

**SHIVAJI UNIVERSITY,
KOLHAPUR.**

Draft Syllabi of B.A.I

In

PSYCHOLOGY

2013

A] Ordinance /Rules/ Regulations: (As applicable to B.A.I)

B] Shivaji University, Kolhapur

Revised Syllabus For Course work of **B.A.I**

1. TITLE : Subject: PSYCHOLOGY

Optional under the Faculty of SOCIAL SCIENCES

Sr. No.	Subjects/Papers
1.	Optional Paper: Paper No. I Introduction to Psychology
2.	Optional Paper: Paper No. II General Psychology

2. YEAR OF IMPLEMENTATION: -

Revised Syllabus will be implemented from June, 2013 onwards.

3. PREAMBLE: - It is attached to each paper.

The B.A. I course work involves Two Papers Viz.

- i. Introduction to Psychology
- ii. General Psychology

3. DURATION:-

- **The B.A.I programme shall be a full time regular course.**
- **The duration of B.A.I programme shall be of One year.**

5. PATTERN:-

Pattern of Examination will be SEMESTER.

6. FEE STRUCTURE: - Not Applicable

(As applicable to regular / self supporting course)

- i. **Entrance Examination Fee (If applicable) – Rs -----
(Non- refundable)**

ii. **Course Fee.**

Particulars	Rupees
Tuition Fee	Rs.
Laboratory Fee	Rs.
Internet Fee	Rs.
Library Fee	Rs.
Semester fee- Per student	Total Rs.

7. **ELIGIBILITY FOR ADMISSION:-**

As per eligibility criteria prescribed for each course and the merit list in the qualifying examination.

8. **MEDIUM OF INSTRUCTION:**

The medium of instruction shall be in Marathi/English

9. **STRUCTURE OF THE COURSE WORK FOR B.A.I**

(NO. OF PAPERS TWO)

Sr. No.	Subjects/Papers	Marks
1.	Introduction to Psychology Semester –I Paper -I	50
2.	General Psychology Semester- II Paper –II	50
	Total	100

10. **SCHEME OF EXAMINATION :-**

- The examination shall be conducted at the end of each term.
- Each paper shall carry 50 marks.
- Question Paper will be set in the view of the /in accordance with the entire Syllabus and preferably covering each unit of syllabi.

11. **STANDARD OF PASSING:-**

As Prescribed under rules & regulation for each degree/ programme.

12. **NATURE OF QUESTION PAPER AND SCHEME OF MARKING:-**

Weightage of Marks is given to each Unit in each paper.

Nature of Question Paper:

- Q1. Multiple Choice Questions (10 marks)
- Q2. Broad Questions
- A) OR A) (10 marks)
- B) OR B) (10 marks)
- Q3. Short Notes (Any 4 Out of 6) (20 marks)

13. EQUIVALENCE IN ACCORDANCE WITH TITLES AND CONTENTS OF PAPERS- (FOR REVISED SYLLABUS)

Sr. No	Titles of Old Papers	Titles of New Papers
Optional papers	General psychology Sem – I Paper I	Introduction to Psychology Sem –I Paper I
	General psychology Sem-II Paper -II	General psychology Sem-II Paper -II

SHIVAJI UNIVERSITY, KOLHAPUR

REVISED SYLLABUS FOR B.A. (PSYCHOLOGY)

(Implemented from June, 2013 onwards)

- i) Paper No. : I
- ii) Title of Paper : Introduction to Psychology
- iii) Specific Objectives : To introduce the students with the fields and concepts of psychology

iv) Unit & No. of Lectures:

Unit	No. of Lectures
Unit 1. Nature of psychology	15
Unit 2. Biological Bases of Behaviour	15
Unit 3. Sensation and Perception	15
Unit 4. Motivation	15

a) Books for Reading:

1. Ceccarelli, Sandra K., Meyer, Glenn E. (2006). Psychology, South Asian Edition, Indian Subcontinent Adaptation 2008, Published by Dorling Kindersley (India) Pvt. Ltd, licensees of Pearson Education in South Asia

2. Feldman, Robert S. (2005). Understanding Psychology, 6th Edition, New Delhi: Tata McGraw Hill Publishing Company Limited,

b) Book for Reference

1. Ceccarelli, Saundra K., Meyer, Glenn E. (2006). Manasashatra, Dakshina Asia Avruti, Translated by Oak Amruta, Abhyankar Shobhana ani Golvilkar Shila, Pearson Education, ink, 2008 dware prakashit

