CURRICULUM

OF

PSYCHOLOGY

For

BS (HONS.) 4-Year Program
&
MS (HONS.) 2-Year Program

(Revised 2006)

HIGHER EDUCATION COMMISSION
ISLAMABAD

CURRICULUM DIVISION, HEC

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CONTENTS

1.	INTRODUCTION	7
2.	SCHEME OF STUDIES BS 4-Years (Hons.) Program	12
3.	Details of Courses	15
4.	SCHEME OF STUDIES MS 2-Years (Hons.) Program	58
5.	Details of Courses	61
6.	Recommendations	113

PREFACE

Curriculum of a subject is said to be the throbbing pulse of a nation. By looking at the curriculum one can judge the state of intellectual development and the state of progress of the nation. The world has turned into a global village; new ideas and information are pouring in like a stream. It is, therefore, imperative to update our curricula regularly by introducing the recent developments in the relevant fields of knowledge.

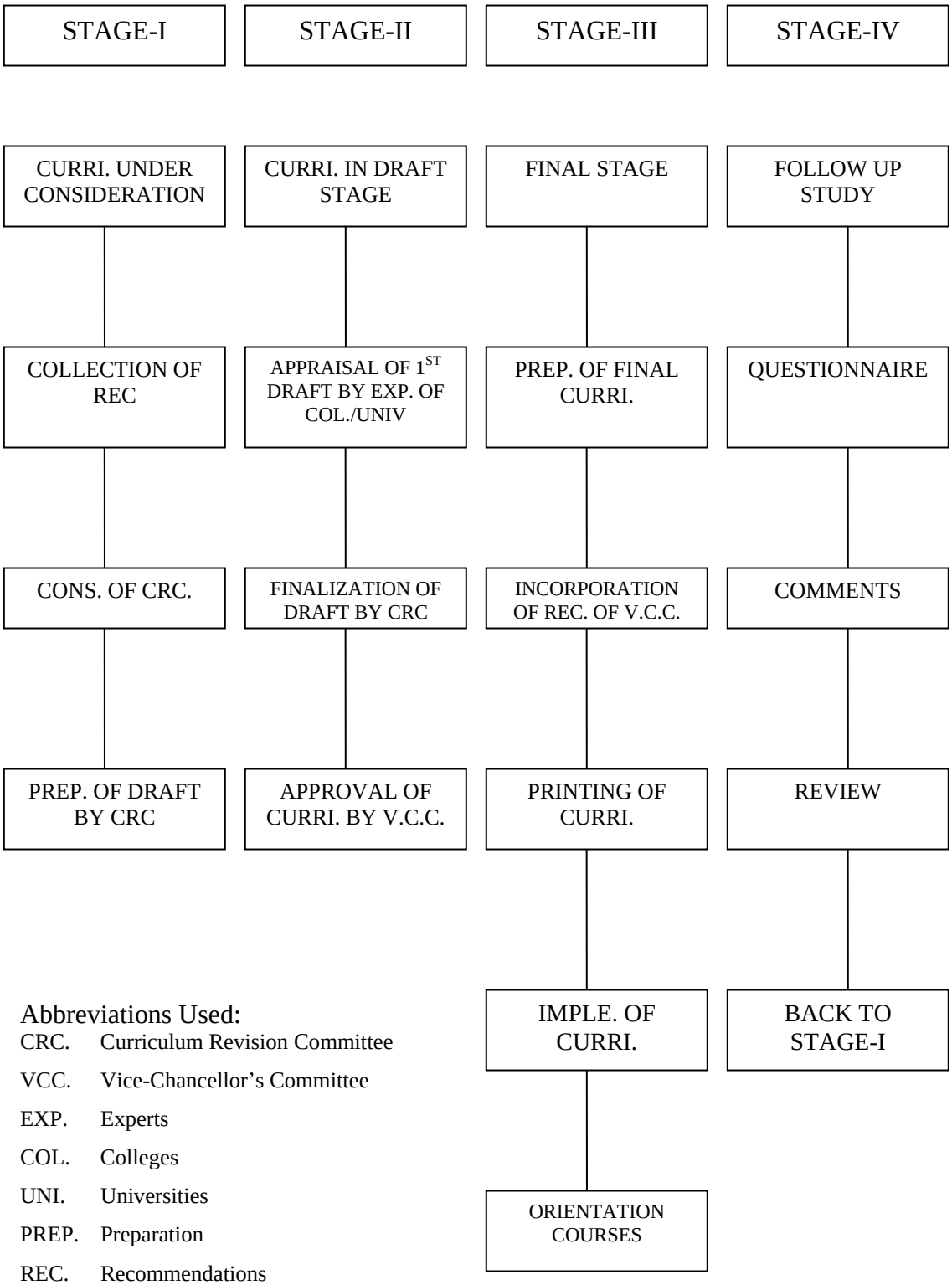
In exercise of the powers conferred by sub-section (1) of section 3 of the Federal Supervision of Curricula Textbooks and Maintenance of Standards of Education Act 1976, the Federal Government vide notification no. D773/76-JEA (Cur.), dated December 4, 1976, appointed University Grants Commission as the competent authority to look after the curriculum revision work beyond class XII at bachelor level and onwards to all degrees, certificates and diplomas awarded by degree colleges, universities and other institutions of higher education.

In pursuance of the above decisions and directives, the Higher Education Commission (HEC) is continually performing curriculum revision in collaboration with universities. According to the decision of the special meeting of Vice-Chancellors' Committee, curriculum of a subject must be reviewed after every 3 years. For the purpose, various committees are constituted at the national level comprising senior teachers nominated by universities. Teachers from local degree colleges and experts from user organizations, where required, are also included in these committees. The National Curriculum Revision Committee for Psychology in its meeting held in May 4-6, 2006 at the HEC Regional Centre, Lahore revised the curriculum after due consideration of the comments and suggestions received from universities and colleges where the subject under consideration is taught. The final draft prepared by the National Curriculum Revision Committee duly approved by the Competent Authority is being circulated for implementation by architectural institutions.

(Prof. Dr. Syed Altaf Hussain)
Member (Acad/R&D)

August 2006

CURRICULUM DEVELOPMENT



Abbreviations Used:

CRC.	Curriculum Revision Committee
VCC.	Vice-Chancellor's Committee
EXP.	Experts
COL.	Colleges
UNI.	Universities
PREP.	Preparation
REC.	Recommendations

INTRODUCTION

The final meeting of National Curriculum Revision Committee in Psychology was held from May 4-6, 2006 at Higher Education Commission, Regional Centre, Lahore. The following experts attended the meeting:

1.	**Prof. Dr. Miss Farrukh Z. Ahmad**, Dean Faculty of Professional Psychology, Behria University, (Karachi Campus) PNS Shifa, Karachi Cantt.	Convener
2	**Dr. Muhammad Shoaib Shahid** Foreign Professor in Psychology, COMSATS Institute of Information Technology, Islamabad	Member
.3	**Mr. Abdul Hameed**, Chairman/Associate Professor, Department of Psychology, F. C. College, Lahore.	Member
4.	**Dr. Muhammad Azam Tahir**, Assistant Professor, Balochistan University of Information Technology & Management Sciences, Samungli Road, Quetta	Member
5.	**Mr. Humair Hashmi**, Director Academics & Corporate Affairs, Imperial College of Business Studies, 49-Zafar Ali Road, Lahore	Member
6.	**Ms. Sarah Shahed**, Chairperson Department of Gender Studies, Lahore College for Women University, Jail Road, Lahore	Member
7.	**Mrs. Rakhshunda Hussain**, Associate Professor/Chairperson, Department of Psychology, University of Karachi, Karachi	Member
8.	**Prof. Dr. Maher Bano**, Chairperson, Department of Psychology, University of Peshawar, Peshawar	Member
9.	**Prof. Khalid Saeed,** Department of Applied Psychology, B.Z. University, Multan	Member
10.	**Dr. Lina Shuja**, Assistant Professor of Psychology, Department of Business Administration, Mohammad Ali Jinnah University, 22-E, Block 6, PECHS, Karachi	Member

11.	**Dr. Abdul Latif,** Vice Principal, F.G. College, H-8, Islamabad	Member
12.	**Mr. Abdul Rauf Khan,** Vice Chairman (Academic), Sultana Foundation, Islamabad	Member
12.	**Prof. Dr. Azhar Ali Rizvi,** Consultant Fountain House, 37-Lower Mall, Lahore	Member
13.	**Ms. Saima Dawood,** Lecturer, Institute of Clinical Psychology, University of the Punjab, Lahore	Member
14.	**Ms. Farhat Jokhio** Lecturer; Department of Psychology University of Sindh, Jamshoro	Member
15	**Miss Fozia Akram,** Lecturer, Department of Applied Psychology, Government College University, Faisalabad	Member
16	**Mrs. Shahnila Tariq**, Research Officer, Department of Psychology & Applied Psychology, University of the Punjab, Lahore	Member
17	**Dr. Muhammad Asir Ajmal**, Foreign Professor, Department of Psychology, G. C. University, Katchery Road, Lahore	Member
18	**Mr. Muhammad Yaseen**, Chairman, Department of Psychology, University of Sargodha, Sargodha	Member/Secretary

The following members could not attend the final meeting:

1. **Dr. M. Pervez, Ex-Director**,
   NIP, Quade-e-Azam University,
   Islamabad.
2. **Prof. Dr. Zahid Mahmood**,
   Department of Clinical Psychology,
   Government College University,
   Katchery Road, Lahore.

3. **Dr. Fatima Imam**,
   Assistant Professor,
   Department of Psychology,
   University of Sind, Jamshoro.
4. **Prof. Dr. Mrs. Farhana Jahangir**,
   Ex-Convener – NCRC in Psychology,
   Vice-Chancellor,
   Frontier University for Women,
   Peshawar
5. **Ms. Ambreen Iqbal**,
   Lecturer,
   Department of Psychology & Applied Psychology,
   University of the Punjab, Lahore

The meeting started with the recitation of Holy Quran by Prof. Dr. Abdul Latif. Mr. Ghulam Abbas, Deputy Director Curriculum HEC Islamabad welcomed the members on behalf of Dr. Atta ur Rehman, Chairman HEC, and Dr. Altaf Ali G. Sheikh, Advisor HRD HEC. Deputy Director Curriculum briefed about the objectives and targets of three days' meeting. The committee unanimously recommended the name of Prof. Dr. Miss Farrukh Z. Ahmad as Convener and Prof. Muhammad Yaseen as Secretary of the meeting.

The committee discussed the aspects of the new curriculum for BS 4-Year (Hons.) and MS 2-Year (Hons.) to be prepared. The curricula of the Universities brought by the participants were discussed among the members of the committee. The Departments, where four years BS (Hons.) program being offered, was brought to the notice of the Convener and Secretary.

At first, the courses under each semester with their credit hours were thoroughly discussed and then finalized by the members. While discussing the courses for BS 4-Year (Hons.) Program, some of the members showed their apprehensions about the present /existing two years BA course being taught at college level. In the light of the directions given by Dr. Altaf Sheikh (R&D) Academics, HEC at the time of inauguration, it was decided by the members to just focus on BS 4-year (Hons.) program which is the main agenda of the meeting. It was mutually decided by the members that universities would take decisions according to their own available resources if they can start a parallel program for remaining 2 years. In this way, it would be equal to BS (Hons.) program of four years. The members were of the view that it would only be possible if universities would arrange some deficiency / remedial courses for those students who are taking admission in the university after doing their BA of two years under the old scheme.

At the end of the meeting, the Convener: Prof. Dr. Miss Farrukh Z. Ahmad thanked the members for their thoughtful discussion and active participation during three days of the meeting. With the efforts of the members, the NCRC was able to achieve the targets given by Dr. Altaf Ali Sheikh.

Prof. Muhammad Yaseen
Secretary
NCRC in Psychology

Prof. Dr. Miss Farrukh Z. Ahmad
Convener
NCRC in Psychology

This document has been a product of the contributory efforts by the members of the NCRC (Psychology) which aims at establishing integrated and compatible educational programs at the national level. We have been successful in achieving this end by developing up-to-date and through outlines of BS (Hons.) 4-Year and MS (Hons.) 2-Year programs in Psychology which conform to the HEC policy and standards.

(Secretary, NCRC Psychology)

CURRICULUM OF PSYCHOLOGY FOR BS (HONS.) 4-YEAR PROGRAM 2006

AIMS AND OBJECTIVES

1. To ensure that the students are aware of the nature, origin, history and scope of Psychology as a modern discipline and its relationship with other sciences.
2. To be aware of the different perspectives – functional systems and theories – used in psychology in order to study, understand and explain its subject matter.
3. To be aware of the experimental and experimental underpinning of the study of psychology and develop a scientific approach to the subject.
4. To be conversant with the biological, biochemical and genetic basis of behavior.
5. To be fully knowledgeable about the cognitive, behavioral and personality functioning of the individual: developmentally, interpersonally and socially.
6. To be familiar with the methods it employs for studying (as it is) and changing behavior (as it should be) and the strengths and weaknesses of these methods.
7. To be aware of the moral and ethical implications of psychological theories, procedures and practices.
8. To have a working knowledge of the application and the practice of psychology in real life and have all the necessary skills to continue a specialist study later on and achieve professional qualifications.
9. To be able to conceive, design, and conduct small scale research project and analyze the information and share it with other colleagues.
10. To ensure that psychology is taught as an applied discipline in scientist-reflective.
11. To be conversant with the biological, biochemical, psycho social and genetic basis of behavior.
12. Every student must participate in seminar and annual research papers in each course on current respective area of psychology.
13. The student should develop inside and personality growth through internship.
14. Individually students need to inculcate the sprit of applying control over unbridled instinctive and impulsive actions, so that they acquire inside and behave on their rational judgment.

SCHEME OF STUDY

For

BS 4-Year (Hons.) PSYCHOLOGY

Total Program Credit Hours: 136
Total Psychology Courses Credit: 102

SEMESTER–I

Course Code	Course Title	Credit Hours
Psy-100	English-I (Compulsory)	3
Psy-101	Introduction to Psychology-I	3
Psy-102	History of Psychology	3
Psy-103	Pakistan Studies (Compulsory.)	2
Psy-104	Practicum-I	2
Psy-105	Minor I (Statistics-I/Sociology-I/Economics-I) etc	3
	Total:	**16**

SEMESTER–II

Course Code	Course Title	Credit Hours
Psy-200	English-II (Compulsory)	3
Psy-201	Introduction to Psychology-II	3
Psy-202	Schools of Psychology	3
Psy-203	Islamic Education (Compulsory)	2
Psy-204	Practicum-II	2
Psy-205	Minor I (Statistics-II/Sociology-II/Economics-II) etc	3
	Total:	**16**

SEMESTER–III

Course Code	Course Title	Credit Hours
Psy-300	Communication Skills-I (Compulsory)	3
Psy-301	Educational Psychology	3
Psy-302	Positive Psychology/Ethics in Psychology	3
Psy-303	Experimental Psychology-I	3
Psy-304	Minor II (Math-I/Biology-I/Computer Science-I) etc.	3
	Total	**15**

SEMESTER–IV

Course Code	Course Title	Credit Hours
Psy-400	Communication Skills-II (Compulsory)	3
Psy-401	Community Psychology	3
Psy-402	Introduction to Social Psychology	3
Psy-403	Experimental Psychology-II	3
Psy-404	Minor II (Math-II/Biology-II/Computer Science-II) etc.	3
	Total	**15**

SEMESTER–V

Course Code	Course Title	Credit Hours
Psy-501	Research Methodology-I	3
Psy-502	Applied Statistics-I	3
Psy-503	Personality Theories-I	3
Psy-504	Psychological Testing-I	3
Psy-505	Mental Health and Psychopathology-I	3
Psy-506	Developmental Psychology	3
	Total	**18**

SEMESTER–VI

Course Code	Course Title	Credit Hours
Psy-601	Research Methodology-II	3
Psy-602	Applied Statistics-II	3
Psy-603	Personality Theories-II	3
Psy-604	Psychological Testing-II	3
Psy-605	Mental Health and Psychopathology-II	3
Psy-606	Neurological Bases of Behavior	3
	Total	**18**

SEMESTER–VII

Course Code	Course Title	Credit Hours
Psy-701	Computer Applications	3
Psy-702	Counseling Psychology	3
Psy-703	Human Resource Management	3
Psy-704	Consumer Psychology	3
Psy-705	Cognitive Psychology	3
Psy-706	Motivation	3
Psy-707	Advanced Social Psychology	3
Psy-708	Forensic Psychology	3
Psy-709	Environmental Psychology	3
Psy-710	Cross Cultural Psychology	3
	Total (Maximum credit hours)	**18**

Note: Six courses in all from the above list whereas PSY-708 is compulsory. The courses shall be offered in lieu of the availability of faculty and other resources.

SEMESTER–VIII

Course Code	Course Title	Credit Hours
Psy-801	Organizational Psychology	3
Psy-802	Health Psychology	3
Psy-803	Clinical Psychology	3
Psy-804	Leadership in Organization	3
Psy-805	Marketing Research and Promotional Strategies.	3
Psy-806	Behavioral Analysis and Management	3
Psy-807	Sports Psychology	3
Psy-808	Muslim Psychology	3
Psy-809	Parapsychology	3
Psy-810	Internship Report	3
	Total (Maximum credit hours)	**18**

Note: Six courses in all from the above list whereas PSY-810 (Internship) is compulsory. The courses shall be offered in lieu of the availability of faculty and other resources.

In each course, the concerned teacher shall provide a through and up-to-date list of references pertaining to the reading materials (Books, Journals, Articles, Web addresses etc.).

Details of Courses

SEMESTER–I

Psy-101 Introduction to Psychology-I

1. **Introduction to Psychology**
   a. Nature and Application of Psychology with special reference to Pakistan.
   b. Historical Background and Schools of Psychology (A Brief Survey)

2. **Methods of Psychology**
   a. Observation
   b. Case History Method
   c. Experimental Method
   d. Survey Method
   e. Interviewing Techniques

3. **Biological Basis of Behavior**
   a. Neuron: Structure and Functions
   b. Central Nervous System and Peripheral Nervous System
   c. Endocrine Glands

4. **Sensation, Perception and Attention**

   Sensation

   Characteristics and Major Functions of Different Sensations
   (i) Vision: Structure and functions of the Eye.
   (ii) Audition: Structure and functions of the Ear.

