

**DR. BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY,  
AURANGABAD.**



**Circular / Acad Sec./ P.G./Rev. Curri./Col. & Uni.Cam./ 2021.**

It is hereby inform to all concerned that, on the recommendation of Dean of Faculty of Humanities, the Academic Council it's Meeting held on 01<sup>st</sup> November, 2021 **has accepted the "following Revised Curriculum of Post Graduate Courses for affiliated Colleges & University Campus"** as per appended herewith.

Sr. No.	P. G. Course Name	Semesters
01.	M. A. Sociology	Ist to IVth
02.	M. A. History	Ist to IVth
03.	M. A. Hindi	Ist to IVth
04.	M. A. Geography	Ist to IVth
05.	M. A. Political Science	Ist to IVth
06.	M. A. Thoughts of Mahatma Phule and Dr. Babasaheb Ambedkar	Ist & II <sup>nd</sup>
07.	M. A. Psychology	Ist & II <sup>ed</sup>
✓08.	Certificate Course in Counselling Psychology	-

This is effective from the Academic Year 2021-22 and Onwards as appended herewith.

All concerned are requested to note the contents of this circular and bring notice to the students, teachers and staff for their information and necessary action.

University campus,  
Aurangabad-431 004.  
Ref. No. SU/Col. & UC/P.G./  
Course/2021/ 3887-98

Date: 29.11.2021.

}}  
}}  
}}  
}}  
}}  
\*\*\*\*\*

**Deputy Registrar,  
Academic.**

**:: 02 ::**

**Copy forwarded with compliments to:-**

- 1] **The Head, all concerned departments,**  
Dr. Babasaheb Ambedkar Marathwada University, Aurangabad.
- 2] **The Principal, all affiliated colleges,**  
Dr. Babasaheb Ambedkar Marathwada University, Aurangabad.
- 3] **The Director, University Network & Information Centre, UNIC,**  
with **a request to upload this Circular on University Website.**

**Copy to :-**

- 1] **The Director, Board of Examinations & Evaluation,**
- 2] **The Section Officer, [M.A. Unit] Examination Branch,**
- 3] The Section Officer, [Eligibility Unit],
- 4] The Programmer [Computer Unit-1] Examinations,
- 5] The Programmer [ Computer Unit-2] Examinations,
- 6] The In-charge, [E-Suvidha Kendra],
- 7] The Public Relation Officer,
- 8] The Record Keeper,  
Dr. Babasaheb Ambedkar Marathwada University, Aurangabad.

--\*\*--

DrK\*291121/-

**DR. BABASAHEB AMBEDKAR  
MARATHWADA UNIVERSITY,  
AURANGABAD**



**DEPARTMENT of PSYCHOLOGY**

***Certificate course in counseling psychology***

**With effective from 2021-22**

*[Signature]*  
30-10-2021  
Dean  
Faculty of Humanities



**Dr. Babasaheb Ambedkar Marathwada University,  
Aurangabad.**

***Certificate course in counseling psychology***

**With effective from 2021-22**

		Total Instructional hours	Internal Marks	External Marks	Total Marks	Credit
1	General Psychology	60	20	80	100	4
2	Introduction to Personality	60	20	80	100	4
3	Psychological Disorder	60	20	80	100	4
4	Introduction to Counseling	60	20	80	100	4
	Total	480	210	290	500	20



# **CCP101 - GENERAL PSYCHOLOGY**

## **Credit -04**

*Total: 100 Marks*

*External Assessment: 80 Marks      Internal Assessment: 20 Marks*

### **Unit I -Memory**

- a) Three important distinctions,
- b) Sensory memory,
- c) Working memory,
- d) Long – term memory,
- e) Implicit memory,
- f) Constructive memory,
- g) Improving memory,

### **Unit II-Intelligence**

- a) Assessment of Intellectual Abilities,
- b) Contemporary theories of Intelligence ,
- c) Genetics and Intelligence,
- d) Extremes of Intelligence,

### **Unit III -Motivation**

- a) Reward and Incentive Motivation,
- b) Homeostasis and drives,
- c) Hunger,
- d) Gender and Sexuality,
- e) Social Motives: - Achievement and Affiliation,
- f) Maslow's Hierarchy of motives,
- g) Intrinsic and extrinsic motivation

### **Unit IV- Emotion**

- a) Components of emotions,
- b) Cognitive Appraisal and emotion,
- c) Subjective experiences and emotion ,
- d) Bodily Changes and emotion,
- e) Facial expression and emotion,
- f) Responses to emotions: emotion regulation,
- g) Emotion and culture,
- h) Aggression

### **Unit V-Learning and Conditioning**

- a) Perspectives on learning,
- b) Classical Conditioning,
- c) Instrumental Conditioning,
- d) Complex learning,
- e) The Neural Basis of behavior: Learning and Conditioning

### **Recommended Books:**

- Ciccarelli S.K, White J.N (2021) Psychology , Pearson Publication
- Baron.R.A & Misra.G (2000)Psychology ,(5<sup>th</sup> ed) Pearson Publication
- Morgan.C.T, King.R.T, Welx J.R & Schopler.J (2017) Introduction to Psychology, McGraw Hill Education.