2. Lepton, Mastering Psychology 2nd edi. Harried Bacon Inc.

SHIVAJI UNIVERSITY, KOLHAPUR

REVISED SYLLABUS FOR B.A.I (PSYCHOLOGY)

(Implemented from June, 2013 onwards)

PAPER NO. I

SEMESTER- I

Unit 1. Nature of Psychology

1.1 Definition of Psychology (modern)

1.2 Goals of psychology

1.3 Perspectives of Psychology

1.4 Psychology in Modern India

1.5 Study methods in Psychology

a) Naturalistic Observation

b) Experiment- Variables, groups, Importance of randomization, Experimental Hazards

Unit 2. Biological Bases of Behaviour

2.1 The Neuron

2.2 The Synapse

2.3 Neurotransmitters

2.4 The Central Nervous System (CNS)

2.5 The Peripheral and Autonomic Nervous System

2.6 Endocrine Glands

Unit 3. Sensation and Perception

3.1 Sensation

a) What is sensation?

b) Sensory Thresholds

3.2 Perception

a) Definition of Perception

b) Gestalt Principles of Perception

3.3 Factors Influencing Perception

3.4 Application: Make a list of your experienced illusions

Unit 4. Motivation

- 4.1 Definition of Motivation
- 4.2 Maslow's Hierarchy of Needs
- 4.3 Physiological Motives
 - a) Hunger
 - b) Thirst
 - c) Sex
- 4.4 Social Motives
 - a) Achievement Motive
 - b) Aggression Motive
- 4.5 Application: Techniques of resolving frustration

SHIVAJI UNIVERSITY, KOLHAPUR

REVISED SYLLABUS FOR B.A.I (PSYCHOLOGY)

(Implemented from June, 2013 onwards)

PAPER : II

SEMESTER - II

- i) Paper No. : II**
- ii) Title of Paper : General Psychology**
- iii) Specific Objectives : 1) To introduce the students with the field of General psychology
2) To make the students familiar with psychological applications**
- iv) Unit & No. of Lectures:**

Unit	No. of Lectures
Unit 1. Emotion	15
Unit 2. Learning and Memory	15
Unit 3. Intelligence	15
Unit 4. Personality	15

a) Books for Reading:

1. Ceccarelli, Saundra K., Meyer, Glenn E. (2006). Psychology, South Asian Edition, Indian Subcontinent Adaptation 2008, Published by Dorling Kindersley (India) Pvt. Ltd, licensees of Pearson Education in South Asia
2. Feldman, Robert S. (2005). Understanding Psychology, 6th Edition, New Delhi: Tata McGraw Hill Publishing Company Limited,

b) Book for Reference

1. Ceccarelli, Saundra K., Meyer, Glenn E. (2006). Manasashatra, Dakshina Asia Avruti, Translated by Oak Amruta, Abhyankar Shobhana ani Golvilkar Shila, Pearson Education, ink , 2008 dware prakashit
2. Lepton, Mastering Psychology 2nd edi. Harried Bacon Inc.

REVISED SYLLABUS FOR B.A. (Part I)

(Implemented from June, 2013 onwards)

PAPER : II

SEMESTER - II

- i) **Paper No.** : **II**
- ii) **Title of Paper** : **General Psychology**
- iii) **Specific Objectives** : 1) **To make the students familiar with psychological applications**
2) **To introduce the students with the field of General psychology**

iv) **Unit & No. of Lectures:**

Unit	No. of Lectures
Unit 1. Emotion	15
Unit 2. Learning and Memory	15
Unit 3. Intelligence	15
Unit 4. Personality	15

a) Books for Reading:

1. Ceccarelli, Saundra K., Meyer, Glenn E. (2006). Psychology, South Asian Edition, Indian Subcontinent Adaptation 2008, Published by Dorling Kindersley (India) Pvt. Ltd, licensees of Pearson Education in South Asia
2. Feldman, Robert S. (2005). Understanding Psychology, 6th Edition, New Delhi: Tata McGraw Hill Publishing Company Limited,

b) Book for Reference

1. Ceccarelli, Saundra K., Meyer, Glenn E. (2006). Manasashatra, Dakshina Asia Avruti, Translated by Oak Amruta, Abhyankar Shobhana ani Golvilkar Shila, Pearson Education, ink , 2008 dware prakashit
2. Lepton, Mastering Psychology 2nd edi. Harried Bacon Inc.