   Perception
   (i) Nature of Perception
   (ii) Factors of Perception: Subjective, Objective and Social
   (iii) Kinds of Perception:
   Spatial Perception (Perception of Depth and Distance)
   Temporal Perception; Auditory Perception

   Attention
   (i) Factors, Subjective and Objective
   (ii) Span of Attention
   (iii) Fluctuation of Attention
   (iv) Distraction of Attention (Causes and Control)

RECOMMENDED BOOKS

Atkinson R. C., & Smith E. E. (2000). *Introduction to psychology* (13th ed.). Harcourt Brace College Publishers.

Fernald, L. D., & Fernald, P. S. (2005). *Introduction to psychology*. USA: WMC Brown Publishers.

Glassman, W. E. (2000). *Approaches to psychology*. Open University Press.
Hayes, N. (2000). *Foundation of psychology* (3rd ed.). Thomson Learning.
Lahey, B. B. (2004). *Psychology: An introduction* (8th ed.). McGraw-Hill Companies, Inc.
Leahey, T. H. (1992). *A history of psychology: Main currents in psychological thought*. New Jersey: Prentice-Hall International, Inc.
Myers, D. G. (1992). *Psychology.* (3rd ed.). New York: Wadsworth Publishers.
Ormord, J. E. (1995). *Educational psychology*: *Developing learners*. Prentice-Hall, Inc.

Psy-102 History of Psychology

Introduction
Why study the history of psychology?
Revisions in the traditional views of science
Persistent questions in psychology
Early Greek Philosophy
The first philosophers: Thales, Anaxinander, Heraclites, Parmenides, Pythagoras, Empedoclesm, and Democritus
Early Greek Medicine
The relativity of Truth; Protagoras, Gorgias, Xenophobes, Socrates, Plato, Aristotle; After Aristotle
Skepticism & Cynicism
Epicureanism and Stoicism
Neoplatonism and Emphasis on spirit
The Dark Ages
Scholasticism
The Beginning of Modern Science and Philosophy
Renaissance Humanism; Challenges to Church authority; Rene Descartes
Empiricism, Sensationalism, and positivism
British Empiricism; French Sensationalism; Positivism
Rationalism
Spinoza; Immanuel Kant; Johann Friedrich Herbert; Friedrich Hegel
Romanticism and Existentialism
Early developments in physiology and the rise of experimental psychology; Individual differences; Early Research on brain functioning
Voluntarism, Structuralism and other early approaches to psychology
Voluntarism
Structuralism: Wundt; Titchner; Other early approaches
The Darwinian Influence:
Charles Darwin; Sir Francis Galton; Intelligence testing after Galton
Functionalism:
Characteristic of functionalistic psychology; William James, Hugo, Munsterberg, and Stanley Hall; The fate of functionalism

Behaviorism:
The background of behavior; John B. Watson and behaviorism
William McDougal: Another type of behaviorism
Neo-Behaviourism
Positivism and logical positivism; Operationalism; Tolman, Hull, & Skinner
Gestalt Psychology:
The founding of Gestalt; Isomorphism and law of Pragnanz; Perceptual consistencies; Productive Thinking
Early diagnosis, explanation and treatment of mental illness
What is mental illness? Early explanation of mental illness; Early approach to the treatment of mental illness
Psychoanalysis and its early alternatives
Antecedents of the development of psychoanalysis; Studies on hysteria; Freud's self analysis; Freud's theory of personality
Humanistic Psychology
The Mind, the body and the spirit; Phenomenology; Existential Psychology
Cognitive Psychology:
Development before 1950s; Development during 1950s; Development after 1950; Artificial intelligence
Psychobiology
Karl and Lashley; New connectionism; Behavioral genetics
Contemporary Psychology
The Diversity in contemporary psychology
The tension between pure, scientific and applied psychology
Psychology's status as a science; Post modernism

BOOKS RECOMMENDED:

Hergenhahn, B. R. (2001). *An introduction to the history of psychology*. New York: Wadsworth.
Sharma, N., & Sharma, R. (2003). *History and schools of psychology*. New Delhi: Atlantic Publishers.

Psy-104 Practicum-I

A total of 24 experiments are to be conducted for practicum, which constitute courses Psy-104, Psy-204, Psy-303, & Psy-403 respectively.

Following experiments shall be performed by the students:
Color Zones of Retina
Fluctuation in Attention
Muller-Lyer Illusion
Perceptual Grouping
Size Constancy
Span of Attention

BOOKS RECOMMENDED:

Postman, L., & Egan J.P. (2001). *Experimental psychology: An introduction*. New Delhi: Kalyan Publishers.
Collins, & Drever, (1978). A first laboratory guideline psychology.
Woodworth, R. S. (1983). *Experimental psychology*. New York: Henry Holt & Co.
Mohsin, S. M. (1991). *Experiments in psychology.* Mito Lal Banarsi Das Delhi-Varnasi Patna. India

SEMESTER–II

Psy-201 Introduction to Psychology -II

1. **Motives**
   a. Definition and Nature
   b. Classification
      Primary (Biogenic) Motives: Hunger, Thirst, Defection and Urination, Fatigue, Sleep, Pain, Temperature, Regulation, Maternal Behavior, Sex
      Secondary (Sociogenic) Motives: Play and Manipulation, Exploration and Curiosity, Affiliation, Achievement and Power, Competition, Cooperation, Social Approval and Self Actualization.
2. **Emotions**
   Definition and Nature
      Physiological changes during Emotions (Neural, Cardial, Visceral, Glandular), Galvanic Skin Response; Pupilliometrics
   Theories of Emotion
      James Lange Theory; Cannon-Bard Theory
      Schachter –Singer Theory
3. **Learning**
   Definition of Learning
   Types of Learning: Classical and Operant Conditioning
   Methods of Learning: Trial and Error; Learning by Insight; Observational Learning
4. **Memory**
   Definition and Nature
   Memory Processes: Retention, Recall and Recognition
   Forgetting: Nature and Causes
5. **Thinking**
   Definition and Nature
      Tools of Thinking: Imagery; Language; Concepts
   Kinds of Thinking
      Problem Solving; Decision Making; Reasoning

6. **Personality**
   Definition
   Development of Personality: Biological and Environmental Factors

BOOKS RECOMMENDED:

Atkinson, R. C., & Smith, E. E. (2000). *Introduction to psychology* (13th ed.). Harcourt Brace College Publishers.
Fernald, L.D., & Ferbnald, P. S. (2005). *Introduction to psychology*. USA: WMC Brown Publishers.
Glassman, W. E. (2000). *Approaches to psychology*. Open University Press.
Hayes, N. (2000). *Foundations of psychology* (3rd ed.). Thomson Learning.
Lahey, B. B. (2004). *Psychology: An introduction* (8th ed.). McGraw-Hill Companies, Inc.
Leahey, T. H. (1992). *A history of psychology: Main currents in psychological thought.* New Jersey: Prentice Hall International, Inc.
Myers, D. G. (1992). *Psychology* (3rd ed.). New York: Wadsworth Publishers.
Ormord, J. E. (1995). *Educational psychology: Developing learners*. Prentice-Hall, Inc.

Psy -202 Schools of Psychology

1. **Roots of Psychology**
   Philosophical roots: Greek and Muslim contribution to the development of psychology
   The spread of scientific psychology
   Psychology in Europe, USA, and Former Soviet Union

2. **Systems and Schools of Thought**
   Structuralism
   Functionalism
   Behaviorism
   Gestalt psychology and Field Theory
   Psychodynamics
   Humanistic Psychology
   Cognitive Psychology
   Psychology in Pakistan

BOOKS RECOMMENDED:

Ajmal, M. (1986). *Muslim contribution to psychotherapy and other essays.* Islamabad: National Institute of Psychology, Quaid-i-Azam University.
Boring, E. G. (1957). *A history of psychology.* New Jersey: Prentice-Hall.
Leahey, T. H. (1987). *A history of psychology.* New Jersey: Prentice-Hall Inc.
Murphy, G. (1949). *Historical introduction to modern psychology.* London: Routledge & Kegan Paul.

Shultz, D. *(1981). A history of psychology.* Florida: Academic Press.
Wolmen, B. B. (I *979). Contemporary theories and systems in psychology.* New York: Harper & Row.

Psy -204 Practicum-II

Following experiments shall be performed by the students:

Concept Formation
Maze Learning
Memory: Function of Recitation
Memory: Function of Time (Saving Method)
Memory: Method of Serial Reproduction
Problem Solving

SEMESTER–III

Psy-301 Educational Psychology

What is Educational Psychology?
Nature and Scope
Individual Differences: Intelligence, Cognitive styles
Learner's Characteristics: Abilities, Motivation, Interest, Aptitude
Learning theories and practical applications of behavioral and cognitive approaches
Characteristics of a Good Teacher
Counseling and Vocational Guidance
Behaviour Modification
Designs of Evaluation
Special Education:
- Physical, Disability, Retarded and Gifted children

Class Room Management:
- Managing the Class Room
- Methods of Control

BOOKS RECOMMENDED:

Borich, G. D., & Tombari, M. L. (1997). *Educational psychology: A contemporary approach* (2nd ed.). New York: Addison Wesley Longman, Inc.
Cartwright, G. P., Cartwright, C. A. & Ward, M. E. (1985). *Educating special learners* (2nd ed.). California: Wadsworth Publishing Company.
Crow, L., & Crow, A. (2000). *Educational psychology*. New Delhi: Eurosia Publishing House Ltd.

Lefranceis, G.R (1988) Psychology for Teaching (6th ed.). California: Wordsworth Publishing Co.
Slavin, R. (1994). *Educational psychology*. Boston Allyn & Bacon.
Sprinthall, N., & Sprinthall, R. (1987). *Educational psychology: A developmental approach* (4th ed.). New York: Raudom House.

Psy-302 Ethics in Psychology

1. Ethical conduct of Psychologists; Ethical Principles of Psychologist; Ethical Standard; Ethical Committees; Formation of working guidelines

2. Privacy and Confidentiality; Classroom Materials; Research Data, Assessment Materials

3. Psychologists and social responsibility

4. Ethics in Psychotherapy; Therapists' obligations; Sexually intimated behaviour with clients, dual relationship; Conflict of interest situation

5. Psychologists and advertising; Acceptable advertisement; Unacceptable advertisement

6. Ethical issues involved in experimentation with human and animal subjects

7. Relationship with colleagues; Monitoring conduct of colleagues; Vindictive/ difficult colleague; relationship with students/ employees

8. Ethics and Psychological research; Psychologists responsibility; Volunteerism; Enticements; Concealment; Distortion; Deception; Debriefing

BOOKS RECOMMENDED:

Austin, K. M., Moline, M.E., & Williams, G. T. (1990). *Confronting malpractice: Legal & ethical dilemmas in psychotherapy*. Newbury Park: CA. Sage.
Spiegel, P. K., & Koocher, G. P. (1998). *Ethics in psychology*. New York: Oxford University Press.

Psy-302 Positive Psychology

Introduction

Nature and Scope of Positive Psychology
Evolutionary Perspectives
Positive Personal Traits
Nature and Associated Psychological Factors:
Hope; Optimism; Happiness; Love; Empathy; Attachment; Emotional Intelligence; Tolerance; Forgiveness; Gratitude; Faith; Morality; Wisdom and Creativity
Self Determination Theory and Intrinsic Motivation
Social Development and Well Being

BOOKS RECOMMENDED:

Corer, L., Keyes, M., & Handit, J. (Eds.). (2002). *Flourishing — Positive psychology & the life*. Washington: APA Publication

Lias, Aspmwaly, L., & Ursole, M. (Eds.). (2002). *A psychology of human strengths.* Washington: APA Publication

Rizvi, A. A. (1990). *Muslim psychology and positive psychology*. Lahore: Institute of Muslim psychology.

Psy -303 Experimental Psychology-I

1. **Introduction:** Development of Experimental Psychology

2. **Psychophysics:** Importance of Psychophysics; Absolute & Differential Thresholds; Psychophysical Methods; Theory of signal detection

3. **Perception:** Perception and Sensation; The Gestalt Concept of Perception; Perceptual Consistencies; Depth Perception; Figure and Ground Perception; Perception of Movement; Perceptual defense and vigilance; Perception of time; Visual illusions

4. **Practical Work:** The following experiments shall be performed by the students:
   Meaningful vs. Nonsense Learning
   Retroactive Inhibition
   Simple Reaction Time
   Transfer of Training
   Trial Position Effect under Massed and Distributed Practice
   Whole vs. Part Learning

SEMESTER–IV

Psy-401 Community Psychology

Introduction to Community Psychology and Mental Health
Community Research Methods
Community Empowerment
Orientation to Social Issues in the Community
- Childhood
- Adolescence
- Adulthood
- Old age

Community Rehabilitation

BOOKS RECOMMENDED:

Duffy, K. G., & Wong, F. Y. (1996). *Community psychology.* Boston: Allyn & Bacon.

Heller, K., Price, R., Reinharz, S., Riger, S., & Wandersman , A. (1984). *Psychology and community change.* (2nd ed.). Homewood, IL: Dorsey Press.

Psy-402 Introduction to Social Psychology

The Field of Social Psychology
- i) Introduction to social psychology
- Ii) Current trends and future scope
- Iii) Conducting research in social psychology

Self- Presentation and Social Perception
- i) Non verbal behavior
- ii) Attribution
- iii) Impression management

Social Cognition
- i) Schemas
- ii) Heuristics
- iii) Affect and Cognition.

Behavior and Attitudes
- i) Nature of attitudes
- ii)Formation, maintenance, and change in attitudes
- iii) Relationship between attitude and behavior
- iv) Cognition & attitude

Aspects of Social Identity
- i) The self
  - a. Nature of the self
  - b. Self concept

c. Social diversity
d. Self esteem

ii) Other aspects of self functioning
a. Self focusitig
b. Cognitive and affective aspects
c. Self Monitoring
d. Self Efficacy

iii) Gender: Maleness or femaleness

Social Influence

i) Conformity
ii) Compliance
iii) Obedience

Pro-social Behavior

i) Why do we help?
ii) When do we help?
iii) Does true altruism really exist?
iv) Whom do we help?
v) How we can increase helping?

Aggression /hurting others

i) What is Aggression?
ii) Influences on Aggression
iii) Reducing Aggression

BOOKS RECOMMENDED:

Allport, G. W. (1954). *The nature of prejudice*. New York: Addison Wesley.
Fisher, R. J. (1982). *Social psychology: An applied approach*. New York: St. Martin Press.
Forsyth, D. F. (1987). *Social psychology*. California: Brooks Publishing Company.
Myers, D. G. (1987). *Exploring social psychology*. New York: McGraw-Hill.
Myers, D. G. (1987). *Social psychology*. New York: McGraw-Hill.
Wayant, J. M. (1986). *Applied social psychology*. New York: Oxford University Press.

Psy-403 Experimental Psychology-II

1. **Learning:** Simple Learning and Conditioning; Classical versus instrumental conditioning; Basic factors in learning and performance; Role of reinforcement in learning; Contemporary theories of Learning; Transfer of training

2. **Memory:** Theories of Memory; Compartments of Memory; The storage and retrieval process; Transplantation of Memory; Memory Experiments; Mnemonics: ways of improving memory (Devices Mnemonics)

3. **Thinking and Problem-Solving:**
   Nature of Thinking; Concept formation; Imageless thought Controversy; Set and attitude as factors in Thinking; Creative Thinking; Theories of Thinking

4. **Practical Work:** Following experiments shall be performed by the students:
   Judgment Time
   Mapping Cutaneous Sense Spot
   Mental Fatigue
   Negative After Image
   Retention for Complete and Interrupted Task
   Thermal Adaptation

SEMESTER–V

Psy-501 Research Methodology-I

Course objectives

This course is designed to familiarize the students with all aspects of research processes from generation of research idea to data collection analysis and interpretation of findings. The course also aims to develop scientific reasoning and understating of link between theory and empirical investigation. At the completion of course, the students should be able to:

1. Understand methodology of scientific research and various research designs.
2. Design, conduct, analyze and interpret the findings of an empirical investigation.
3. Read through and evaluate research papers in scientific journals.
4. Identify ethical concerns in a research study.

Course contents:

Introduction

- Scientific and non-scientific approaches to knowledge.
- The scientific method: definition, features, goals, and steps.

Identifying a research problem

- Basic approaches
- Sources of research literature

Scientific theories and hypotheses

- Formulation of a hypothesis
- Criteria of a hypothesis
- The nature and types of hypotheses
- Operational definitions

Ethical issues in the conduct of psychological research: APA ethical standards

- Risk versus benefit
- Anonymity and privacy of the subjects
- Informed consent
- Research with animals

Descriptive research methods

- Observation
  i. Naturalistic observation \ observation without intervention
  ii. Observation with intervention
     -Participant observation
     - Structured observation
     - Field experiments
  iii. Recording behaviour
     - Qualitative measures of behaviour
     - Quantitative measures of behaviour
  iv. Analysis of observational data
     Advantages, problems, and methodological issues

- Unobtrusive measures of behaviour
  i . Physical traces
  ii . Archival data

Sampling techniques

- Basic terminology ; representativeness and bias
- Probability sampling
  i. Random sampling methods: pure\simple random sampling; Random digit dialing, Systematic\interval sampling
  ii. Stratified random sampling
  iii. Cluster sampling; simple and multistage
- Non-probability sampling:
  Accidental\Incidental \grab; Purposive; quota; Self-Selected; Snowball; Convenience; Clinical Sampling
- Time and event sampling
- Situation sampling

Program evaluation
Focus groups

<u>BOOKS RECOMMENDED:</u>

Ellis, L. (1994). *Research methods in social sciences*. Madison: Brown and Benchmark Publishers.

Goodwin, C. J. (2002). *Research in psychology: Methods and design*. (3rd ed.). New York: John Wiley & Sons.

Kerlinger, F. N. (1986). *Foundations of behavioral research*. New York: Holt Rinehart & Winston, Inc.
Shaughnessy, J. J., Zechmeister, E. B., & Zechmeister, J. S. (2005*).* *Research methods in psychology*. (5th ed.). Singapore: McGraw-Hill.

Psy-502 Applied Statistics-I

Course objectives

This course is designed to train the students in theoretical as well as applied statistics, with particular reference to psychology. The statistical analysis is a very essential part of psychological research and students need to grasp the concepts, theoretical rationale, use of certain statistical analysis, and also to learn to carry out thesis analysis. At the completion of course the students should be able to:

1. Understand basic concepts in statistical research
2. Carry out statistical techniques of data analysis manually
3. Carry out statistical analysis using SPSS
4. Interpret and discuss statistical results and present them in tables.