## **CCP102 - Introduction to Personality**

**Credit -04**

***Total: 100 Marks***

***External Assessment: 80 Marks      Internal Assessment: 20 Marks***

### **Unit 1 -Personality and the scientific outlook**

- a) Why study personality
- b) Defining personality
- c) The scientific study of personality
- d) Building scientific theories

### **Unit 2- Psychoanalytical Theories**

- a) Freud's psychoanalytic theory - Biographical sketch
  - Concepts and principles
  - Personality development
  - Assessment techniques
- b) Adler's individual psychology - Biographical sketch
  - Concept and principle
  - Personality development
  - Assessment techniques
- c) Erikson's psychoanalytic Ego psychology- Biographical sketch
  - Concepts and principles
  - Personality development
  - Assessment techniques

### **Unit 3 – Trait Theories**

- a) Cattell's structure-based systems theory - Biographical sketch
  - Concepts and principles
  - Personality development
  - Assessment techniques
- b) Eysenck's biological typology - Biographical sketch
  - Concepts and principles
  - Personality development
  - Assessment techniques

### **Unit 4 – Humanistic Theory**

- a) Rogers's person-centered theory - Biographical sketch
  - Concepts and principles

Personality development  
Assessment techniques

**Recommended Books:**

- Barabara , E.(2006). Personality Theories (7<sup>th</sup> ed). New York: Houghton Mifflin Company
- Ryckman .R.M (2014)Personality Theories (10<sup>th</sup> ed). Cengage Learning
- Hall, C.S., Lindzey , G.& compbell , J.B.(2004) Theories of personality (4<sup>th</sup> ed) New york. John wiley & son's , Inc.



## **CCP103 - Psychological Disorder**

**Credit -04**

***Total: 100 Marks***

***External Assessment: 80 Marks      Internal Assessment: 20 Marks***

### **Unit I Anxiety disorders**

Generalized Anxiety disorders,  
Etiology of generalized Anxiety disorders,  
Treatment of generalized Anxiety disorders,  
Simple phobias,  
Etiology of phobias,  
Treatment of phobias,  
Panic disorder,  
Etiology of Panic disorder,  
Treatment of Panic disorder,  
Obsessive – compulsive disorder (OCD),  
A etiology of Obsessive – compulsive disorder,  
Treatment of Obsessive – compulsive disorder,

### **Unit II Mood disorders**

Major depression,  
Etiology of Major depression,  
Treatment of Major depression,  
Suicide,  
Etiology of Suicide,  
Treatment of attempted suicide,  
Seasonal affective disorder (SAD),  
Etiology of Seasonal affective disorder,  
Treatment of Seasonal affective disorder,  
Bipolar disorder

### **Unit III Addictions**

Drugs and drug dependence,  
Excess alcohol consumption,  
Etiology of excess alcohol consumption,  
Interventions in excess alcohol consumption,  
Pathological gambling ,  
Etiology of Pathological gambling,  
Treatment of Pathological gambling,

**Recommended Books:**

- Bennett.P (2010) Abnormal and Clinical Psychology, McGraw Hill Education
- Carson, R.C., Butcher, J.N., Mineka, S., & Hooley, J.M. (2007). Abnormal Psychology, (13<sup>th</sup> ed) Pearson Education, India.
- Davison, G.C. Neal, J.M. & Kring, A.M. (2004). *Abnormal psychology*. (9<sup>th</sup> ed.) New York: Wiley.

## **CCP104 - Introduction to Counseling**

### **Credit -04**

*Total: 100 Marks*

*External Assessment: 80 Marks      Internal Assessment: 20 Marks*

#### **(I) Objectives:**

- The present paper introduces basics of counseling.
- It aims at acquainting students with skills of counselling.
- It also introduces the process of counseling.

#### **UNIT-I**

Counselling psychology: definition, nature and scope, Principles of counselling psychology, What is guidance? Basic principles of guidance, The counsellor and the therapist, Introduction, personal characteristics, personal counselling for the counsellor, Ethical values, multicultural skilled counsellor, problems and issues faced by the beginning counsellor.

#### **UNIT-II**

What do counselors do?

Counseling as a helping profession, the professional counselor, Counselor as a discipline, Traditional activities, Individual assessment, Individual Counseling, Group Guidance and Counseling, Career Assistance, Placement and follow up referral, Consultation, Research, evaluation and accountability, prevention Basic principles For schools, for community agencies, future directions of the profession,

#### **UNIT-III**

Counselling process: Counselling relationship, Counselling interview

Types of Counselling: Counsellor –oriented counselling; Counselee – oriented counselling; eclectic – Counselling equally oriented to both the counsellor and counselee.

#### **UNIT-IV**

Basic skills and concepts:

a) Attending: eye contact, attentive body language, distance, vocal tone, verbal tracking

b) Basic listening skills: active listening, client observation, verbal behaviour, encouraging, paraphrasing, summarizing, reflection of feelings, use of open end and closed questions.

#### **UNIT-V**

c) Self attending skills: self awareness, centering and relaxing, humor, non judgmental attitude towards self and others, genuineness, concreteness.

d) Advanced skills and concepts: self disclosure, confrontation, immediacy, action skills, termination skills.

#### **Recommended Books:**

- Gladding Samuel. T. (2011) *Counseling A comprehensive Profession.*(6<sup>th</sup> ed.) Pearson Publication.
- Gibson, R.L., Mitchell, M.H. (2005). *Introduction to counselling and guidance* (6th ed.). Delhi: Pearson education Pte.Ltd.
- Gelso, C.J., Fretz, B.R. (1995) *Counselling psychology.* Banglore: Prism books Pvt.Ltd