SHIVAJI UNIVERSITY, KOLHAPUR

REVISED COURSE WORK FOR B.A.I (PSYCHOLOGY)

(Implemented from June, 2013 onwards)

PAPER NO. II

SEMESTER- II

1. Emotion

- 1.1 Definition of Emotion
- 1.2 Elements of Emotion
 - a) The Physiology of Emotion
 - b) The behavior of Emotion
 - c) Subjective Experience
- 1.3 Theories of Emotion
 - a) James-Lange Theory of Emotion
 - b) Cannon Bard Theory of Emotion
 - c) Schachter-Singer Theory of Emotion
 - d) Lazarus and Cognitive- Mediation Theory
- 1.4 Application: Being Happy

2. Learning and Memory

- 2.1 Definition of Learning
- 2.2 Classical Conditioning
 - a) Elements of Classical Conditioning
 - b) Pavlov's Experiment
 - c) Generalization
 - d) Discrimination
 - e) Spontaneous Recovery
 - f) Experimental Extinction
- 2.3 Operant Conditioning
 - a) Thorndike's Experiment
 - b) Skinner's Experiment
 - c) The concept of Reinforcement –Primary and Secondary Reinforces, Positive and Negative Reinforcement
- 2.4 Definition and Process of Memory
- 2.5 Types of Memory
- 2.6 Application: Techniques of Improving Memory

3. Intelligence

- 3.1 Definition of Intelligence
- 3.2 Measuring Intelligence
 - a) Binet's Mental Ability Test
 - b) Stanford-Binet and IQ
 - c) The Wechsler Tests
- 3.3 Individual Differences in Intelligence
 - a) Mental Retardation

b) Giftedness

3.4 Theories of Intelligence –Spearman’s G Factor, Gardner’s Multiple Intelligence, Stenberg’s Triarchic Theory

3.5 Emotional Intelligence

3.6 Application: To make a list of strategies to improve your Emotional Intelligence

4. Personality

4.1 Definition of Personality

4.2 Sigmund Freud and Psychoanalysis

a) The Divisions of Mind

b) The Divisions of the Personality

c) Stages of Personality Development

4.3 Trait Theories

a) Allport

b) Cattell

c) The Big Five

4.4 Assessment of Personality

a) Interviews

b) Projective Techniques – The Rorschach Inkblots. A.T.

4.5 Application: Know your Personality through SWOT Analysis

**SHIVAJI UNIVERSITY,
KOLHAPUR.**

B.A. II Psychology

New Syllabus

Semester III & IV

Introduced from June, 2014

SCHEME OF EXAMINATION :-

- The examination shall be conducted at the end of each semester.
- The theory paper shall carry 40 marks.
- The evaluation of the performance of the students in theory papers shall be on the basis of semester Examination of 40 marks.
- Question Paper will be set in the view of the /in accordance with the entire Syllabus and preferably covering each unit of syllabi.

STANDARD OF PASSING:-

As Prescribed under rules & regulation for each degree/programme.

EQUIVALENCE IN ACCORDANCE WITH TITLES AND CONTENTS OF PAPERS- (FOR REVISED SYLLABUS)

Old Subject	New Subject
Semester -III	Semester- III
Counselling Psychology	Child Psychology
Applied Psychology	Social Psychology
Semester- IV	Semester -IV
Counselling Psychology	Developmental Psychology
Applied Psychology	Applied Psychology

The theory paper shall Carry 50 Marks for each paper. Total Marks for each paper will be 50 Marks. Question paper will be set in view of the in accordance with the entire syllabus and preferably covering each unit of syllabi.

Standard of Passing: - To pass Sem. - III/IV in B.A. Psychology-Part-II examination a Candidate must obtain 40 Percent marks in each paper.

SHIVAJI UNIVERSITY, KOLHAPUR

Bachelor of Arts in Psychology (Part-II) Sem-III Syllabus and Sem.-IV Syllabus (New)

REVISED SYLLABUS JUNE, 2014

Year of implementation: The revised syllabus will be implemented from June, 2014 onward.