Course content

1. Introduction
2. Descriptive and Inferential Statistics
3. Scales of measurement
4. Importance and limitations of statistics in psychology
5. Management of Data
   a) Types of data
   b) Collection of data
   c) Classification and organization of data
   d) Presentation of data (Tables, charts, Graphs)

6. Descriptive statistics
   a) Measures of central tendency (Mean, Median, Mode)
   b) Measures of Dispersion (Range, deviation, Z Scores, Standard Deviation, Variance)

7. Correlation, Regression and Prediction
   a) Correlation (Pearson product moment correlation, Spearman rank order correlation, Point bi-serial estimation)
   c) Linear regression
   d) Scatter diagram
   e) Standard error of estimation.

8. Probability
   a) Defining probability
   b) Subjective, empirical and classical probability

c) Laws of probability
d) Permutation and combination.

BOOKS RECOMMENDED:

Collins, M., & Drever. J. (1994). *A first laboratory guideline in psychology*. London: Methuen.
Guilford, J. P., & Fruchter, B. (1978). *Fundamental statistics in psychology and education*. New York: McGraw-Hill.
Henry, E. & Garrett, T. E. (1975*). Statistics in psychology and education*. New York: Longman Publishers.
Howell, D. C., & Cole, B. (1994). *Fundamental statistics for the behavioral sciences*. Australia: Thomson, Brooks.
Postman, L. J. & Egan, J. (2001). *Experimental psychology: An introduction*. New Delhi: Kalyan Publishers.
Trevor, G. B. & Christine, M. F. (2001). *Applying the rasch model: fundamental measurement in the human sciences*. Lawrence Erlbaum Associates, Inc.

Psy-503 Personality Theories-I

1. Psychology of personality

a Introduction to the Discipline
b Meaning of personality
c Meaning of theory
d Components of personality theory

2. The Psychoanalytic Legacy; Sigmund Freud

a Biographical sketch
b Basic concepts
Personality structure: three interacting systems. Personality development: five sequential stages. Personality dynamics: instincts / anxiety / catharsis and anti-catharsis
c Defense mechanisms
d Application of psychoanalytic theory; Dream analysis paraphrases
e Psychotherapy
f Critical evaluation

3. **Personality's ancestral foundations: Carl Jung:**

a Biographical sketch
b Basic concepts:
Conscious and unconscious; Archetypes, Personality typology
Personality development
c Further applications: Dream analysis; Psychopathology; Psychotherapy

d Critical evaluation

4. **Overcoming inferiority and striving for superiority: Alfred Adler**

a Biographical sketch
b Basic concepts:
Developing social feelings: society; work and love
Style of life; future goals vs. past events; overcoming inferiority
Striving for superiority and superiority complex; Family influences on personality development
c Further applications: Dream analysis; Psychopathology
Psychotherapy
d Critical evaluation

5. **Neo Freudians**

A. Karen Horney
Basic anxiety; Coping by way of 10 neurotic needs moving towards, or against, or away from people, Development of an idealized vs. a real image of self; Claims, shoulds and Defense mechanisms.

B. Harry Stack Sullivan
Empathy, Anxiety and security; 3 modes of experience; 6 stages of Development

C. Henry A. Murray
Definition of need; variety of needs; Strength of needs and interactions
Environmental press; Thema

D. Erik Erikson
Psycho-social stages of personality development; Identity crises

E. Erich Fromm
Existential needs; Individual and social characters

F. Evolutionary Psychology

BOOKS RECOMMENDED:

Buss, D. M. (2004). *Evolutionary psychology: The science of mind* (2nd ed.). Boston: Allyn & Bacon.
Ewen, R. B. (1998). *An introduction of theories of personality*. (5th ed.). New Jersey: Lawrence Erlbaun Associate Publishers.
Feist, J. (1985). *Theories of personality*. Sydney: Holt Rinehart & Winston, Inc.
Pervin, L. A., Cervone, D., & John, O. P. (2005). *Personality theory and research* (9th ed.). New York: John Wiley & Sons.

Psy-504 Psychological Testing-I

1. Psychological tests: Definition, nature, uses, types; Psychological test vs. psychological assessment; User qualifications, Control in use of psychological tests, Sources of information about tests, Ethics of psychological testing, Standards of testing
2. History of psychological testing: Antecedents; Rise of modern psychological testing, Current status
3. Test construction: A general introduction; Steps of test construction. Characteristics of a good psychological test
4. Item writing: Types of items; General guidelines for writing items; Methods of scoring
5. Item analysis: Meaning and purpose of item analysis, Item difficulty, Item discrimination, Item distracters, Factors influencing item difficulty and item discrimination, Item response theory, Item characteristic curves. Problems of item analysis: Biased items; Cross Validation. Item analysis of speed tests; Explorations in item development
6. Reliability of test scores: Concepts of reliability. Types of reliability. Measurement of reliability. The correlation coefficient. A satisfactory size for a correlation coefficient; factors influencing reliability of test scores; how to improve reliability of test scores; True scores; Standard error of measurement
7. Validity: Meanings of validity; Types of validity: Face, Content, Concurrent, Predictive and Construct validity. Convergent & divergent validation. Statistical methods for calculating validity. Factors influencing validity. Error of estimate. Relation of validity & reliability.
8. Test norms: Meaning and types of norms; Steps in developing norms Relativity of norms, Cut-off scores, Norm-referenced and criterion-referenced testing; Computers and the interpretation of test scores
9. Response sets in test scores; Meaning of response sets
   Types of response sets; Implications of response sets
   Methods to eliminate response sets

BOOKS RECOMMENDED:

Anastasi, A. (1988). *Psychological testing* (6th ed.). New York: Macmillan.

Anastassi, A., & Urbina, S. (1997). *Psychological testing* (7th ed.). New York: Prentice-Hall Inc.

Cronbach, L. J. (1970). *Essentials of psychological testing* (3rd ed.). London: Harper & Row Publishers.

Thorndike R. L., & Hagen, E. P. (1995). *Measurement and evaluation in psychology and education* (4th ed.). New York: Macmillan.

Psy-505 Mental Health and Psychopathology-I

1. **Introduction to Abnormal Psychology**
   Concept of Abnormality;
   Criteria of Normality and Abnormality;
   Defining Psychological Abnormality
   (Deviance, Distress, Dysfunction, Danger)

2. **Historical Background of Modern Abnormal Psychology**
   Ancient views and treatment
   Greek and Roman views; Europe in the middle ages
   The Renaissance; 19th Century
   Views of abnormality in Indo-Pak sub-continent

3. **Models of Psychopathology**

   a. Biological Model
   b. The Psychodynamic Model
   c. Behavioral Model
   d. Cognitive Model
   e. The Humanistic Model
   f. The Socio-cultural Model
   g. Eclectic Approach

4. **Clinical Assessment of Abnormality:**
   A brief overview of clinical observation, tests and interviews
   Diagnostic Classification Systems: **DSM** and **ICD**

BOOKS RECOMMENDED:

American Psychiatric Association. (1994). *Diagnostic and statistical manual of mental disorders* (4th ed.). Washington, DC: Author.
Comer, R. J. (2004). *Abnormal psychology*. USA: Freeman & Company.
Neale, J. M. & Davison, G. C. (2004). *Abnormal psychology*. New York: John Wiley & Sons.

Psy-506 Developmental Psychology

a. Nature and Scope
b. Research Methods in Developmental Psychology: Longitudinal; Cross-Sectional; Experimental
c. Aspects of Development: Physical, Psychological, Social, Linguistic & Cognitive
d. Phases of Development: Prenatal, Birth, Infancy, Childhood, Adolescence, Adulthood, Old-age

BOOKS RECOMMENDED

Ahmad, F. Z. (1993). *Mental health and patterns of child rearing in Pakistan*. Pakistan: Institute of Clinical Psychology, University of Karachi, Karachi.
Bee, H. (1994). *Lifespan development*. Harper Collins College Publishers.

Bee, H. (1999). *The growing child: An applied approach* (2nd ed.). Addison Wesley Longman, Inc.
Berk, E. L. (2000). *Child development* (5th ed.). Boston: Allyn & Bacon.
Feldman, R. S. (1999). *Child development: A typical approach*. USA: Prentice- Hall, Inc.
Hurlock, E. B. (1978). *Child development*. McGraw-Hill Books Co.
Papalia, E. D., Olds, W. S., & Feldman, D. R. (2001). *Human development* (8th ed.). New York: McGraw-Hill.
Sprinthall, N. A., & Collins, W. A. (1984). *Adolescent psychology: A developmental view*. (3rd ed.). USA: McGraw-Hill.

Psy-601 Research Methodology - II

Correlational research

The nature and logic of correlations
Correlation versus causality
Measures in correlational research
Interviews and questionnaires
Margin of error
Reliability and validity
Predictions and decisions

Surveys

Nature, goals, and, basic steps
Survey methods: mail surveys, personal interviews, telephone surveys

Survey Research Designs

Cross-sectional design
Successive independent samples design
Longitudinal design

Experimental Research Methods

Experimental method: Control and variability, logic, characteristics
Independent measure designs/Between group design
Random group design
Alternative independent groups design
Methodological issues: Individual differences; Assigning conditions
Repeated Measures designs/Within group design
Advantages and methodological issues: Differential carry-over effect, and general practice effect
Complex designs
Small N designs
Classical, After – only, Before – after no control group, Crossover, Solomon four-group, and Factorial designs

Applied Research

Single Case research designs

Quasi- Experimental Designs

Retrospective \ Ex Post Facto Designs
Prospective Quasi – Experimental Designs
Time Series Designs
Event – Specific Alignment Designs
Twin Studies and Adoption Studies

Reporting Investigations

The structure of a research report based upon APA standards: Title page, abstract, introduction, review of relevant literature, method, results, discussion, references and citations

Research Project

The students will be expected to carry out small research projects either individually or in groups (preferably 2 students per group), and submit formal research reports. The final evaluation will be on the basis of the report as well as individual viva voce.

APA protocol of report writing will be required.

BOOKS RECOMMENDED:

Ellis, L. (1994). *Research methods in the social sciences*. Madison: Brown & Benchmark Publishers.

Goodwin, C. J. (2002). *Research in psychology: Methods and design*. (3rd ed.). New York: John Wiley & Sons.

Kerlinger , F. N. (1986). *Foundations of behavioral research*. New York: Holt Rinehart & Winston, Inc.

Shaughnessy, J. J., Zechmeister, E. B., & Zechmeister, J. S. (2005). *Research methods in psychology* (5th ed.). Singapore: McGraw-Hill.

Psy-602 Applied Statistics-II

Course Objectives:

This course is designed in view of the application of statistics through the use of computer in wide range of areas. This course would familiarize students with statistical concepts used in psychological research. It further aims to educate students about the tremendous potential of statistics as an instrument for research work in a variety of disciplines.

Part A

1. Probability: Distributions (Binomial & Binomial Normal Distribution); Proportion & Application.
   Normal Distribution: Proportion & Application).
2. Sampling Distribution & Estimation
   How to make a sampling distribution: properties & application
   A brief introduction to estimation; proportion & estimation
3. Hypothesis testing (Inferential statistics) Hypothesis formulation (Null and Alternative Hypotheses)

Level of significance acceptance and rejection regions
One tailed & two tailed hypotheses tests.
Type – I & type – II errors. Testing the hypotheses: difference between means and within means of both large & small samples (Z-test & T-test)
Analysis of variance (one – way and two – way analysis of variance)

4. Introduction to Non-parametric statistics; introduction to non-parametric tests: chi-square test (contingency table and proportions, Yates Correction)
   Other non-parametric tests: (Wilcoxan test, Mann-Whitney test, Sign test, Kruskal Wallis)
5. Analysis of data using SPSS: Introduction to SPSS coding & entering the Data. Analysis and Interpretation of **SPSS** output.

Note:
Practical & Viva Voce:
Students will prepare a note book of different types of analysis and will be given exercise to carry out analysis using SPSS program on computer and interpreting its output. Students will be overall examined on their practical work.

RECOMMENDED BOOKS:

Guilford, J. P., & Fruchter, B. (1985). *Fundamental statistics in psychology and education.* New York: West Publishing Co.
Howell, D. C. (2004). *Fundamental statistics for behavioral sciences.* (4th ed.). Australia: Thomson, Brook.
McClane, J. T. (2000). *A first course in statistics* (7th ed.). New York: Prentice-Hall
Moore, D. S., & McCabe, G. P. (1998). Introduction other practice of statistics. (3rd ed.). New York: Longmans.

Psy-603 Personality Theories-II

A. Dispositional theories:

a) Gordon Allport
   a) Personality development
   b) Personality traits
   c) Critical evaluation

b) Raymond Cattell
   a) View of a person; Understanding of the person Factor analysis; Economic model
   b) Basic concepts; Data types; Traits; Personality of nations
   c) Critical evaluation

c) Hans Eysenck
   a) Basic concepts; Traits and types; Measuring and describing E, N, and P

b) Critical evaluation

B. Humanistic theories

a) Abraham Maslow
- a) Basic concepts
- b) Five basic human needs
- c) Self actualizing person
- d) Critical evaluation

b) Carl Rogers
- a) Biographical sketch
- b) Basic concepts
  - i) Actualization
  - ii) Importance of self
  - iii) Personality development
  - iv) Client centered therapy
- c) Critical evaluation

c) George Kelly
- a) Biographical sketch
- b) Basic concepts
  - i) Personality as a system of constructs
  - ii) Relation among constructs
- c) Personality development
  - i) Predictability
  - ii) Dependency constructs
  - iii) Role playing
  - iv) Choices: the C-P-C cycle
- d) Critical evaluation

C. Behaviorist theories

1) B.F. Skinner
- a) Basic Concepts
  - i) Operant conditioning
  - ii) Positive reinforcement
  - iii) Negative reinforcement and punishment
  - iv) Schedules of reinforcement
  - v) Operant conditioning and reinforcement
  - vi) Development of humans: Language, Personality and child rearing
- b) Critical evaluation

2) John Dollard and Neal E. Miller
- a) Basic concepts
  - i) Psychopathology
  - ii) How fear is learned
  - iii) Effect of fear
- b) Critical evaluation

3) Social Learning Theory of Albert Bandura
   a) Basic concepts
      i) Models and modeling
      ii) Goals and self regulating
      iii) Self efficacy
      iv) Reward
      v) Defensive behavior
   b) Critical evaluation

BOOKS RECOMMENDED:

Allen, B. P. (1997). *Personality theories: Development, growth and diversity*. (2nd ed.). Boston: Allyn & Bacon.

Ewen, R. B. (1998). *An introduction to theories of personality*. (5th ed.). New Jersey: Lawrence Erlbaun Associate Publishers.

Feist, J. (1985). *Theories of personality*. Sydney: Holt Rinehart & Winston, Inc.

Psy-604 Psychological Testing-II

Measurement of Abilities

a) Intelligence; Nature, Meaning, Different view points; types of intelligence tests, Stanford Binet, Wechsler, Kaufman, Differential Ability Scales. Problems in testing intelligence during infancy, childhood, adulthood and old age. Cross sectional & longitudinal studies in intelligence testing. Diversity in test performance
b) Tests for special populations. Infant & Preschool Testing, Testing of the Mentally Retarded populations. Testing for physical disabilities; multicultural testing.
c) Group testing
   Groups vs. Individual tests
   Adaptive Testing, Computer Based Administration, Multilevel batteries, Educational Testing; Career guidance; Aptitude testing; Achievement testing; and Learning disabilities.

Personality Testing

a) Meaning & purpose of personality measurement. Tools of personality assessment. Some representative personality inventories based upon content, criterion, and factor analysis. Current status of personality inventories.
b) Measurement of interests, values & attitudes. Some recent representative tests. Overview & highlights. Significant trends.
c) Projective Techniques
   Nature o f Projective Techniques
   Types of projective techniques: Ink Blot, Pictorial, Verbal, Expressive, Performance, Autobiographical memories.
   Evaluation & Criticism of Projective Techniques

Occupational & Organizational Testing
Criteria for occupational testing
Career assessment; Test applied to organizational setting
Important areas and tests used in organization.

Tests in Clinical & Counseling Settings
Psycho Neurological tests

Behavioral assessment and clinical judgment

BOOKS RECOMMENDED: (for Testing I and II)

Aiken Lewis. R. Psychological Testing & Assessment (Latest Edition) Allyn & Bacon, Inc.

Anastasi, A., & Urbina, S. (1997). *Psychological testing*. New Jersey: Prentice-Hall.

Cohen, R. J., & Swerdlik, M. E. (2005). *Psychological testing & assessment* (6th ed.). New York: McGraw-Hill.

Gregory, R. J. (1996). *Psychological testing, history principles & applications.* (2nd ed.). New York: Allyn & Bacon.

Oppenheim, A. N. (1992). *Questionnaire design: Interviewing attitude measurement.* London: Pinter Publishers.

Panda, L H. (1998). *Psychological testing: Theory and application*. New York: Allyn & Bacon.

Pittrnger, D. J. (2003). *Behavioral research design analysis*. New York: McGraw-Hill.

Shelly, D., & Cohen, D. (1986). *Testing psychological tests*. London: Croon Helm.

Psy-605 Mental Health and Psychopathology-II

Introduction and basic concept of Abnormal Behavior

Different Diagnosis and Etiological Factor described in DSM-IV

Axis I, II, III, & IV

1. Anxiety Disorders
2. Somatoform Disorders
3. Dissociative Disorders
4. Schizophrenia
5. Mood Disorders
6. Eating Disorders
7. Adjustment Disorders
8. Sexual & Gender Identity
9. Developmental or Childhood and Infancy Disorders
10. Psychoactive Substance use Disorders
11. Factitious Disorders
12. Sleep Disorders
13. Delirium
14. Dementia
15. Amnesic Disorders
16. Cognitive Disorders

BOOKS RECOMMENDED:

American Psychiatric Association. (1994). *Diagnostic and statistical manual of mental disorders* (4th ed.). Washington, DC: Author.
Comer, R. J. (2004). *Abnormal psychology.* USA: Freeman and Company.
Neale, J. M. & Davison, G. C. (2004). *Abnormal psychology*. New York: John Wiley & Sons.

Psy-606 Neurological Bases of Behavior

Objectives:

- To present current methodologies and concepts in experimental psychology
- To equip students with techniques of communicating results of experiments.
- To instill an ethical approach to conduct the experimental research.

