

Naipunnnya School of Management Cherthala



Postgraduate Department of English

**ADD-PGDE-11: CERTIFICATE IN BASICS OF
PSYCHOLOGY**

CERTIFICATE IN BASICS OF PSYCHOLOGY

(ADD-PGDE-13)

Total no of hours - 30

This comprehensive program provides an essential foundation in understanding the fundamental principles of psychology. Through engaging lectures, interactive activities, and practical assignments, students will explore key concepts such as cognitive processes, behavior analysis, and psychological disorders. Whether you're new to the field or seeking to expand your knowledge, this course offers a solid introduction to the fascinating world of psychology.

Objectives:

- Understand the foundational principles and theories of psychology, including the major schools of thought and key historical developments.
- Identify and describe the basic components of human behavior, cognition, and emotion, with an emphasis on how they interact and influence one another.
- Analyze and evaluate psychological research methods, including experimental design, data collection, and ethical considerations.
- Gain insight into common psychological disorders, their symptoms, causes, and treatment approaches, while developing an awareness of mental health issues and resources for support and intervention.

Key Learning Outcomes:

By the end of the course, the students will be able to:

1. Demonstrate a comprehensive understanding of the fundamental principles and theories of psychology.
2. Apply psychological concepts to analyze and interpret human behavior, cognition, and emotion in various contexts.

3. Critically evaluate psychological research methodologies and findings, demonstrating proficiency in research literacy.
4. Identify and describe common psychological disorders, including their symptoms, etiology, and treatment options, while demonstrating empathy and understanding towards individuals experiencing mental health challenges.

Syllabus

Module 1: Introduction to Psychology

- Overview of psychology as a science
- Historical perspectives and major schools of thought
- Research methods in psychology
- Ethical considerations in psychological research

Module 2: Biological Basis of Behavior

- Structure and function of the nervous system
- Neurons and neural communication
- Brain anatomy and its role in behavior and cognition
- Endocrine system and its influence on behavior

Module 3: Cognitive Processes

- Perception, attention, and consciousness
- Memory: encoding, storage, and retrieval
- Language, thinking, and problem-solving
- Intelligence and creativity

Module 4: Developmental Psychology

- Theories of development: psychosocial, cognitive, and moral
- Infancy and childhood development
- Adolescence and identity formation

- Adulthood and aging: cognitive changes and psychosocial challenges

Module 5: Abnormal Psychology

- Overview of psychological disorders
- Anxiety disorders, mood disorders, and psychotic disorders
- Understanding addiction and substance-related disorders
- Therapeutic approaches and treatment options

References

1. *Psychology: Themes and Variations* by Wayne Weiten
2. *Biological Psychology* by James W. Kalat
3. *Cognitive Psychology: Connecting Mind, Research, and Everyday Experience* by E. Bruce Goldstein
4. *Development Across the LifeSpan* by Robert S. Feldman
5. *Abnormal Psychology* by Ronald J. Comer