Pattern: - Pattern of examination will be semester

Medium of instruction: The medium of instruction shall be in English/Marathi

Title-Child Psychology – Paper- III	Sem.-III
4 Hr. / week 50 marks	
Title –Social Psychology – Paper- IV	Sem.-III
4 Hr. /week 50 marks	
Title-Applied Psychology – Paper-V	Sem.-IV
4 Hr. /week 50 marks	
Title –Developmental Psychology – Paper- VI	Sem.-IV
4 Hr. /week 50 marks	

NEW/REVISED SYLLABUS FOR
B.A. (Part II)
(Introduced from June, 2014 onwards)

- (i) Paper – III
(ii) Title of Paper: Child Psychology
(iii) Specific Objectives:
1. To understand the beginning process of life.
 2. To know the Prenatal, Infancy and childhood developmental processes

(iv) UNIT	No. of Lectures
Unit 1 Biological Beginnings	(No. of Lectures – 15)
Unit 2 Prenatal Development	(No. of Lectures – 15)
Unit 3 Infancy	(No. of Lectures – 15)
Unit 4 Early Childhood	(No. of Lectures – 15)

(vi) Books for Reading:

1. Santrock, J.W.(2011). Life-Span Development, Thirteenth Edition, New Delhi:Tata Mcgraw Hill Education Private Limited.

Books for References:

- 1) I.. Borude, R.R. Kumathekar, Medha & Golvilkar, Shila (2013). Vaikasik Manasashatra, Dusari Aavruti, Pune: Pune Vidhyarthi Gruh Prakashan.

- 2) Papalia, Diane E. and Olds Sally Wendkos (2004). Human Developmental, 9th Ed., New Delhi: Tata McGraw – Hill Publishing Company Ltd.

B.A.II

Semester- III

Paper- III

CHILD PSYCOLOGY

UNIT 1: BIOLOGICAL BEGINNINGS

- 1.1 Genetic foundation of Development
- 1) The Collaborative Genes
 - 2) Genes and Chromosomes
 - 3) Genetic Principles
 - 4) Chromosomal and Gene linked Abnormalities
- 1.2 Heredity and Environment interaction
- The nature × Nurture Debate
- A) Behavior Genetics
 - B) Heredity - Environment Correlations-
 - C) shared and Non shared Environmental Experience-
 - D) The Epigenetic View and Genes Environment (GXE) interaction.

UNIT 2: PRENATAL DEVELOPMENT

- 2.1 The Course of Prenatal Development
- A) The Germinal period
 - B) The Embryonic period
 - C) The Fetal period
 - D) The Brain
- 2.2 The Teratology and Hazards to prenatal Development.
- A) Psychoactive Drugs.
 - 1) Caffeine 2) Alcohol 3) Nicotine 4) Cocaine
 - 5) Methamphetamine 6) Marijuana 7) Heroin
 - B) Incompatible Blood Types.
 - C) Environmental Hazards
 - D) Maternal Diseases
 - E) Other Parental factors
 - 1) Maternal Diet and Nutrition 2) Maternal Age
 - 3) Emotional States and stress 4) Paternal Factors

UNIT 3: INFANCY

- Physical growth and development in infancy
- 3.1 Pattern of Growth
- 1) Cephalocaudal pattern
 - 2) Proximodistal pattern
- A) The Brain
B) The Sleep
- 3.2 The Nutrition.
- A) Breast Vs Bottle feeding (Outcomes for child and mother)
 - B) Malnutrition in infancy
- 3.3 A) Reflection
B) Gross motor skills
Development of posture, learning to walk (First year and second year)
C) Fine motor skill

UNIT 4: EARLY CHILDHOOD

- 4.1 Physical Changes
- A) Body growth and change
 - Height and weight
 - The brain
 - B) Motor Development
 - Gross motor skills
 - Fine motor skills
 - C) Nutrition and Exercise
 - Overweight young children
 - Malnutrition in young children from low income families.
- 4.2 Piaget's preoperational stages
- A) The symbolic stage
 - B) Egocentrism
 - C) Environmental Hazard
 - D) Animism
 - E) The intuitive thought sub stage
- 4.3 Emotional and Personality Development
- A) The Self
 - Initiative Vs Guilt
 - Self understanding and understanding of others
 - B) Emotional Development

Understanding Emotions
Regulating Emotions

NEW/REVISED SYLLABUS FOR

B.A. (Part II)

(Introduced from June, 2014 onwards)

- (i) Paper – III
- (ii) Title of Paper: Social Psychology
- (iii) Specific Objectives:
1. To understand the social process.
 2. To understand the social perception.
 3. To acquaint the knowledge of Interpersonal Attraction
 4. To understand the Processes of Aggression .

i(v) UNIT	No.of Lectures
Unit 1 Nature of Social Psychology	(No. of Lectures – 15)
Unit 2 Social Perception	(No. of Lectures – 15)
Unit 3 Interpersonal Attraction	(No. of Lectures – 15)
Unit 4 Aggression	(No. of Lectures – 15)

Books for Reading:

I. Baron, R.A., Branscombe, Nyla R., Byrne, D. And Bhardwaj, G. (2011). Social Psychology. 12th Edition, Fourth Impression, Published by Dorling Kindersley (India) Pvt. Ltd., Licensed of Pearson Education in South Asia.