Course Contents:

1. **Origins of Neuropsychology**
   Neurological explanation of behavior, Historical roots of Physiological Psychology, Evolution of brain, Genetics and evolution of behavior, Chromosomal disorders, Ethical issues in Neuropsychological research, Careers in Physiological Psychology.
2. **Physiology of Neural Cells**
   Neurons, Types of neurons, Nerve impulse, Communication within a neuron, Communication between neurons.
3. **Physiology of Nervous System**
   Basic features of nervous system, Central nervous system, Peripheral nervous system, Investigating how the brain controls behavior, Development of the brain.
4. **Emotions and Regulations of Internal Body States**
   Neural control of emotional response patterns, Role of orbitofrontal cortex in social judgment and emotions, Neural basis of the communication of emotions, Endocrine system and emotions, Homeostasis, The psychology and biology of thirst, The multiple controls of hunger, Physiological mechanisms of sleep and waking.

BOOKS RECOMMENDED:

Kalat, J. W. (1998). *Biological psychology* (6th ed.). California: Brooks/Cole Publishing Company.
Carlson, N. R. (1999). *Foundations of physiological psychology* (4th ed.). Boston: Allyn and Bacon.

SEMESTER–VII

Psy-701 Computer Applications

Course objectives

This course is designed in view of the application of computers in wide range of areas. This course would familiarize students with basics of computers. It further aims to educate the students about the tremendous potential of computer as an instrument for research work in a variety of disciplines. It will cover brief introduction to computer hardware and software related to discipline of psychology. After having completed this course, students would be able to use windows software such MS office including MS excel, MS word & Power Point.

Course contents

Chapter I: Introduction to computer sciences

History of computer development; Uses and limitations; Basic units of personal computers (PC)

Chapter II: Introduction to Window

Basic features of windows as operating system starting up; Windows desktop; Using applications; Managing files and folders; Managing the desktop; Change settings

Chapter III: Introduction to MS word

Basic features of M/S Word Menu bar and tool bars; Typing, editing formatting text; Opening, saving and closing documents; Printing, copy and past; Making tables and graphs; Numbering; Bordering the tables

Chapter IV: Introduction to MS Excel

Basic features; Introduction to spreadsheet; Menu bar and formula bar; Manipulating data in rows; columns and all entries; Applying formula Creating and formatting charts; Designing a table; Auto file and advance filter; Printing features

Chapter V: Introduction to power Point

Methods to deliver a presentation; Preparing slides /presentation; Blank presentation; Using templates for presentation; Color scheme; Animation scheme; Data formatting; Viewing an slide show; Adding clip art to slide, insigne a should or, video file, adding animations to slides; Printing in power point.

BOOKS RECOMMENDED

Person, Ron., Christopher, V. B. & Shelley O' ara (1994). *Using excel version 5 for windows*. Indian polis: Que Corporation.

Psy-702 Counseling Psychology

I. The Counseling Profession: A Historical Perspective

- The development of counseling as a distinct profession
- Historical and Social factors
- Frank Parsons and other early influences
- Beginnings of professional organizations and professional identity; Influence of World War-I & II
- Government involvement; Current Trends and future directions.

II. The Criteria of Mental Health

- The Concept of Adaptive and Maladaptive Behaviour;
- Healthy personality with particular reference to Jahoda (1958), Shoben, (1957) Allport (1961) Kinnier (1993) and others.

III. The Process of Counseling

- Nature & Importance of professional relationship;
- Ingredients of helping relationship,

IV. Characteristics of Effective Counselors/ Psychotherapists: A client's rights.

V. Counseling as an Applied Social science;

- It's Nature and Scope in Pakistan,
- Self-exploration and awareness facilitation through micro-skills: attending, listening and influencing skills.

VI. The Counseling Interview

- Introduction.
- Kinds of Interviews
- The Intake Interview
- The Diagnostic Interview
- Interviewing with significant others
- The Case History Interview and some other major types Interview techniques in Counseling
- Structuring the counseling relationship
- Relationship Techniques

VII. Tests in Counseling

- Introduction,
- Limitations of the Use of Psychological Tests
- Types of Psychological Tests
- Factors affecting psychological test results
- Test Use in Counseling Situations
- Test Interpretation in Counseling

BOOKS RECOMMENDED:

Caizzo, D., & Grpss, D. (1991). *Introduction to counseling: Perspectives for the 1990.* Boston: Allyn & Bacon.

Gladding, T. S. (1988). *Counseling: A comprehensive profession*. Toronto: Merrill Publishing Company.
Ivery, A., & Irey, M. (1993*). Counseling and psychotherapy: A multicultural perspective*. Boston: Allyn & Bacon.
Nugent, A. F. (1994). *An introduction to the profession of counseling*. (2nd ed.). New Jersey: Prentice-Hall Inc.
Peterson, V. J., & Nisenholz, B. (1999). *Orientation to counseling.* (4th ed.). London: Allyn & Bacon.
Rao, S. N. (1987). *Counseling psychology*. New Delhi: Tata McGraw-Hill Publishing Company Limited.

Psy-703 Human Resource Management

- Meeting HRM Challenges
- Managing Workflow/Job Analysis
- Understanding the Legal Environment
- Managing Diversity
- Recruiting, Selecting, Socializing
- Managing Separation, Downsizing
- Appraising Performance
- Training the Work Force
- Developing Careers
- Managing Compensation
- Rewarding Performance
- Designing/Administering Benefits
- Employee Relations and Communication
- Employee Rights and Discipline
- Work with Organized Labour
- Workplace Safety and Health
- Meeting International HRM Challenge

BOOKS RECOMMENDED

Angelo, S. DeNisi & Ricky, W. Griffin. (2001). *Human resource management*. Boston: Houghton Mifflin.
Daniel, C. F. & Hugh, J. A. (1983). *Managing individual and group behavior in organizations*. (2nd ed.). New York: McGraw-Hill.
Daniel R. Ilgen and Elaine D. Pulaskos (Eds.), (1999). *The Changing nature of performance: Implications for staffing, motivation, and development.* San Francisco: Jossey-Bass.
Peter Drucker. (1999). *Management challenges for the 21" century.* New York: Harper Business.

Psy-704 Consumer Psychology

Objectives of the Course, Text, and Reference Books

The broad objectives of this course are to familiarize the students with this new emerging field of human behaviour; to bring their knowledge of the subject up to date; and to prepare them to use this newly acquired knowledge-tool for their benefit in the contemporary Pakistani scene.
The following text-books are recommended. The various topics with relevant page numbers from each text are given in the recommended books below: -

Course contents

1. Defining CB. Segmentation of market
   (LB: pp 1-79; BME: pp 187-211; 8K: pp 46-74)
2. Environmental influences: Culture, subculture, social class, social group, family and personal.
   (LB: pp 81-293; 8K: pp 320-490; BME: pp 311-427)
3. Individual determinants of CB: Personality, motivation, information, learning and memory, attitudes and attitude change.
   (LB: pp 297-479; 8K: pp 83-310; BME: pp 187-305)
4. Consumer Decision Process: Problem, search
   (LB: pp 483-533; 8K: pp 500-552; BME: pp 67-123)
5. Purchase Processes.
   (LB: pp 535-571; SK: pp 558-591; BME: pp 127-154)
6. Post Purchase Behaviour.
   (LB: pp 573-593; BME: pp 159-180)
7. Modeling and Researching CB.
   (LB: pp 597-624; 5K: pp 24-41; BME: pp 5-61)
8. Consumerism
   (LB: pp 625-655; SK: pp 600-640)
9. Organizational Buyer Behaviour.
   (LB: pp 657-684)

LB: *Loudon and Bitta.* ***BME:*** *Blackwell, Miniard and Engel.* ***SK:*** *Shiffman and Krnuk.*

BOOKS RECOMMENDED

Blackwell, R. D., Miniard, P. W. & Engel, J. F. (1990). *Consumer behavior*. (9th ed.). Blackwell.

Loudon, D. & Bitta, A. D. (1993). *Consumer behavior: Concepts and applications*. (4th ed.). New York: Prentice-Hall International.

Shiffrnan, L. & Kanuk, L. L. (2000). *Consumer behavior*. (7th ed.). Upper Saddle River: Prentice-Hall.

Psy-705 Cognitive Psychology

- Methods of Cognitive Psychology
  - o Philosophy and the approach
  - o The appeal of parallel distributed processing
  - o Memory-Scanning. Mental processes revealed by reaction-time experiments
  - o Cognitive neuroscience
  - o The eye and the ear
  - o Visual cortex
  - o Magnocellular and parvocellular pathways
  - o Colour perception
  - o Perception of movement and form
- Visual & Auditory Perception
  - o Sensory memory: iconic memory & Echoic memory
  - o Pattern Recognition
  - o selective adaptation of linguistic feature detectors
  - o Failure to detect changes to people during a real-world interaction
  - o Dichotic listening task
- Visual Imagery
  - o Visual images preserve metric spatial information
  - o Reinterpreting visual patterns
  - o Neural Basis of mental imagery
  - o Size-distance paradox
  - o Mental rotation
- Attention & Short Term Memory
  - o Magic number 7, chunking
  - o Studies of interference in serial verbal reactions
  - o Attention and cognitive control
  - o Selection for actions and the of inhibitory mechanisms
  - o Visual Perception
  - o Masking
- Learning & Long Term Memory
  - o Retention in episodic memory
  - o Semantic integration of verbal information into a visual memory
  - o Working Memory and long term memory
  - o Creating false memories
  - o Fan effect
  - o Levels of processing
  - o Practice effects
  - o Mnemonic devices
  - o Recall vs recognition
  - o Implications for studying and examination: the SQ3R's
- Thinking and Problem Solving
  - o Categorization
  - o Basic Objects in natural categories

- o Concepts and conceptual structure
- o Modus tollens
- o Cognitive biases & gambler's fallacy
- o Heuristics and algorithms

• Psycholinguistics
- o Chomsky's contribution
- o Language comprehension
- o Reading: Parsing
- o Linguistics Determinism: Whorf-Sapir hypothesis

• Cognitive Development
- o Piaget's contribution
- o Social and Emotional development
- o Moral Development
- o Gender differences in development
- o Development of Language in genie
- o Child's learning of morphology
- o Rule learning by 7-month old infants
- o Bilingual development: child-adult differences

BOOKS RECOMMENDED

Medin, D. Ross, B., & Markmen. (2005). *Cognitive psychology*. (4th ed.). John Wiley Inc

Sternberg, R. (2005). *Cognitive psychology*. New York: Wadsworth.

Sternberg, R. J. (1999). *Cognitive psychology* (2nd ed.). New York: Harcourt College Publishers.

Groome, D. (1999). *Cognitive psychology: Processes and disorders*. London: Psychology Press.

Reed, S. K. (2000). *Cognition* (5th ed.). Belmont: Wadsworth/Thomson Learning.

Galoti, K. M. (1999). *Cognitive psychology in and out of laboratory* (2nd ed.). California: Brooks/Cole Publishing Company.

Psy-706 Motivation

Introduction to Motivation

1. Definition, Nature and Scope
2. Historical Background
3. Motivated Behavior: Characteristics and dominants
4. Biogenie and sociogentic Motives
5. Motivation and its role in attitude change, National Development, in organization
6. Methods used to assess human motivation: Projective Techniques and Theories
7. Methodological Problems
8. Motivation, Power and Politics
9. Fostering Achievement motivation and childrearing practices
10. Variables which influence the Achievement process

11. Treatment Approaches to underachievement

Theories of Motivation

1. Biological Theories of Motivation
2. Theory of Unconscious motivation
3. Cognitive Theory
4. The Need-Drive-Incentive Theory
5. The Stimulus-Cue Theory
6. The affective arousal Theory
7. Dynamic Theory of Motivation
8. Motivational Theory of Emotion
9. Theories of reinforcement
10. Cross-Cultural Theories of Motivation

BOOKS RECOMMENDED

Atkinson, J. W. (Ed.) (1958). *Motives in fantasy, action and society*. Princeton: Van Nostrand.

Atkinson, J. W. & Raynor, J. (1974). *Motivation and achievement*. New York: Winston-Wiley.

Attinson, J. W. (1964). *An introduction to motivation*. Princeton: Van Nostrand.

Beck, R. C. (2000). *Motivation: Theories and principles*. (4th ed.). Singapore: Pearson Education.

Maslow, A. H. (1954). *Motivation and personality*. N.Y.: Harper Co.

McClelland, D.C. (1971). *Assessing human motivation*. Morristown, N.J: General Learning Press.

McClelland, D. C. (1975). *Power the inner experience*. New York: Irvington & Co.

Petri, G. (2000). *Motivation: Theory, research and application*. (5th ed.). London: Oxford University Press.

Winter, D. G. (1973). The Power Motive. New York: Free Press.

Psy-707 Advanced Social Psychology

Orientation to Theories

Prejudice and Discrimination

Nature; Social causes; Historical Manifestation; Combating Prejudice

Interacting with others

Interpersonal Attraction - need, characteristics of other situation and problems; Intimacy — Parent-child.

Group Influence

Nature and functions; How groups affects individual performance; Facilitation, Social loafing; Coordination in groups; Cooperation or conflict; Perceived fairness in groups; Decision making by groups: Process; Nature; Potential dangers

Leadership

History of leadership; Types and leadership styles; Effective leadership process; Core activities of a leadership; Leadership Training; Leadership & Gender

Role of Media in Social Psychology

Perception, Persuasion, Propaganda, Portrayal of Role Models & Media and Agent of change

Social Psychology in action

Applying social psychology to:

Interpersonal aspects of the legal system; Health related behavior; World of work

REFERENCES

Feldman, R. S. (1998). *Social psychology: Theories, research and application*. New York: McGraw-Hill.

Fisher, R. J. (1982). *Social psychology: An applied approach*. New York: St. Martin Press.

Forsyth, D. F. (1987). *Social psychology*. California: Brooks Publishing Company.

Myers, D. G. (1987). *Exploring social psychology*. New York: McGraw-Hill.

Myers, D. G. (1987). *Social psychology*. New York: McGraw-Hill.

Wayant, J. M. (1986). *Applied social psychology*. New York: Oxford University Press.

Psy-708 Forensic Psychology

- Introduction to Forensic Psychology
  History of Forensic Psychology; Defining Forensic Psychology; Legal Research for the social scientist
- Applying Psychology to Civil Proceedings
  Understanding Adult Domestic Law Issues; Understanding Child Domestic Law Issues; Conducting Personal Injury Evolution; Personality Assessment in Personal Injury Litigation
- Applying Psychology to Criminal Proceedings
  Evaluating eyewitness testimony in Adults & children; Competency to stand Trial; Insanity Defense; Specific intent and Diminished capacity; Probation and Parole
- Special Applications
  Violence Risk Assessment; Psychology and Law Enforcement; Polygraph Testing
- Communicating Expert Opinions
  Writing Forensic Report; Serving as an expert witness

- Interviewing with Offenders
  Punishments and alternate routes to crime prevention; Practicing psychology in Correctional settings; Psychotherapy with criminal offenders
- Professional Issues
  Practicing Principled Forensic Psychology; legal, ethical and moral consideration; Training in Forensic Psychology

BOOKS RECOMMENDED:

Heidensohn, F. (1985). *Women and crime*. London: Macmillan Education Ltd.
Laurence, S., & Wrightman. (2001). *Forensic psychology*. Belmont:
Weiner, B. A., & Hess. A. (2006). *The handbook of forensic psychology*. (3rd ed.). New York: Wiley.

Psy-709 Environmental Psychology

ENVIRONMENTAL PSYCHOLOGY

1. Importance and Application of Subject in Daily Life
2. Environmental Men (Evaluation and Anthropology)
3. Historical Attitudes toward the Natural Environment
4. Environment Perception and the Use of Natural Environment
5. Social Interaction and the Environment
6. Impact of Environment on Personality Development and Individual Differences.
7. Mob and Group Behaviour in Environmental and Cultural Variances
8. Environmental Changes and Stress
9. The City as an Unnatural Habits
10. Impact of Environment in its Incumbents
11. Nature and Environment Changes in Rural and Urban Areas
12. Catastrophes and Human Adjustment to Meet the Future Challenges
13. Impact of Environment Changes in Industrial and Geographical Development
14. The Built Environment and Human Adjustment
15. Further Plans, Cities and Global Interaction in Reference to Entranced Issues
16. Environment and Adjustment, Gender, Age Job Family, Fashion, Religion Society.

BIBLIOGRAPHIC INFORMATION

Baum, A. (1998). *Advances in environmental psychology.* New York: Lawrence Erlbaum Associates.
Cassidy, T. (1997). *Environmental psychology.* UK: Psychology Press.

Garling, T., & Golledge, R. (Eds.). (1997). *Behaviour and environment: Psychological and geographical approaches*. Amsterdam: North Holland.
Spindler, G. D. (1998). *Making of psychological anthropology*. University of California Press.
Stokols, D., & Altman, I. (Eds.). (2000). *Handbook of environmental psychology*. New York: Wiley.

Psy-710 Cross Cultural Psychology

Cross Cultural Psychology

- History of Cross Cultural Psychology
- Methodological issues of cross cultural psychology
  Comparability and Equivalence; Emics and Ethics; Sampling Strategy in Cross Cultural Research; Problems of Translation
- Culture and Basic Psychological Processes
  Culture and Cognition; Culture and Emotion, Cultural Similarities and Dissimilarities, Cultural Shock; Cross Cultural Studies on Perception and Cognitive Styles; Cross Cultural Research on Motivation
- Sex-trait stereotypes development of Gender-stereotypes
- Parental acceptance – Rejection Theory: A universality approach.
  Worldwide testing of PART.
- Cross Cultural Test of pages theory
- Perceptual cognitive styles
- New Trends in Cross Cultural Research:
  Individualism & Collectivism; Indigenous Psychology

BOOKS RECOMMENDED

Berry, J. W., Dasen, P. R., & Saraswathi, T. S. (Eds.). (1997). *Handbook of cross cultural psychology.* (Vol. I). Boston: Alyn & Bacon.
Berry, J. W., Poortinga, Y. H., & Pandeyn, J. (Eds.). (1997). *Handbook of cross cultural psychology.* (Vol. I). Boston: Alyn & Bacon.
Berry, J. W., Segall, M. H., & Katitcibasi, C. (Eds.). (1979).*Handbook of cross cultural psychology* (Vol.3). Boston: Allyn & Bacon.
Kagitcibasi, C. (1996). *Family and human development across cultures*. New Jersy: Lawrence Erllbaum Associates, Publishers.
Matsumoto, D. & Juang, L. (2004). *Cure and psychology*. Sydney: Thomson's Wadsworth.
Rohner, R. P. (1986). *The warmth dimension: foundation of parental acceptance rejection theory*. Beverly Hills, CA: Sage Publication, Inc.
Rohner, R. P. H. (1999). *Handbook for the study of parental acceptance and rejection.* Storess. CT: University of Connecticut.
Williams, J. E., & Best, D. (1990). *Measuring sex stereotypes*. Sage Publication.

