spearman's 'g' factor theory), Cognitive perspective (Fluid and Crystallized Intelligence; Triarchic Theory of Intelligence), Multiple Intelligences, Managing emotions intelligently, Nature of Creativity
S. No.	Name of Authors/Books/Publishers
1.	Baron, R.A and Misra, G. (2014). Psychology (Indian Subcontinent Edition). Pearson Education Ltd.
2.	Ciccarelli, S. K & Meyer, G.E (2008). Psychology (South Asian Edition). New Delhi: Pearson
3.	Feldman. S.R. (2009). Essentials of understanding psychology (7th Ed.). New Delhi: Tata Mc Graw Hill.
4.	Passer, M.W., Smith, R.E., Holt, N. and Bremner, A. (2008). Psychology: The Science of Mind and Behaviour. McGraw-Hill Education. UK
5.	Zimbardo, P.C. & Weber, A.L. (1997). Psychology. New York: Harper Collins College Publishers.
6.	Robinson-Riegler, G., & Robinson-Riegler, B. (2008). Cognitive psychology: Applying the science of the mind (2nd ed.). Boston: Pearson/Allyn and Bacon.
7.	Singh A.K (2017). संज्ञानात्मक मनोविज्ञान: Cognitive Psychology. Motilal Banarsidass Publishers Pvt.Ltd.
8.	Singh A.K (2017). उच्चतर सामान्य मनोविज्ञान Advanced General Psychology. Motilal Banarsidass Publishers Pvt.Ltd

	Paper Components		
Credits	Lecture (L)	Tutorial (T)	Practical (P)
4	3	1	-
Assessment Scheme			
S.No.	Component	Marking Scheme	Total Marks
1	Internal Assessment		30
	• Assignment	12	
	• Class Test	12	
	• Attendance	6	
2.	Continuous Assessment (Tutorial)		40
	• Activity 1	15	
	• Activity 2	20	
	• Attendance	5	
3.	Practical	NA	NA
	• Continuous Assessment		
	• End Term Written/Practical Exam		
	• Viva		
4.	End Semester Examination		90