Books for Reference:

I. Baron, R.A., Branscombe, Nyla R., Byrne, D. And Bhardwaj, G. (2009). Social Psychology. 11th Edition, Published by Dorling Kindersley (India) Pvt. Ltd., Licensed of Pearson Education in South Asia

B.A. II
SEMESTER III
PAPER IV

SOCIAL PSYCHOLOGY

UNIT: 1 NATURE OF SOCIAL PSYCHOLOGY

1.1 Definition of Social Psychology

- A) Social Psychology is scientific in nature
- B) Social Psychology focus on the behavior of individuals
- C) Social Psychology seeks to understand the causes of social behavior and social thought

1.2 Social Psychology Edge

- A) Cognition and Behaviour
- B) Social Neuroscience
- C) The Role of Implicit to processes

1.3 Research as the Route to increase knowledge

- A) Systematic Observation
- B) Correlation
- C) The Experimental Method

UNIT: 2 SOCIAL PERCEPTION

2.1 Non-Verbal Communication

- A) Non-Verbal Cues: The Basic Channels
- B) Deception

2.2 Impression Formation and Impression Management

- A) The Beginning of Research on First impression
- B) How Quickly Are First Impression Formed?
- C) Impression Formation: A Cognitive Perspective

2.3 Impression Management

- A) Tactics of Impression Management
- B) The Role of Cognitive Load

UNIT: 3 INTERPERSONAL ATTRACTION

- 3.1 Interpersonal Attraction
 - A) The Importance of Affiliation For Human Existence
 - B) Affect and Attraction : Feeling as a Basis for Liking
 - C) The Affect-Attraction Relationship and Social Influence
- 3.2 External Determinants of Attraction
 - A) The Power of Proximity
 - B) Observable Characteristics of Others
- 3.3 Factors based on Interactive with Others
 - A) Similarity
 - B) Mutual Liking
 - C) Reciprocal Linking or Disliking

UNIT: 4 AGGRESSION

- 4.1 Perspectives on Aggression
 - A) The Role of Biological Factors
 - B) Modern Theories of Aggression
- 4.2 Causes of Human Aggression
 - A) Social Determinants of Aggression
 - B) Media Violence
 - C) Violent Pornography
- 4.3 The Prevention and Control of Aggression
 - A) Punishment
 - B) Self-Regulations
 - C) Forgiveness

NEW/REVISED SYLLABUS FOR

B.A. (Part II) Semester IV

(Introduced from June, 2014 onwards)

(i) Paper – V

(ii) **Title of Paper: Developmental Psychology**

(iii) **Specific Objective:**

1. To understand the developmental processes of Adolescence, Early Adulthood Middle Adulthood and Late Adulthood

(v) UNIT	No. of Lectures
Unit 1 Adolescence	(No. of Lectures – 15)
Unit 2 Early Adulthood	(No. of Lectures – 15)
Unit 3 Middle Adulthood	(No. of Lectures – 15)
Unit 4 Late Adulthood	(No. of Lectures – 15)

(vi) **Recommended Reading :**

1. Santrock, J.W.(2011). Life-Span Development, Thirteenth Edition, New Delhi:Tata Mcgraw Hill Education Private Limited

c) **References**

1. Borude, R.R. Kumathekar, Medha & Golvilkar, Shila (2013). Vaikasik Manasashatra, Dusari Aavruti, Pune: Pune Vidhyarthi Gruh Prakashan
2. Papalia, Diane E. and Olds Sally Wendkos (2004). Human Developmental, 9th Ed., Tata McGraw – Hill Publishing Company Ltd New Delhi,