SEMESTER–VIII

Psy-801 Organizational Psychology

Introduction to Organizational Behavior, Information Technology & Globalization	(PP1-60)
Diversity & Ethics; Design & Culture	(PP 66-135)
Reward Systems; Perception & Attribution	(PP 142-205)
Personality & Attitudes	(PP 212-238)
Motivation Need & Processes	(PP 246-279)
Positive Psychology	(PP 286-317)
Communication; Decision Making	(PP 328-385)
Stress & Conflict; Power & Politics	(PP 392-454)
Group & Teams: Job Design & Goal Setting	(PP 460-526)
Performance Management	(PP 534-563)
Leadership Processes	(PP 572-600)
Leadership Styles	(PP 606-630)

BOOKS RECOMMENDED

Cris Argyris & Donald Schon. (1978). *Organizational learning*. Addison-Wesley.

Debra, L. N. & James Campbell Quick. (2000). *Organizational behavior*. (3rd ed.). Cincinnati: South-Western.

Edgar H. Schein, (1985). *Organizational culture and leadership*. San Francisco: Jossey-Bass.

Fred Luthans, Alexander, D. S. & Edwin, A. Locke (2000). (Eds.). *Handbook of principles of organizational behavior*. London: Blackwell.

Jerald Greenberg & Robert A. Baron. (2000). *Behavior in organizations*. (7th ed.). Upper Saddle River, N.J.: Prentice-Hall.

Stephen, P. R. (1990). *Organization theory*. (3rd ed.). Upper Saddle River, N.J.: Prentice-Hall.

Psy-802 Health Psychology

1. Historical Background
   The changing field of medicine ; the involvement of psychology. The modem concept of health and illness; Behavioural medicine and behavioural healthy; Definition, development, and scope of Health Psychology.

2. Behavioral Medicine and psychological principles
   The conditioning models; Observational learning; Cognitive learning

3. The biology of health and illness.
   The endocrine system; The reproductive system; The digestive and excretory system; The nervous system; The respiratory system; The cardiovascular system; The immune system

4. Psychological interventions in Health Psychology
   Relaxation training; Biofeedback; Behaviour modification; Cognitive therapy; Counseling; Assertiveness training; Hypnosis; Social skills training; Health education

5. The psychology of sickness and well-being
   Being sick and feeling sick :seeking health care; Relationship between physical , mental , and social well-being; Compliance; following medical advice; Psychological factors influencing physical health; Personality type; Health beliefs; Locus of control and self-efficacy; Social support; Stress tolerance

6. Stress, coping, and health
   Models of stress Selye, Mason, and Lazarus; Measuring stress and identifying stressors; Stress and illness; Stress management

7. Application of Health Psychology
   Coronary heart disease (CHD); Cancer; Pain; AIDS; Diabetes Mellitus; Problems associated with women's reproductive health; Infertility; Obesity; Eating disorders: Bulimia and Anorexia Nervosa; Habit disorders: smoking and drinking; Sleep disorders

8. Health Psychology for better hospital\ clinic setting
   The hospital environment; Doctor — patient communication

BOOKS RECOMMENDED:

Bernard, L. C. & Krupat, E. (1994). *Health psychology: Biopsychological factors in health and illness*. New York: Harcourt Brace College Publishers.

Brannon, L. & Reist, J. (2000). *Health psychology: An introduction to behavior and health*. (4th ed.). USA: Wadsworth.

Cockerham, W. C. (1998). *Medical sociology*. New Jersey: Prentice-Hall.

Ewles , L. & Simnett, I. (1989). *Promoting health: A practical guide to health education*. Chichester: John Wiley & Sons.
Fiest, J. & Brannon , L. (2001). *Health psychology: An introduction to behaviour and health*. Belmont: Wadsworth Publishing Company.
Forshaw, M. (2002). *Essential health psychology*. London: Arnold.
Pearce, S., & Wardle, J. (Eds.). (1989). *The practice of behavioral medicine*. Oxford: BPS Books.
Sanders, G. S., & Suls, J. (Eds.). (1982). *Social psychology of health and illness* Hillsdale: Lawrence Erlbaum Associates Publishers.
Spacapan, S., & Oskamp, S. (Eds.). (1988). *The social psychology of health and illness*. London: SAGE Publications.

Psy-803 Clinical Psychology

1. History of Clinical Psychology
2. Definition, Scope and present status
3. a) Training of Clinical Psychology
   b) Differentiate between psychiatrist and psychologist
   c) Interview, Testing, intervention, projective tests.
   d) Neuro Psychological tests
4. Psychological Assessment
5. Psycho Therapies for different disorders
   a) Psychology analytical therapy
   b) Client – Centered therapy
   c) Behavior Therapy
   d) Group Therapy
6. Rehabilitation

BOOKS RECOMMENDED

Barker, C., Pistrang, N., & Elliott, R. (2002). *Research methods in clinical psychology: An Introduction for students and practitioners*. New York: John Wiley & Sons.
Boll, T. J., Raczynski, J. M., & Leviton, L. C. (2004). *Handbook of clinical health psychology: Disorders of behavior and health*. American Psychological Association (APA).
Halgin, R. P., Whitbourne, S. K., & Halgin, R. (2004). *Abnormal psychology: Clinical perspectives on psychological disorders*. New York: McGraw-Hill.
Sayette, M. A., Mayne, T. J., & Norcross, J. C. (2004). *Insider's guide to graduate programs in clinical and counseling psychology*: The Guilford Press
Shafranske, E. P. (1996). *Religion and the clinical practice of psychology*. American Psychological Association (APA).
Walker, E. (1990). *The History of clinical psychology in autobiography*, Volume I, - Brooks/Cole Pub Co.

Psy-804 Leadership in Organization

What is Leadership in Organizations?
Difference between Management and Leadership
The Historically Important Studies on Leadership:
- Iowa Studies
- Hawthorn Studies
- Michigan Studies

Traditional Theories of Leadership:
- Trait Theories
- Situational Approaches

Modern Theoretical Processes of Leadership in the New Environment:
- Contingency Theories
- Charismatic and Transformational Leadership

Leadership Styles and Management Grid
The Roles and Activities of Effective Leader

BOOKS RECOMMENDED:

Bernard M. Bass, (1985). *Leadership and performance beyond expectations*. New York: Free Press.
Cris Argyris & Donald Schon. (1978). *Organizational learning*. Addison-Wesley.
Daniel, C. F. & Hugh, J. A. (1983). *Managing individual and group behavior in organizations*. (2nd ed.). New York: McGraw-Hill.
David G. Myers (1990). *Social Psychology*. (2nd ed.). New York: McGraw-Hill.
Edgar H. Schein, (1985). *Organizational culture and leadership*. San Francisco: Jossey-Bass.
Spencer A. Rathus. (1990). *Psychology.* (4th ed.). Fort Worth Tex.: Holt, Rinehart & Winston.
Stephen, P. R. (1990). *Organization theory*. (3rd ed.). Upper Saddle River, N.J.: Prentice-Hall.

Psy-805 Marketing Research and Promotional Strategies

An orientation towards marketing research
Research designs in marketing:
- Qualitative Techniques
- Quantitative Techniques
- Cross-sectional
- Longitudinal

Market Segmentation
- Demographic Segmentation
- Psychographic Segmentation

Implications of Market Segmentation
Promotional Strategies

Selection of Media
Types of Promotional Strategies
Mode of Advertisement
Publicity
Psychology of Advertisement
Creating Effective Advertisement

BOOKS RECOMMENDED:

McQuarrie, E. F. (1996). *The market research toolbox: A concise guide for beginners .* London: SAGE Publications.
McDaniel, C. Jr., & Gates, R. (2005). *Marketing research essentials.* New Jersy: John Wiley & Sons.
Crawford, C. M., & DiBenedetto, C. A. (2005). *New product management.* (7th ed.). New York: McGraw-Hill.

Psy-806 Behavioral Analysis and Management

1. Basic Human Behavior – (S-O-R)
2. Theories and concept about behavior
   Classical and operant conditioning
3. Stimulus Central of behavior, motivation and reinforcement
   Information and decision
4. Target behavior and nature of organism
5. Theory and practice of behavior modification reinforcement in motivation
6. Applied behavior assessment
   Research case, research design, Data evolution program development and learning process.
7. Competencies in critical analyzing behavior
8. Behavior analytical research proposal caring out behavior research in the field.
   writing applied research/treatment report
9. Behavioral intervention in the children
10. Behavioral modification for various type of clients and mental abnormalities
11. Assertion training, systematic desemitizating, Bio food training cognition restricting, modeling and aversive method.

BOOKS RECOMMENDED

Gambrill, E. D. (1977). *Behaviour modification: Handbook of assessment, intervention and evaluation*. London: Jossey-Bass Publishers.
Martin, G., & Pear, J. (1983). *Behavior modification: What it is and how to do it*. (2nd ed.). New Jersey: Prentice-Hall, Inc.
Miltenberger, R. G. (1997). *Behaviour modification: Principles and procedures*. New York: Brooks / Cole publishing Company.

Spiegler, M. D., & Guevremont, D. C. (1998). *Contemporary behaviour therapy*. (3rd ed.). London: Brooks / Cole Publishing Company.
Turner, S. M., Calhoun, K. S., & Adams, H. E. (1981). *Handbook of clinical behaviour therapy*. New York: John Wiley & Sons.

Psy-807 Sports Psychology

Introduction to Sports Psychology
Historical Background of Sports Psychology
Theories and Models of Sports Psychology
Methods and Measure of Sports Psychology

Imagery
Development of Imager
Neuromuscular Theories of Mental Practice
Cognitive Theories of Mental Practice
Bio-Informational theory of Mental Practice

Motivation
Introduction to Motives; Self-determination Theory; Perceived Competence Theory; Achievement Goal Theory; Self-efficacy and social cognitive theory; Significant Other; Integrated Model of youth sport participation and withdrawal; Sport Commitment Model

Concentration
Development: Origin of Concentration; Attention as a 'Filter' Attention as a 'Zoom lens'; Attention as a 'resource; Psychometric Approach; Effective Concentration; Mental Practice

Anxiety
Introduction to Anxiety
Drive Theory; Catastrophe Theory; Processing efficiency theory Conscious Processing or 'Reinvestment' Hypothesis; Physiological Measures; Self-report Instruments; Physical Relation Techniques; Simulation Training; Choking under pressure

Sports Exercise
Perceptual and cognitive expertise in sports; Identifying patterns of play; Reading on opponents intentions; Visual search behavior; Role of Deliberate Practice in Developing; Expertise in Sport

Acquiring Sports Skills
Demonstrating the Skills; Providing verbal instructions about the skills; Practice Scheduling; Feed Back

Teams
How to define a Team; Individual performance in team; Team Dynamics; Teams in Content; Team Roles

The Athlete's Career
Gerontology Theory; Thamatology Theory; Transition Models

Exercise and Mental Health
Depression; Anxiety; Vlood State; Stress responsively

Self Esteem; Body Image; Endorphin Hypothesis; Mastery; Hypothesis; Distraction or Time-out-Hypothesis; Thermogenic Hypothesis

BOOKS RECOMMENDED:

Millamn, D. (1999). *Body mind mastery: Creating success in sports and life.* Novato: New World Library.

Raalte, J. L. V., & Brewer, B. W. (Eds.). (2002). *Exploring sports and exercise psychology.* Washignton D. C.: American Psychological Association.

Lavallec. D., Kremer, J., Moran, A., & Williams. M. (2004). *Sports psychology: Contemporary Themes*. New York: Palgrave Macmillan Publishers.

Psy-808 Muslim Psychology

1) Introduction
   i) Definition, Subject matter and scope
   ii) Historical background of Muslim Psychology
2) Studies of Muslim Scholars on Psychology
   i) Al-Kindi (ii) Abn Sina (iii) Ghazali (iv)Miskewah (v)Ashraf Ali Thanvi (vi)Shah Wali Allah
3) Methodology
   i) Quranic concept of Human Psyche ii) Concept of Man
4) Personality Theories
   i) Ghazali ii) Miskewah iii) Ashraf Ali Thanvi
5) Self Determination
   i) Nafs, Laataif, Hawadas, Khawater
6)
   i) Muslim approaches to Mental Health
   ii) Well being, love, contentment, satisfaction, hope, optimism and happiness
7) Behavior modificaition
   i) Ibadat ii) Zakat iii) Tauba
8) Psychotherapy
   i) Muslim tradition to psychotherapy ii) Ghazali therapy of opposite iii)Sufi psychotherapy iv) Reading therapy
9) Muslim Psychological Assessment
   i) Ghazali personality inventory ii) Dewn's projective test for children iii)Shakhseyt ka se rukhi jaiza

BOOKS RECOMMENDED:

Ajmal, M (1986). *Muslim contribution to psychotherapy*. Islamabad: National Institute of Psychology.

Badri, M. (1979). *The Dilemma of Muslim Psychology*. London: MWH Publishers
Huq, M. (1984). *Concept of personality development in the light of Islamic thoughts*. Bangladesh Journal of Psychology 7, 118-128.
Latif, A. (2000) *Holistic health, healing and spirituality*. Lahore: Psyche Hope.
Rizvi, A. A. (1994). *Muslim Tradition in psychotherapy and modern trends*. Lahore: Institute of Islamic Culture.
Rizvi, A. A. (1998) *Muslim nafsiat kay khado khal*. Lahore: Urdu Science Board.
Rizvi, A. A. (2005) *Quranic concept of psyche*. Lahore: Institute of Muslim Psychology .
Rizvi, A. A. (2005). *Reading therapy*. Lahore: Institute of Muslim Psychology .
Rizvi, A.A. (1994) *Traditions, paradigms and basic concepts of Muslim psychology*. Lahore: Institute of Muslim Psychology.

Psy-809 Para-psychology

1-INTRODUCTION
i) What is Parapsychology? ii) Historical Perspective
iii) Difference between Psychology and Parapsychology.

2-WORLD RELIGION AND PARAPSYCHOLOGY
i) Islam ii) Judaism iii) Christianity iv) Hinduism
v) Buddhism

3-BASIC BRANCHES OF PARA PSYCHOLOGY
i) Soul ii) Extra Sensory Perception (ESP) iii) Telepathy
iv) Clairvoyance v) Pre-recognition vi) Out-of-body experiences (OBE's) vii) Near-Death-Experiences (NDE's) viii) Altered-state of consciousness through meditation ix) Dreams x) Psychic Healing
xi) Meditation

4-PARAPSYCHOLOGY AND MYSTICISM
i) Defining mysticism and its origin ii) Islam and mysticism
iii) Prevalent form of Mysticism

5-HOLISTIC HEALTH & HEALING
i) Principles of Body ii) Principles of Mind iii) Principles of Spirit
iv) An Integration of Body & Mind & Spirit

6- CURRENT TRENDS AND EVALUTION
i) The standard practices of ESP evaluation and the ultimate truth.
ii) Can Para psychological good or bad? True or False?
iii) Research problems

7- SUBMISSION OF REPORT BY STUDENTS

BOOKS RECOMMENDED:

Barber, T. X. (1986). *Foundations of parapsychology*, London: Routledge & Kegan Paul Boston.
Robert, B. (2004). *We are eternal*. New York: Boston Warner Books.
Hazel, C. (2005). *The evidence for the sixth sense*. London: Cico Books.
Martin, E. (1978). *The Signet handbook of parapsychology*. United State of America
Latif, A. (2000). *Holistic health healing*. (Compiled work) Lahore: Hope.
Michael, N. (2002). *Journey of souls*, USA: Si. Paul Minnesota.
John, L. R. (1977). *Parapsychology and the nature of life*. New York: Harper & Row Publishers.
Leslie, D. W. (1970). *Life begins at death*. London: Cox & Wyman Ltd.

Psy-810 Internship Report

- Selection of relevant area to be made in consultation with internship committee.
- Approval of area of internship has to be approved by the internship committee (at least comprising of 2 members).
- Time period for internship 16-18 weeks.
- Bi-weekly report has to be submitted and formally approved satisfactorily by the internship committee.
- Mid-Term report should be submitted between 8-9 weeks to internship committee.
- Final report should be submitted and formally rated by the internship committee **satisfactory/unsatisfactory**.

* * *

SCHEME OF STUDY
For
MS (Hons.) PSYCHOLOGY
Total Credit Hours: 36

THE TWO YEARS MS (HONS.) PSYCHOLOGY PROGRAM

- It will be a professional degree program pertaining to a specific area of specialization.

- All courses to be taught will pertain to the area of specialization that a student has chosen to pursue.

- The universities may offer as many areas of specialization as their resources allow. However, a student will opt for only one area to specialize in: the theory papers will pertain to that area alone, and this applies to the papers of research methodology as well as assessment.

- Universities should try to develop new areas and expand the existing areas of specialization. A few models are given for deliberation.

- All universities will develop their own course outline considering their available material resources and expertise of the faculty.

- In the final semester, every student will be assigned a supervisor/ advisor in consultation with the chairman, who will monitor his/her academic activities pertaining to research work.

- Areas of specialization may include:

MS (Hons.) Two-Year Program (Health Psychology)*
MS (Hons.) Two-Year Program (Human Resource Management)*
MS (Hons.) Two-Year Program (Education Psychology)*
MS (Hons.) Two-Year Program (Counseling Psychology)*
MS (Hons.) Two-Year Program (Organizational Behaviour)*
MS (Hons.) Two-Year Program (Clinical Psychology)

General Layout of the Program

SEMESTER–I

Course Code	Course Title	Credit Hours
Psy-901	Area of Specialization I	3
Psy-902	Area of Specialization II	3
Psy-903	Application / Assessment Techniques (Theory) I	3
Psy-904	Internship and Practical Report related to Area of Specialization	3
	Total	**12**

SEMESTER–II

Course Code	Course Title	Credit Hours
Psy-1001	Area of Specialization III	3
Psy-1002	Area of Specialization IV	3
Psy-1003	Application / Assessment Techniques (Theory) II	3
Psy-1004	Internship and Practical Report related to Area of Specialization II	3
	Total	**12**

SEMESTER–III

This semester will concentrate on internship and applied research skills.

Course Code	Course Title	Credit Hours
Psy-1101	Area of Specialization IV	3
Psy-1102	Internship and Practical Report related to Area of Specialization	3
	Total	**6**

SEMESTER–IV

This semester will be devoted to pure applied research, leading to a master's thesis.

Course Code	Course Title	Credit Hours
Psy-1201	Thesis	6
	Total	**6**

Program Credit Hours: 30-36

MS (Hons.) Two-Year Program (Health Psychology)

Program Credit Hours: 34

SEMESTER–I

Course Code	Course Title	Credit Hours
Psy-901	Applications of Health Psychology	3
Psy-902	Psychology of health and illness	3
Psy-903	Preventive medicine and health education	3
Psy-904	Practicum: Health education	2
	Total	**11**

SEMESTER–II

Course Code	Course Title	Credit Hours
Psy-1001	Medical Psychology	3
Psy-1002	Psychological aspects of health care	3
Psy-1103	Research Methods, Epidemiology, and assessment in health psychology	3
	Total	**9**

SEMESTER–III

Course Code	Course Title	Credit Hours
Psy-1101	Internship	6
Psy-1002	Research proposal and design	2
	Total	**8**

SEMESTER–IV

Course Code	Course Title	Credit Hours
Psy-1201	Thesis	6
	Total	**6**

DETAILS OF COURSES

MS (Hons.) Two-Year Program (Health Psychology)

SEMESTER–I

Psy-901 Applications of Health Psychology

Health Psychology as an area of specialization:

- Maintenance of health
- Psychological well-being of the physically ill
- Normal and pathological response to ill health and stress

Health psychology, behavioral medicine and behavioral health

An overview of the role of risk factors, psychological variables, and interventions in some common diseases:

- Cardiovascular disease
- Cancer
- HIV/AIDS and other sexually transmitted diseases
- Problems associated with reproductive health
- Diabetes
- Accidents and head injury
- Asthma
- Habit disorders

Understanding and managing pain:

- The nature of pain
- The Biopsychosocial theory of pain
- The learning approach
- Measuring pain
- Managing acute and chronic pain
- Psychological, pharmacological, surgical, and sensory control of pain

Health education and community mobilization:

- Different methods of health education
- Developing health education materials

Helping the terminally ill:

- Psychological issues in advancing illness
- Adjustment to dying
- Psychological management of the dying and the terminally ill

Grief and Bereavement:

- Understanding grief and bereavement
- Grief and bereavement therapy

Patient-practitioner relationship:

- Patient satisfaction and compliance

Psy-902 Psychology of Health and Illness

Processes within the individual

Psychophysiology of emotion; The inter-dependence of psychological and physiological responses to stress; The development of concepts of health, illness and death; Self-concept, body image, locus of control; Illness as a stress coping mechanism; Personality changes; learned helplessness; Mental state and depression; Individual differences and vulnerability to stress

Processes within the family and wider community

Societal beliefs about illness and health; Cross-cultural perspectives on concepts and causes of illness; Becoming ill as a social process; Sick role Social consequences of ill-health; The significance of family and community support systems; Self help and mutual aid; Patient associations Impact of illness on family members, burden of care at home, children of sick parents; Communicable illness and family members; Psychological aspects of genetic counseling

Belief systems, cognitions, and perceptions affecting health and illness:

- The Health Belief Model (HBM)
- The Protection Motivation Theory (PMT)
- The Theory of Planned Behavior (TPB)
- Self-efficacy Theory
- Self-regulatory Model

Health Locus of Control (HLOC), health, and illness:

- HLOC as an independent variable
- Changing HLOC

Individual differences and health and illness:

- Demographics: age, gender, socio-economic, and cultural differences
- The role of intelligence and education
- Type A and B personality
- The impact of optimism/pessimism
- Anxiety and depression as operating variables

The role of stress in healthy and unhealthy lifestyles:

The impact of stress; Stress and hardiness; Gender differences; The role of social support; Stress and burnout effect in health professionals; Stress management strategies; Theory and practice of various interventions;

(Breathing exercises, progressive muscle relaxation, meditation, cognitive therapy)

Medical information processing: the psychology of physical symptoms and sensations
Environmental influences: physical environment, social support, and interpersonal relations
Burnout in health professionals

Psy-903 Preventive Medicine and Health Education

Effecting change in social systems as well as the health behaviour
Approaches to health education: lectures, talks, use of print and electronic media, and other techniques
Models of health education practice
Varieties of health education/ promotion programs:

- Individual health promotion programs
- Commercial health promotion programs
- Organizational health education promotion programs
- Community health promotion programs

The role of the primary health care team in health education and prevention
Occupational health and prevention, and accident prevention at home perception of risk
Attribution of the causes of illness, population risk and the behaviour of individuals

Attitude change
Health education and prevention programmes concerning the following will be discussed in relation to their rationale, procedures and effectiveness:

- obesity, alcohol and substance abuse, physical fitness, healthy eating and life-styles, smoking, type of behaviour, cardio-vascular disease, ante-natal care, preparation , for parenthood, AIDS, sexually transmitted diseases, environmental lead, phenylketonuria.

Psy-904 Practicum: Health education

Design and preparation of health education material

SEMESTER–II

Psy-1001 Medical Psychology

Application of psychology to the etiology, treatment, rehabilitation, care and prevention of specific medical conditions:

- Cardiovascular disorders: interventions, prevention, treatment and rehabilitation.
- Cancer: cancer prone personality, consequences of radiation and chemotherapy.
- Sexually transmitted diseases including AIDS
- Head injury I - cognitive and other psychological changes
- Head injury II - rehabilitation
- Fertility I – Psychological factors in infertility and endometriosis
- Medically aided conception
- Habit disorders I - obesity
- Habit disorders II alcohol/drug abuse
- Habit disorders III smoking
- Psychological aspects of women's reproductive health: Menstruation, menopause, hysterectomy, pregnancy and post-partum disorders
- Behavioral paediatrics I - sudden infant death, prematurely, and low birth weight
- Behavioral paediatrics II - child abuse, neglect, and failure to thrive
- Behavioral paediatrics III- development problems in behaviour and language, hyperactivity
- Diabetes
- Asthma

Psy-1002 Psychological Aspects of Health Care

Psychological techniques in treatment and rehabilitation of physical illness:

- Relaxation and relaxation related procedures (autogenic training, hypnosis)
- Biofeedback
- Meditation
- Hypnosis
- Counseling: Individual and family
- Humanistic therapy and counseling

Cognitive-behavioral approaches to health-behavior change:

- Self-observation and self-monitoring
- Classical, and operant conditioning, and modeling
- Stimulus control

- Broad-spectrum cognitive- behavior therapy
- Relapse prevention

Support for the dying and bereaved

- Individual counseling with the terminally ill
- Family therapy with the terminally ill

Pain relief and management:

- Preparation for surgery : Biofeedback, hypnosis, relaxation, and acupuncture

Coping techniques, distraction, and guided imagery
Communication in medical settings

- Significance of practitioner-patient relationship/interaction
- The nature of the patient-practitioner relationship (The Szasz-Hollender Model, and the Consumer Model)
- Improving patient-practitioner relationship by improving communication skills

Exercise, diet and health
Therapeutic environments
Helping the hospital staff

Psy-1103 Research Methods, Epidemiology, & Assessment in Health Psychology

Research in health psychology:

- Anecdotes, case studies, and systematic research
- Descriptive research
- Correlational research
- Experimental research
- Quasi-experimental research

Epidemiology:

- Nature of disease ecology
- Causation; association between variables; the role of confounding variables
- Cross-sectional studies/ Prevalence studies
- Retrospective studies
- Prospective studies
- Intervention studies
- Cost-benefit approaches

Statistics for epidemiology:

- Life tables
- Standardized rates
- Odds ratios

- Relative risk
- Introduction to multivariate approaches (logistic regression analysis)

Assessment in Health Psychology:

- Assessment interviewing; behavioral, case history taking, and semi-structured;
  Use of tools/questionnaires for the assessment of:
  anxiety, depression, stress, locus of control, health beliefs, present state examination (PSE)
  Type A and B behavior

Psy-1101 Internship

On hand training in therapeutic settings, in case-history taking, assessment, counseling, and therapy for:

- The physically ill
- Health promotion

Psy-1002 Research proposal and design

SEMESTER–IV

Psy-1201 Thesis

References

Cockerham, W. C. (1998). *Medical sociology*. New Jersey: Prentice-Hall.

Ewles, L., & Simnett, I. (1989). *Promoting health: A practical guide to health education.* Chichester: John Wiley & Sons.

Fiest, J., & Brannon , L . (2000). *Health psychology: An introduction to behaviour and health*. Belmont: Wadsworth Publishing Company.

Forshaw, M. (2002). *Essential health psychology*. London: Arnold.

Pearce, S., & Wardle, J. (1989). *The practice of behavioral medicine*. Oxford: BPS Books.

Sanders, G. S., & Suls, J. (Eds.). (1982). *Social psychology of health and illness*. Hillsdale: Lawrence Erlbaum Associates Publishers.

Spacapan, S., & Oskamp, S. (Eds.). (1988). *The social psychology of health and Illness*. London; SAGE Publications.

Taylor, S. E. (1999). *Health psychology*. New York: McGraw-Hill

MS (Hons.)
Two-Year Program
(Human Resource Management)

SCHEME OF STUDY

SEMESTER–I

Course Code	Course Title	Credit Hours
MSH-901	Advance Research Methodology	3
MSH-902	Advance Statistics	3
MSH-903	Current Issues in Human Resource Management, Labour Laws and Ethical Standards	3
MSH-904	Motivation, Leadership and Decision Making Strategies	3
	Total	**12**

SEMESTER–II

Course Code	Course Title	Credit Hours
MSH-1001	Work and Organizational Psychology and its Development	3
MSH-1002	Top Management Process & Training	3
MSH-1003	Human Resource Development	3
MSH-1004	Managerial Negotiations and Interpersonal Skills	3
	Total	**12**

SEMESTER–III

Course Code	Course Title	Credit Hours
MSH-1101	Personnel Selection and Performance measurement	3
MSH-1102	Internship	3
MSH-1103	Thesis Proposal	3
	Total	**9**

SEMESTER–IV

Course Code	Course Title	Credit Hours
MSH-1201	Thesis	6
	Total	**6**

COURSE OUTLINES

MS (Hons.) Two-Year Program (Human Resource Management)

FIRST SEMESTER

MSH-901 Advance Research Methodology

Introduction

Formative Evaluation of Costs, Cost-Effectiveness, and Cost-Benefit:
Toward Cost — Procedure— Process — Outcome Analysis.
Practical Aspects of Interview Data Collection and Data Management
Meta Analysis
Attitude Measurement
Personality Research
Scientific and Ethical Foundation of Research
Focusing and Bounding the Collection of Data
Early Steps in Analysis
Qualitative Research Methods:
Phenomenology; Hermeneutics; Grounded Theory
Ethnography; Q Sorting; Post Hoc; Structuralism
Deconstruction; Discourse Analysis; Focus Group
Action Research; Content Analysis;
Single and Organizational Case Studies

BOOKS RECOMMENDED:

Bank, W. H. (1971). *Training in depth interviewing*. New York: Harper Raw.

Bickman, L., & Rog, D. J. (1998). *Handbook of applied social research methods*. London: Sage Publications Inc.

Denzin, N. K. & Loncoln, Y. S. (Eds.). (2000). *Handbook of qualitative research*. London: Sage Publication Inc.

Franklin, (1996). *Design and analysis of single case research*. Wadsworth.

Kopala, Mary & Suzuki, L. A. (Eds.). (1999). *Using qualitative methods in psychology.* London: Sage Publications.

Miles, M. G., & Huberman, A. M. (1994). *Qualitative data analysis*. London: Sage Publication Inc.

Morse, Janice, M. (Ed). (1994). *Critical issues in qualitative research methods*. London: Sage Publications.

Rubin, Herbert J. & Rubin. (1995). *Qualitative interviewing: The art of hearing data.* London: Sage Publications.

Scweigert, W. A. (1998). *Research methods in psychology.* New York: Wadsworth.

MSH-902 Advance Statistics

Analysis of Variance
Analysis of Covariance
Multivariate Analysis of Variance
Variate, Bivariate, Multiple Variate
F-Test, G-Test & T-Test
Simple Regression Analysis
Multiple Regression Analysis
Factor Analysis
Discriminate Analysis
The Analysis of Contingency Tables
SAS
MINITAB

BOOKS RECOMMENDED:

Chris Leach. *Introduction to statistics: A non-parametric approach for the social sciences*. New York: John Wiley & Sons.

Evitt, B. S. *The analysis of contingency tables*. Chapman & Hall.

Ferguson, G.A., *Statistical analysis in psychology and education*. McGraw-Hill.

Gravetter, F. J. (2000). *Essentials of statistics for behavioral sciences*. New York: Wadsworth.

Guilford & Fruchter, *Fundamental statistics in psychology and education*. McGraw-Hill.

Howell, D. (1999). *Fundamental statistics for behavioral sciences*. Wadsworth.

Hurl, Burt, R.T., (1999) Comprehending Behavioral Statistics. Wadsworth.

Pagano, R. R. (1998). *Understanding statistics in the behavioral sciences*. Wadsworth.

Raymond, B.C. *The scientific use of factor analysis in behavioral and life sciences*. New York & London: Plenum Press,

MSH-903 Current Issues in Human Resource Management, Labor Laws and Ethical Standards

An Overview of Contemporary HRM
Key Issues for the Management for the People (High Performance Organization, Flexibility, Involvement, Empowerment and Impact)
Labour Laws Pakistan
Labour Laws UN & ILO (an orientation)
Changing context of work (Down sizing, out sourcing)
Psychological Contracts and Communications
Child labour, violation at work, etc
Employment Ethics and Issues of Fairness
Bullying and harassment at Work
Surveillance at Work

Organizational and Individual Stress
Organizational Innovation
Emotions at Work and Impression Management
Managing Diversity
Introduction of Ethics: The Good and the Bad
Philosophical Foundations of Professional Ethics
Ethics beyond the Code
Moral Reasoning and Development
Ethical Relativism
Egoism
Utilitarianism
Kant Moral Theory
Natural Law and Natural Rights
Workplace Harassment and Virtue Ethics
Pornography
Equality and Discrimination
Economic Justice
Legal Punishment
Environmental Ethics
Violence, Terrorism and War
Global Issues and Globalization
Ethical Decision Making and Cognitive Framework
Locus of Control and Ethics
Leadership and Ethics
Role of the Organization Context and Ethical Behavior

BOOKS RECOMMENDED:

Adams, A. (1992). *Bullying at work: How to confront and overcome it*. London: Virago.

Chryssides, & Kaler, J. (1996). *An introduction to business ethics*. London: Thompson.

Cooper C.L. Cooper C. L. & Robertson (Eds.). (2000). *International review of Industrial & organizational psychology*. Volume 15, Chapter S, Chichester: Wiley

Crane A. & Matten, D. (2004). *Business ethics: Managing corporate citizenship and sustainability in the age of globalization*. Oxford: Oxford University Press.

Donohue, W. & Ferguson, K. (Eds.). (2003). *Handbook of professional ethics for psychologists; issues, questions and controversies*. London: Sage Publications Inc.

Elloy DF, Smith CR (2003), *Patterns of stress, work-family conflict, role conflict, role ambiguity and overload among dual career and single career couples*. Cross Cultural Management, (12) pp 5 5-66, Emerald Group.

Guest D. E. & Conway N. (2002). *Communicating the psychological contract: An employer perspective, human resource management*. Journal, Vol. 12, Iss. 2; p.22.

Kissler G. D. (1994). *The new employment contract: Human resource management*. Fall Vol. 33 number 3 p. 335-352.
Mackinnon, B. (2004), *Ethics; Theory & contemporary issues*. Canada: Thompson Learning Inc.
O'Leary-Kelly A. M., Paetzold R. L. & Griffin R. W. (2000). Sexual Harassment as Aggressive Behavior: An Actor-Based Perspective', Academy of Management Review, Volume 25, Number 2, p372-388.
Paton R (Ed.). (2000). *The new management reader.* London: Thompson.
Petrick, J.A, Quinn, J.F. (1997). *Management eEthics: Integrity at work*. Sage Publications.
Redman, T., & Wilkinson A. (2001). *Contemporary human resource management*. London: Prentice-Hall.
Rosenfield P (1995). *Impression management in organization: Theory, Management & Practice*. London: Rutledge.
Sekhar, R. C. (2002). *Ethical choices in business*. Sage Publications.
Sharma, P. (2004). *Managerial ethics: Dilemmas and decision making*. Sage Publishers.
Shipton H, Fay D, West MA. Patterson M & Birdi K (2005). *Managing people to promote innovation, creativity and innovation management*. 14 (2), 1 18-128.
Steiwman, S. (1998). *The ethical decision, making manual for helping professionals*. Wadsworth.
Trompenaars F & Woolliams, P. (2003). *A new framework for managing change across cultures*, Journal of Change Management. Vol3, Iss. 4. p361.
Watson T. J. (2002). *Organizing & managing work*. London: Prentice-Hall.
Wiley, C. (2000). Ethical Standards for Human Resource Management Professional Journal of Business Ethics. Vo125, issue 2, pp 93-114.
Wood AIvI (1998). Omniscient Organizations and Bodily Observations: Electronic Surveillance in the Workplace', The International Journal of Sociology and Social Policy, Vol. 18, Iss. 5/6; Pg. 136.

MSH-904 Motivation, Leadership and Decision Making Strategies

Theories of Motivations
The need for new models
The shift from compliance to partnership
Extrinsic rewards are not longer enough
Getting beyond rational economic assumptions
The nature of the new work
Purpose full work
Self management in the Pursuit of purpose
Te intrinsic reward of the new work
The rewards of Self Management
Building a sense of Meaningful ness, Choice, Progress & Competence

Recent Implications of Motivational Theories
Demystifying Leadership
Great Leaders make a great Difference
Simple, Q, Ring Leadership
The competency Quest
Leaders must fit their organization
Great leader posses multiple strengths
Fatal Flaws must be fixed
New insights into leadership development
A case study in leadership development
What individuals do to become leaders?
The organization role in developing leader
Leadership Styles and their Influence
Cognitive Dissonance
The Dynamics of decision-making
Problems and complexity
Interests and politicality
Decision-making processes in action
Topics and decision-making
Problems, interests, and decision-making
Organizations and decision-making
Wider perspective of decision-making
Decision Making Conflicts
Strategies to Overcome Decision Making Crises

ROOKS RECOMMENDED:

Hickson. J. D, Butler, J. R., Cary, D., Mallory, R. G, & Wilson. C. D. (1986). *Top decisions: strategic decision-making in organizations*. UK: Oxford Press.

James, G. (1994). *Primer on decision making: How decisions happen*. New York: Wadsworth.

Kaagan. S. S. (2003). *Leadership games experiential learning for organizational development.* New York: Wadsworth.