Semester- IV

Paper- V

DEVELOPMENTAL PSYCHOLOGY

UNIT: 1 ADOLESCENCE

- 1.1 The nature of adolescence
 - A) Physical changes - Puberty, sexual maturation, hormonal changes, timing and variations in puberty
 - B) The brain
- 1.2
 - A) Adolescent sexuality
 - B) Developing sexual identity - The timing of adolescent behaviour
 - C) Adolescent health
 - D) Parent- adolescent conflict
 - E) Friendship
 - F) Peer group and peer group pressure
- 1.3
 - A) Adolescent problems

- B) Juvenile Delinquency - Causes
- C) Depression and suicide

UNIT: 2 EARLY ADULTHOOD

- 2.1 Physical performance and Development
 - A) Health
 - B) Obesity - Heredity, Leptin, Set-point, Dieting
 - C) Substance Abuse - Alcohol, Bringe drinking, Cigarette smoking, Nicotine
- 2.2 The Faces of Love.
 - A) Intimacy
 - B) Friendship - Gender differences in friendship
 - C) Romantic Love
 - D) Affectionate Love
 - E) Consummate Love
- 2.3 A) Falling out of Love
 - B) Making marriage work

UNIT: 3 MIDDLE ADULTHOOD

- 3.1 Physical changes
 - A) Visible signs
 - B) Height and weight, strength
 - C) Vision and hearing
 - D) Cardiovascular system
 - E) Lungs and sleep
- 3.2 Health and Diseases
 - Sexuality (Menopause)
- 3.3 Work in Middle life
 - A) Career Challenges and changes
 - B) Leisure
 - c) Stress and personal control in mid life

UNIT: 4 LATE ADULTHOOD

- 4.1 Biological theories of aging
 - A) Evolutionary Theory
 - B) Cellular clock theory
 - C) Free-Radical theory
 - D) Mitochondrial theory
 - E) Hormonal stress theory

- 4.2 Health Problems
 A) Causes of death in older adults
 B) Arthritis
 C) Osteoporosis
 D) Accidents
 4.3 Exercise and Nutrition

NEW/REVISED SYLLABUS FOR

B.A. (Part II) Sem IV

(Introduced from June, 2014 onwards)

- (i) Paper – VI
 (ii) Title of Paper: Applied Psychology
 (iii) Objectives:

1. To understand the applications of the psychology.
2. To know the interpersonal communication process.
3. To understand the stress and its effect.
4. To know the relationship between psychology and physical health.

(iv) UNIT	No. of Lectures
Unit 1 Interpersonal Communication	(No. of Lectures – 15)
Unit 2 Stress and its Effects:	(No. of Lectures – 15)
Unit 3 Coping Processes	(No. of Lectures – 15)
Unit 4 Psychology and Physical Health	(No. of Lectures – 15)

(v) Books for Reading

1. Weiten, W. and Lloyd, Margaret A. (2004). Psychology Applied to Modern Life, 7th Edition Thomson Asia Pte, Ltd., Singapore.

Books for Reference

1. Atwater, Eastwood (1994): Psychology for Living, 5th Edition, Prentice-Hall of

- India Private Limited, New Delhi.
2. Barve, B.N.(1998). Jiwanmanachye Manasashatra, Jalana:Sankalpa Pub.
3. Palasane, Naware (Ed.), (1993). Upayojit Manashatra, Navi Delhi: Waily Eastern Limited.
4. Pandit, Kulkarni ani Gore (2000).Upayojit Manashatra, Nagpur: Pimpalpure Publishers.

SHIVAJI UNIVERSITY, KOLHAPUR
NEW SYLLABUS FOR B.A.II (PSYCHOLOGY)

SEMESTAR PATTERN

(To Be Implemented from June, 2014)

Sem IV

Paper -VI

Applied Psychology

1. Interpersonal Communication:

- 1.1 The process of interpersonal communication:
 - (a) Components of communication process
 - (b) Communication and adjustment
- 1.2 Nonverbal Communication:
 - (a) General principles
 - (b) Elements of nonverbal communication
- 1.3 Effective communication
 - (a) Creating a positive interpersonal climate
 - (b) Conversational skills

2. Stress and its Effects:

- 2.1 The nature of Stress
- 2.2 Responding to Stress
 - a) Emotional responses
 - b) Physiological responses
- 2.3 Effects of stress
 - a) Disruption of cognitive functioning
 - b) Posttraumatic stress disorders
 - c) Physical illness
 - d) Positive effects

3. Coping Processes:

- 3.1 The concept of coping
- 3.2 Appraisal –focused constructive coping