Reeve John Marshall. (2005). *Understanding motivation & emotion* (4th ed.). New York: Wiley.

Robert E. Brower, Bradley V. Balch. (2005). *Transformational leadership & decision making in schools*. New York: Wadsworth.

Tornow. W. W. (2000). *Creative leadership*. New York: Wadsworth.

Vroom. V. H. (2002). *Motivation and leadership decision making*. New York: Wadsworth.

SECOND SEMESTER

MSH-1001 Work and Organizational Psychology & its Development

History of Organizational Psychology
Organizational Selection and Socialization
Vocational Choice
Human Machine interaction
Personality, Individuals Differences
Work related Attitude, Values and Perceptions
Assessment, Training & Development of Employees
Employee relation & motivation
Appraisal and Career Development
Stress at Work
Designs of environments of work
Group Dynamics
Organizational Change & Development
Counseling and Individual Development
History, Definitions, and Characteristics of Organization Development
Theory and Practice on Change in Organizations
OD Interventions: Diagnostic Activities: Data Gathering & Data Analysis
Team Building and Team Interventions
Third-Party, Inter group, and Comprehensive Interventions
Individual and Educational Interventions Vis-ã-vis
Structural Interventions Vis-ã-vis
Socio technical System and Work Redesign
Management by Objectives and Compensation
Collateral Organizations and Quality Circles
Contextual Variables
Power Politics and Organization Development
Organization and Implementation of the OD Process
Application in the Public and Service Sectors
Research on Organization Development
Problems and Prospects in Organization Development

BOOKS RECOMMENDED:

Casico W. F. (1998). *Managing human resources*. New York: McGraw-Hill,
Doyle Christine, (2002). *Work & organizational psychology*. Rutledge
French, W.L., Bell, Jr. H.C. , & Zawacki, R.A. (Eds). (1990). *Organization development: Theory, practice and research*. New Delhi: Central Electric Press.
Furnham, A. (2005). *The Psychology of behavior at work*. (2nd ed.). London; University College.
Hudson Christin, (2001). *Psychology and work*. Rutledge.

Makin, P. J., & Cox, C. J. (2004). *Changing behavior at work: A practical guide*. UK.
Malhotra, M. (1993). *Organizational development and change*. New Delhi: Deep & Deep Publications.
Michael, S. R. (1981). *Techniques of organizational change*. USA: McGraw-Hill Inc.
R. Wayne Mody, Robert M. Neo, (1996). *Human resource management*. (6th ed.). Prentice-Hall Inc.

MSH-1002 Top Management Process & Training

Organizational Goals and Environments
System, Role, Integrative and Contingency Concepts
The Nature and Dimensions of Management
Value System of Management Practice
Principles and Role Prescription in Management Thought
Controls and Tools
Social Impact and Social Responsibilities
Strategic and Policy Planning
The Development of Plans
Methods of Objective setting and Forecasting
Linking Functions (Decision Making, Communicating and Bargaining)
Power in Organizations (Sources and Dynamics)
Relationship at the Top of the Hierarchy
Vertical aspects of Organizational Structure
Horizontal division of Work
Management Information System
Purposive Organizational Change
Impact of Technological Change and Growth
Role of Managerial Authority and Employee Motivation
Role of Managerial Characteristics and Behaviors
Coordination and Conflicts in Organization
Control Models, Audits and Accounting Measures
Input, Output and Intermediator process in Staffing
Representing Social Responsibility and International Management
Guideline for Managerial Career

BOOKS RECOMMENDED:

Miner, J.B. & Miner, M.G. (1973). *A guide to personnel management*. New York: McMillan Publishing Co. Inc.
Miner, J.B. & Steiner, G.A. (1997). *Management policy and strategy: Text, readings and cases*. New York: McMillan Publishing Co. Inc.
Miner, J.B. (1971). *Management theory*. New York: McMillan Publishing Co.
Miner, J.B. (2nd ed.). *The management process: Theory, research and practice*. New York: McMillan Publishing Co. Inc.

Miner, J.B., Carroll, S. & Paine, F. (1997). *The Management process: cases and readings*. (2nd ed.). New York: McMillan Publishing Co., Inc.
Newman, W. H. & Warren, E. K. (1977). *The Process of Management*. (4th ed.). Englewood Cliffs, New Jersey: Prentice Hall Inc.

MSH-1003 Human Resource Development

- Introduction to Human Resource Development
  - Human Resource Development as a professional field of Practice
  - Basic of Human Resource Development
  - History of Human Resource Development
- Theory and Philosophy in Human Resource Development
  - Role of theory & Philosophy of Human Resource Development
  - The theory of Human Resource Development
- Perspective of Human Resource Development
  - Paradigm of Human Resource Development
  - Perspective of Learning in Human Resource Development
  - Perspective of performance in Human Resource Development
- Developing Human Expertise through personal thinking and development
- Overview of personal training and Development
- The nature of Human Expertise
- Personal training & Development practice from individual to organization

BOOKS RECOMMENDED:

Forbes, J. B., & Piercy. J. E. (1991). *Corporate mobility & paths to the top: Studies for human resource & management development specialists*. US: Quorum Books.
Gilley, J.W. & Eggland, S. A. (1998). *Principles of human resource development*. Addison-Wesley
Gilley. J.W., Maycunich, A. (2000). *Beyond the learning organization: Creating a culture of continuous growth & development through state-of-the art human resource practices*. US: Perseus Publishing.
Gilley. J.W., Maycunich, A. (2000). *Organizational learning, performance and change: An Introduction to strategic human development*. US: Perseus Books.
Grieves, Jim. (2003). *Strategic human resource development*. Sage Publications
Mattews Jennifer Joy, Megginson David, & Surtees Mark. (2004). *Human resource development*. (3rd ed.). US: Cogan Page.
Scannel, E. E. & Donaldson, L. (2000). *Human resource development*: The New Trainer's Guide. US: Perseus Publishing.
Wilson John P. (1999). *Human resource development*. Glasgow: Bell & Bain Ltd.

MSH-1004 Managerial Negotiations & Interpersonal Skills

- Competitive versus collaborative decision making
- What is Negotiation
- Types of Negotiation
- Is Money Really the Interest
- How do you deal with positional bargainers?
- Looking beyond our interest
- When interest conflict
- BATNA: Choosing whether to talk away
- Making Choice
- Balance of Power
- Does BATNA ever change
- Assumption
- Elements of BATNAs
- Are we ready? Inoculation proteels the parties
- Goals of Inoculation
- Active listing
- The Bottom line
- When inoculation is impossible
- Managers check list
- Preparation part one: Stakeholders, Constituents and interest
- Shooting from the Nip
- Surprises
- Looking inside yourself
- Preparing other parties
- Part-II, Developing a strategy using interests Mapping
- Making Assumptions
- Interested Parties
- Do not go it alone
- How to use intrest Map
- Communication: Key to Effective Negotiating
- Preparation Put to use
- Active Listening
- Reforming
- Emotions: Dealing with ourselves and others
- Do emotion belong to Negotiation
- Recognition and prioritizing emotion confidence
- Dealing with annoyance and leveling the playing field
- Myths
- Psychological Games
- Physical Setup
- Controlling the Board
- Expectations
- Globalism starts at home: Cross Cultural Issues
- Nationality is not the only difference

- When Yes Means No
- Can I depend on them
- Creating and bargaining chips
- Single-issue negotiating
- Multi issues
- The value creation curve
- Don't create value
- Healing Relationship
- Open your mind
- The Negotiation Process
- Agenda setting
- ZOPA
- Expectations
- Objective Criteria
- Collaboration
- Multi tasking
- The Seven Pillars of Negotiation Wisdom
- BATNA
- Relationship
- Interest
- Creativity
- Communication
- The nature of interpersonal skills: An historical perspective
- Developing Interpersonal Silks: A Micro Skills Approach, Awareness of Self and Others and the Development of Interpersonal Competence.
- Listening. Listening to Non Verbal Messages.
- Questioning and the Information-getting Interview.
- Presenting Information to Others.
- Helping and Facilitating, Asserting and Influencing.
- Negotiating, Working with Groups.
- Managing Relationships More Effectively.

BOOKS RECOMMENDED:

Bardach, E. (1998). *Getting agencies to work together: The practice and theory of managerial craftsmanship*. US: The Brookings Institution.

Chambers, H. E. (2001). *Effective communication skills for scientific and technical professionals*. US: Perseus Publishing.

Eugene MeKenna. (2000). *Business psychology and organizational behavior*. (3rd ed.).

Green, B. T., & Knippen, T. I. (1999). *Breaking the barrier to upward communication: Strategies and skills for employees, managers and k-Iuman resource specialists*. US: Quorum Books.

Hambrick, R. S. (1991). *The Management skills builders: Self-directed learning strategies for career development*. US: Praeger Publishers.

John Hayes. (2002). *Interpersonal skills at work*. (2nd ed.).

Ramundo B. A. (1994). *The bargaining manager: Enhancing organization results through effective negotiation*. US: Quorum Books.
Rao, C. P. (2001). *Globalization and its managerial implications*. US: Quorum Books.

SEMESTER-III

MSH-1101 Personnel Selection & Performance Measurement

- Theoretical Foundations of Organization Staffing
- Some Basic Concepts in Organization Staffing
- Job and Organization Analysis
- Staffing Methods and Instruments
- Estimation of Economic utility of Staffing Procedure
- Characteristics and Process of Feedback
- Sources of Feedback
- Assessing Satisfactions: Performance Evaluation
- Appraisals and Evaluation Surveys
- Assessment Controls and Business Simulations
- Using Feedback and Making Performance Review Meaningful
- Seeking Feedback and Managing Impressions
- Holding Managers Accountable
- Feedback Challenges in today's work Setting
- Work Adjustments: Work related Attitudes
- Symptoms of Work Maladjustment and Stress
- Compensations and Benefits
- Training and Career Development
- Improving Organizational Performance and Quality of Work Life

BOOKS RECOMMENDED:

Brannick, M.T., Salas, E. & Prince, C. (1997). *Team performance assessment and measurement: Theory, methods & applications*. Mahwah, NJ: Lawrence Erlbaum Associates.
Clardy, A. B. (1996). *Managing human resource: Exercises, experiments and applications*. Mahwah, NJ: Lawrence Erlbaum Associates.
London, M. (2003). *Job feedback: giving, seeking, and using feedback for performance improvement*. Mahwah, New Jersey: Lawrence Erlbaum Associates
Olmstead, J.A. (2002). *Creating functionally competent organization: An open system approach*. West Port, Connecticut, London: Quorom Books.
Tnizer, A. (1990). *Organization staffing and work adjustment*. New York: Praeger Publishers

MSH-1102 Internship

- Selection of area to be made from MSH-702, 703, 800, 801, 802 & 900.
- Approval of area of internship has to be approved by the internship committee (at least comprising of 2 members).
- Time period for internship 16-18 weeks.
- Biweekly report has to be submitted and formally approved satisfactorily by the internship committee.
- Mid-Term report should be submitted between 8-9 weeks to internship committee.
- Final report should be submitted and formally rated by the internship committee **satisfactory/unsatisfactory**.
- The internship report will serve as the base or introduction to the proposal of the thesis.
- By the end of internship and before the completion of the 3rd semester the student has to submit a research proposal towards the thesis to dissertation supervisory committee.
- Thesis proposal has to be defended by the candidate and formally approved by the thesis supervisory committee.

MSH-1103 Thesis Proposal

SEMESTER-IV

MSH-1201 THESIS

- Final submission of thesis research proposal to thesis supervisory committee by the beginning of 4th semester.
- Data collection and analysis by the end of 8-9th weeks to be submitted to thesis supervisory committee.
- First draft of the thesis has to be submitted last by 12th weeks to the thesis supervisory committee.
- Final defense of the thesis by the end of 16-18th week.

MS (Hons.)
2-Year Program
(Educational Psychology)

SCHEME OF STUDY

SEMESTER–I

Course Code	Course Title	Credit Hours
MSEP-901	Research Designs & Statistics	3
MSEP-902	Measurement & Assessment in Educational Psych	2
MSEP-903	Educational Counseling	2
MSEP-904	Patterns of Child Rearing	2
	Total	**12**

SEMESTER–II

Course Code	Course Title	Credit Hours
MSEP-1001	Research Designs & Statistics	3
MSEP-1002	Measurement & Assessment in Educational Psychology	3
MSEP-1003	Educational Counseling	2
MSEP-1004	Patterns of Child Rearing	2
	Total	**12**

SEMESTER–III

Course Code	Course Title	Credit Hours
MSEP-1101	Internship	6
MSEP-1102	Thesis	6
	Total	**12**

SEMESTER–IV

Course Code	Course Title	Credit Hours
MSEP-1201	Internship	6
	Total	**6**

COURSE OUTLINES

MS (Hons.) 2-Year Program (Educational Psychology)

SEMESTER–I

MSEP-901 Research Designs & Statistics

Contents

Scientific and Ethical Foundations of Research; Research Designs, Experimental Designs, Questionnaire Construction, Attitude Measurement, Subject Selection and Sampling, Personality Research; The Interview, Content Analysis, Observation, Reliability and Validity of Ability, Aptitude, Interest and Vocational Tests, Method of Analysis. Research in Educational Psychology

Books Recommended:

Bean, M. L. (1954). *Construction of educational and personnel tests*. New York: McGraw-Hill.

Brisling, R. W. Lanner, W. J., & Thomdike, R. M. (1973). *Cross cultural research methods.* New York: Wiley.

Fisher, R. A. (1950). *Statistical methods for research workers.* Edinburgh: Oliver Boyd.

Friedman, N. (1968). *The social nature of psychological research*. Basic Books.

Gottsdanker, R. (1978). *Experimenting in psychology*. Englewood Cliffs, New Jersey: Prentice-Hall, Inc.

Guttenag, M. & Struening, E. L. (1975). (Eds.). *Handbook of evaluating research*. Vol. I & 2 Sage.

Hersen, M., Barlow, D. (1976). *Single-case experimental designs*. New York: Pergamon.

Hymen, H., Cobb, W. Feldman, J., Hart, C., & Stember, C.H. (1954). *Interviewing in social research*. Chicago: University of Chicago Press.

Jacobs, O. (1970). *A Guide for Developing Questionnaire Items*. Springfield, Va, National Technical Information Service, U.S. Department of Commerce.

Keppel, G. (1973). *Design and Analysis: A Researcher's handbook.* Englewood Cliffs, N, J. Prentice- Hall.

Lewin, M. (1979). *Understanding psychological research.* New York: John Wiley & Sons Inc.

Plutchik, R. (1974). *Foundation of experimental research*. (2nd ed.). New York: Harper & Row.

Rob sons, C. (1973). *Experiment design and statistics in psychology.* Baltimore: Penguin.

Ruth man, L. (1977). *Evaluation research methods*. California: Sage, Beverly Hills.

MSEP-902 Measurement & Assessment in Educational Psychology

Contents

Introduction; Interview techniques, Administration, Scoring, Interpretation and Reporting of objective, Intelligence Achievement, aptitude Test and Interviews; Test Construction

Internship

- Testing of Student and families
- Supervision of testing sessions
- Report writing

BOOKS RECOMMENDED

Gambrills, E. (1978). *Behavior modification: Handbook of assessment, Intervention and evaluation*. California: Jossey-Bass.

Goodenough, F. (1926). *The measurement of intelligence by drawing*. New York: World Books Company.

Hebben N., Milberg, W. (2002). *Essential of neuropsychological assessment.* John Wiley & Sons. Inc.

Hutt. S.J. (1970). *Direct Observation and measurement of behavior* Illinois, Charles C. Thomas, Pub.

Kaufman A.S., Lichtenberger E.O. (1999). *Essential of WAIS-III Assessment.* New York: John Wiley & Sons Inc.

Kaufman, A. S., Lichtenberger, E. O. (2000). *Essential of cognitive assessment with KAIT and other Kaufman Measures.* New York: John Wiley & Sons Inc.

Kaufman, A. S. (1979). *Intelligence testing with the WISC-R*. New York: John Wiley and Sons.

Kopptiz, E. (1969). *Psychological evaluation of children's human figure drawings*. New York: Grune and Stratton.

Mather N., Wendling B. J. (2001). *Essential of WJIII tests of achievement assessment.* New York: John Wiley & Sons Inc.

Pascal, G. & Suttel, B. (1951). *The bende -Gestalt Test: Quantification and validity for adults.* New York: Grune and Stratton.

Singer, D. & Revenson, T. (1955). *How child thinks: A Piaget primer*. New York: The New American Library.

Tallent, N. (1983). *Psychological report writing*. New York: Prentice-Ha1l.

Zimmerman, I. Woo-Sam, J, And G1asser (1973). *A. Educational interpretation of the WAIS.* New York: Grune and Stratton.

MSEP-903 Educational Counseling

Contents

Setting, Aims and limits of Counseling. Helping handicapped and emotionally disturbed children. Keeping record and history of children. Establishing School Psychosocial Centers. Liaison with Teachers and parents.

Internship

- Counseling sessions with Students and families
- Supervision of counseling sessions
- Participation in case conference
- Report writing and research

BOOKS RECOMMENDED

Allan Jullie. (1999). *Activity seeking inclusion – pupils with special needs in mainstream schools.* Falmer Press

Axline, V. M. (1976). *Play therapy*. New York: Ballantine Books.

Gambrills, E. (1978). *Behavior modification: Handbook of assessment, intervention and evolution*. California: Jossey-Bass

Laughlin, H.P. (1970). *The ego and its defenses*. New York: Educational Division Meredith Corporation.

Reddy G. L., & Shyamala V. (2005). *Antisocial behavior in students detection and management.* New Delhi: Discovery Publishing House.

MSEP-904 Patterns of Child Rearing

Contents

Importance of Patterns of Child Rearing in Mental Health in Pakistan; Effect of Family, School and Society on Patterns of Child Rearing

BOOKS RECOMMENDED:

Ahmad, Farrukh Z. (1993). *Patterns of child health in Pakistan*.

Bandura, A. (1977). *Social learning theory.* Englewood Cliffs, Prentice-Hall.

Freud, S. (1962). *Civilization and its discontents*. New York: Norton.

Piaget, J. (1967). *Six psychological studies.* New York: Random House.

Sears, R. R., Maccoby, E. E & Levin, H., (1957). *Patterns of child rearing.* New York: Row Peterson and Company.

Taylor, E.B. (1957). *Quoted in man and society by Koeing Samuel*. New York:

SEMESTER–II

MSEP-1001 Research Designs & Statistics

Contents

Scientific and Ethical Foundations of Research Designs; Experimental Designs; Questionnaire Construction, Attitude Measurement, Subject Selection and Sampling, Personality Research; The Interview, Non Reactive Methods, Observation, Reliability and Validity of Ability, Aptitude; Interest and Vocational Tests, Method of Analysis; Research in Education; Non-Parametric Statistics

BOOKS RECOMMENDED:

Bean, M. L. (1954). *Construction of educational and personnel tests*. New York: McGraw-Hill.

Brisling, R.W. Lanner, W. J., & Thomdike, R. M. (1973). *Cross cultural research methods*. New York: Wiley.

Fisher, R. A. (1950). *Statistical methods for research workers.* Edinburgh: Oliver Boyd.

Friedman, N. 1968 *The social nature of psychological research*. New York: Basic Books.

Gottsdanker, R. (1978). *Experimenting in psychology.* Englewood Cliffs, New Jersey: Prentice-Hall, Inc.

Guttenag, M. & Struening, E. L. (Eds). (1975). *Handbook of evaluating research.* Vol.1 & 2 Sage.

Harsens, M. & Barlow, D. (1976). *Single-case experimental designs*. New York: Pergamon.

Hymen, H., Cobb, W. Feldman, J., Hart, C., & Stember, C. H. (1954). *Interviewing in social research*. Chicago: University of Chicago Press.

Jacobs, O. (1970). *A guide for developing questionnaire items*. Springfield, Va.

Keppel, G. (1973). *Design and Analysis: A researcher's handbook*. Englewood Cliffs, N, J. Prentice- Hall.

Lewin, M. 1979 *Understanding psychological research*. New York: John Wiley & Sons Inc.

National Technical Information Service, USA: Department of Commerce.

Plutchik, R. (1974). *Foundation of experimental research*. (2nd ed.). New York: Harper & Row.

Rob sons, C. (1973). *Experiment design and statistics in psychology.* Penguin, Baltimore.

Ruthman, L. *Evaluation /Research methods.* California: Sage, Beverly Hills.

MSEP-1002 Measurement & Assessment in Educational Psychology

Contents

Administration scoring, interpreting and reporting of Educational Tests and Batteries, Test Selection and Test Construction

Internship

- Testing of Students and families
- Supervision of testing sessions
- Report writing

BOOKS RECOMMENDED

Freud, A. (1979). *The ego and mechanisms of defense*. London: The Hagarth Press.

Gambrills, E. (1978). *Behavior modification: Handbook of assessment, intervention and evaluation.* California: Jossey- Bass.

Gellman, E. S. (1995). *School Testing – What parents and educators need to know.* Praeger Publisher.

Goodenough, F. (1926). *The measurement of intelligence by drawing.* New York: World Books Company.

Hutt. S. J. (1970). *Direct observation and measurement of behavior.* Illinois Charles C. Thomas Pub.

Kamphaus R. W., Rehnolds C. R., Ramsay M. C. (2002). *Essential of behavioral assessment.* New York: John Wiley & Sons Inc.

Kaufman, A.S (1979). *Intelligence testing with the WISC-R.* New York: John Wiley and Sons.

Kopptiz, E. (1969). *Psychological evaluation of children's human figure drawings*. New York: Grune and Stratton.

Ortiz S. Flanogan D.P, 2001 *Essential of gross battery assessment.* New York: John Wiley & Sons Inc.

Pascal, G. & Suttel, B. (1951). *The bender -Gestalt Test: Quantification and validity for adults.* New York: Grune and Stratton.

Singer, D. & Revenson, T. (1955). *How child thinks: A Piaget primer.* New York: The New American Library.

Tallent, N. (1973) *Psychological Report Writing*. New York: Prentice-Hall.

Zimmerman, I. Woo-Sam, J, & Glasser, A. (1973). *Educational interpretation of the WAIS* New York: Grune and Stratton.

MSEP-1003 Educational Counseling

Contents

Techniques of Counseling: Family and Group Counseling, Supportive and re-educative Counseling, aims, Goals and Scope of Counseling types of Counseling

Internship

- Counseling sessions with Student and families
- Supervision of counseling sessions
- Participation in case conference
- Report writing and research

BOOKS RECOMMENDED

Bootzin, R. R. (1975). *Behavior modification and therapy: An introduction.* Winthrop Publishers Cambridge.

Deschill, S. (1974). *The Challenge for group psychotherapy*. International University Press.

Ferrence, W. G. (1980). *Principles of behavior therapy.* Englewood Cliffs, New Jersey: Prentice-Hall Inc.

Gambrills, E. D. (1977). *Behavior modification.* London: Jossey Bass Ltd.

Lunchin, A. S. (1969). *Group therapy.* New York: Random House.

Rim, D. C., & Masters J .O. (1979). *Behavior Therapy techniques and empirical findings*. (2nd ed.). New York: Academic Press.

Wolberg, L. R. (1981). *Group and family therapy*. New York: Brunner Publication.

Yalom, D. I. (1970). *The Therapy and practice of group psychotherapy.* New York: Basic Books.

MSEP-1004 Patterns of Child Rearing

Contents

Effects of child rearing or Mental Health; Do's and Don'ts of child Rearing Patterns

BOOKS RECOMMENDED

Ahmad, Farrukh Z. (1993). *Patterns of child health in Pakistan*.

Bandura, A. (1977). *Social learning theory.* Englewood Cliffs, Prentice-Hall.

Freud, S. (1962). *Civilization and its discontents*. New York: Norton.

Piaget, J. (1967). *Six psychological studies*. New York: Random House.

Sears, R. R., Maccoby, E. E & Levin, H., (1957). *Patterns of child* rearing. New York: Row, Peterson and Company.

Taylor, E.B. (1957). *Quoted in man and society by Koeing Samuel*, New York:

MSEP-1101 Internship

Internship includes the following requirements: -

- Counseling sessions with Students and families
- Testing of Students and families
- Supervision of testing sessions
- Report writing and research
- Participation in case Conference

MSEP-1102 Thesis

MSEP-1201 Internship

Internship includes the following requirements: -

- Counseling sessions with Students and families
- Supervision of testing sessions
- Testing of Students and families
- Report writing and research
- Participation in case Conference

MS (Hons.)
2-Year Program (Counseling Psychology)
SCHEME OF STUDY

SEMESTER–I

Course Code	Course Title	Credit Hours
MSCP-901	Advanced Research Methods (I)	3
MSCP-902	Advanced Statistics	3
MSCP-903	Assessment and Diagnosis in Counseling (Theory & Practical)	3
MSCP-904	Counseling in Specific Fields (Theory-I)	3
	Total	**12**

SEMESTER–II

Course Code	Course Title	Credit Hours
MSCP-1001	Advanced Research Methods (II)	3
MSCP-1002	Counseling in Specific Fields (Theory-II)	3
MSCP-1003	Intervention Strategies in Counseling	3
MSCP-1004	Internship in Specific Fields II (Options in different Areas	3
	Total	**12**

SEMESTER–III

Course Code	Course Title	Credit Hours
MSCP-1101	Professional and Ethical Issues in Counseling Process	2
MSCP-1102	Internship in Specific Fields II (Options in different Areas)	3
MSCP-1103	Development of Research Proposal	3
MSCP-1104	Case Studies	3
	Total	**12**

SEMESTER–IV

Course Code	Course Title	Credit Hours
MSCP-1201	Research Thesis	12

COURSE OUTLINES

MS (Hons.) 2-Year Program (Counseling Psychology)

SEMESTER–I

MSCP-901 Advanced Research Methods (I)

Advanced Research Methods-I (Quantitative Methods)

Science and Scientific Method in Psychology:
Concepts and Constructs
- Definitions; Operational Definition in Psychology
- Issues and Controversies related to Operationalization in Psychology.

Research Problems & Hypotheses
- Research problems, Characteristics and sources
- Research Hypothesis
  - Making the problem researchable
  - The formulation of hypothesis and various types of hypothesis
  - Various types of hypothesis

Ethical Concerns in Research
- Ethical considerations in Research: Issues of Ethics in Publications and Acknowledgements. Ethical issues in Conduct of Experiment/Research Milgram and Asch studies, Ethical Violations, Deception, Pain, Suffering Methodological Concerns in Deception Experiments; Debriefing, Informed Consent, Issues in Reactive/Non-Reactive Research; Intervention, Concealment, Laboratory/Field studies.
- Alternatives to Deception, Advantages and Disadvantages of Role Playing Mutual Disclosure, and Honest / Goodness Experiments
- Guidelines for Ethical Research (APA)

Sampling and Data Collection
- Sampling Techniques: Types of Sampling; Advantages and Disadvantages of each type and utility of each type of Sampling Technique

Types of Research Designs
- Randomized Designs
- Quasi Experimental Designs
- Single Case Design
- ABAB Designs
- Survey Designs

Questionnaire and Interview
- Preparation of Questionnaire; Advantages / Disadvantages of Questionnaire; Types of Questions
- Interview: Types of Interview, Advantages of Interview

Issues in Psychological Research
Experimentation and Open-field Methods
Correlation and Causation
Convergence and Divergence
Probabilistic/Statistical Inferential and Single Case methods
Qualitative & Quantitative Research and its difference

RECOMMENDED BOOKS

American Psychological Association (1973). *Ethical principles in the conduct of research with human subjects*. APA Washington.
Bachrach A.J. (1965). *Psychological Researches: An Introduction*. (2nd ed.). Random House.
Black, J. A & Champion, D. J. *Methods and issues in social research*. New York: John Wiley Sons.
Craig J.R. & Metze L.P. (1986). *Methods of psychological research*. (2nd ed.). California: Brooks/Cole Publishing Co.
Craig J. R. & Metze L. P. (1978). *Methods of psychological research*. W. B. Saunders & Co.
Kerlinger, N. (1973). Foundations of behavioral research. New York: Holt, Riencharts and Winston.
Publication Manual. (2001). (5th ed.). Washington, DC: American Psychological Association.
Selltiz, C. Wrightsman, L.S. & Cook, S.W. Research methods in social relations. (3rd ed.). New York: Holt, Rieneharts and Winston.
Shaughnessy J. J. and Zeismester E.G. (1990). *Research methods in psychology.* (4th ed.). McGraw-Hill Book Co.

MSCP-902 <u>Advanced Statistics</u>

Advanced Statistics

Introduction, Importance and Limitations of Statistics
Binomial and Normal Distribution

Sampling: Probability and non-probability sampling techniques; Frequency distribution of means proportions; Difference of two means and two Parameters
Estimation and Confidence Intervals; their relationship with the parameters for the mean proportions relating to one and two populations

Hypothesis Testing: Null /Alternative hypothesis
Type I and Type II Errors level of significance and critical ratio.
Tests of significance: Parametric Tests, Non-parametric tests

Multivariate Analysis, Factor Analysis, Correlation, Linear and Multiple Regression Analysis

Advanced Computers

Word, Power Point, SPSS related to Course Area
Introduction to SPSS package related to course Area
Intensive training in Exploratory Data Analysis and Inferential Statistics

RECOMMENDED BOOKS

Aron, A. & Aron, E.N. (1999). *Statistics for psychology*. (2nd ed.). Printed in United States.

Downie, N.M. & Heath, R.W. (1965). *Basic statistical methods*. (2nd ed.). New York: Harper & Row publishers.

Garret, H.E. & Woodworth. R.S. (1966). *Statistics in psychology and education*. New York: Longmans.

George, D., & Mallery, P. (1999). *SPSS for windows step by step*: A simple guide and Reference. Boston: Allyn & Bacon.

Gravetter, F.J. & Wallnau, L.B. (2001). *Statistics for the behavioral sciences*. Printed in United States.

Grimm, L.G. (1993). *Statistical applications for the behavioral sciences*. Toronto: Singapore.

Guilford, J. P. & Frunchter, B. (1973). *Fundamental statistics in psychology and education*. (5th ed.) New York: McGraw Hills.

Heiman, G. W. (1996). *Basic statistics for the behavioral sciences*. (2nd ed.). Printed in United States.

Minium, E.W. & Clarke, R (1982). *Elements of statistical reasoning*. New York: Wiley & Sons.

Winer, B. J. (1999). *Statistical principles in experimental Design*. (2nd ed.). New York: McGraw Hills.

MSCP-903 Assessment and Diagnosis in Counseling (Theory & Practical)

Theory

The Nature and Importance of Psychological Assessment
The DSM IV and other Diagnostic Systems (e.g. ICD-10)
Review of DSM IV and ICD-10

Principles of Formal Assessment; Introduction to Quantitative aspects of Psychological Assessment; Single Case Study; Neurological Tests; Projective Tests and Personality Test; Interviewing Methodology; Questionnaires Methodology;

Raven's Progressive Matrices
Goodenough Harris Drawing Test
Portage Guide to Early Education.
Bender Gestalt Test.
Children Apperception Test
Thematic Apperception Test

Rotter's Incomplete Sentence Blank.
16 P.F
Beck Depression Inventory
State Trait Anxiety Inventory
State Trait Anger Expression Inventory
Various methods of Personality Assessment:
Projective RISB
T.A.T. (Thematic Apperception Test)
Non-Projective techniques
MMPI & 16 PF

Intelligence: Definition and theories, Tests of Intelligence and Scholastic Abilities.
Wechsler Adult Intelligence Scale
Aptitude: Aptitude and achievement tests.

The use of Psychological tests in Pakistan with Clinical Samples
Social and Ethical Issues in implementation of Psychological Testing with special reference to Pakistan

Practical: Six diagnostic reports of the clients based on Comprehensive Assessment with different Psychological tests.

RECOMMENDED BOOKS

Anastasi, A., (1988) *Psychological testing*. (6th ed.) New York: Macmillan.
Anastassi, A & Urbina, S. (1997). *Psychological testing*. (7th ed.) New York: Prentice-Hall Inc.
Buros, O. K. (1990). *The tenth mental measurement year book*. Lincolin: University of Nebraska, Buros Institute of Mental Measurement.
Cronbach, L. J. (1970). *Essentials of psychological testing.* (3rd ed.). London: Harper and Row Publishers.
Gregory, R. J. (1996). *Psychological testing: History, principles and applications.* (2nd ed.). London: Allyn & Bacon.
Groth-Marnat, G. (1984). *Handbook of psychological assessment*. New York: Van Nostrand Reinhold Company.
Hopkins, K. D. (1998). *Educational and psychological measurement and evaluation*. (8th ed.). Boston Allyn & Bacon.
Kaplan, R.M. & Sacuzzuo, D.P. (1982). *Psychological testing: Principles, applications and issues*. California: Brooks/Cole Publishing Co.
Newmark, C. S. (1985). *Major psychological assessment instruments*. Boston: Allyn & Bacon.
Nunally, J.E. (1967). *Introduction to psychological measurement*. New York: McGraw-Hill.
Thorndike R. L. & Hagen E. P. (1995) *Measurement and evaluation in psychology and education*. (4th ed.). New York: Macmillan.

MSCP-904 Counseling in Specific Fields (Theory-I)

Mental Health Counseling

Criteria of mental health counselors: theories and function of mental health counseling; counseling in the community; current trends in mental health work setting

School Counseling

Definition of school counseling; qualification of school counselors; perspectives of a school counselor; Principle of comprehensive school counseling programs; Types of program interventions; Developmental school counseling and its implementation in the schools.

Counseling over the Life Span

Child Counseling: Basic trust vs. Basic mistrust, Autonomy vs. shame and Doubt, Initiative vs. guilt, industry vs. inferiority; counseling strategies for children.

Counseling with Adolescents: Views of Adolescents; the development of Intimate Relationships, Physical Attractiveness and its social meaning, the signs of adolescence love, sex and adolescent; Adolescent abuse of alcohol. Counselor's Role.

Adult Counseling

Demography of aging: problems and concerns of the old age people; loss of work role identity; decreased financial support; lost of significant persons and increased loneliness; increased physiological disorders and dependence; counselor's role

RECOMMENDED BOOKS

Corney, R., & Jenkins, R. (Eds.). (1993). *Counseling in general practice*. London: Tavistock / Rutledge Publishers.

Gumaer, J. (1984). *Counseling and therapy for children*. London: The Free Press.

Sanderson, C. (1990). *Counseling adult survivors of child asexual abuse*. London: Jessica Kingsley Publishers.

SEMESTER–II

MSCP-1001 Advanced Research Methods (II)

Advanced Research Methods-II (Qualitative Methods)

Introduction to Qualitative Research

Difference between Quantitative and Qualitative Research

Phenomenology
Hermeneutics
Grounded Theory
Ethnography
Q Sorting

Post Hoc
Structuralism
Deconstruction
Discourse Analysis
Focus Group
Action Research
Content Analysis
Single and Organizational Case Studies

Miscellaneous Issues: Psychological Scaling; Types of Scales and their Advantages/Disadvantages.

Psychological Research in Pakistan
History and background of Research
Research Orientation of Various Psychological Institutions
Modern trends of Psychological Research in Pakistan
Journals published from the Above Organizations

RECOMMENDED BOOKS

Bank, W. H. (1971). *Training in depth interviewing*. New York: Harper Raw Publishers.
Bickman,L. & Rog, D. J. (1998). *Handbook of applied social research methods*. London: Sage Publications Inc.
Denzin, N. K. & Lincoln, Y. S. (Eds.). (2000). *Handbook of qualitative research*. London: Sage Publication Inc.
Miles, M. G. & Huberman, A. M. (1994). *Qualitative data analysis*. London: Sage Publication Inc.
Morse, Janice, M. (Eds.). (1994). *Critical issues in qualitative research methods*. London: Sage Publications
Rubin, Herbert J. & Rubin, I (1995) *Qualitative interviewing: The art of hearing data*. London: Sage Publications.
Selltiz, C. Wrightsman, L.S. & Cook, S.W. *Research methods in social relations*. (3rd ed.). New York: Holt, Rieneharts and Winston.
Shaughnessy J. J. & Zeismester E.G. (1990). *Research methods in psychology* (4th ed.). McGraw-Hill Book Co.

MSCP-1002 Counseling in Specific Fields (Theory-II)

Counseling in Specific Fields (Theory-II)

Family Counseling

Definition of family counseling; theoretical approaches; family counseling techniques; family counseling theory and practice.

Counseling clients with Disabilities

Counseling the blind clients; counseling the deaf clients; counseling the epileptic clients; qualification of counselors who work with disabled

clients; Professional Associations working with disables with special reference to Pakistan.

Career Counseling

Historical perspective; career counseling and the nature of career; career counseling in general counseling practice; career counseling process; Special Techniques in career counseling; counseling programs for employees in the world of work

Trauma Counseling

Introduction to Trauma Counseling, Major responses in Trauma counseling Acute and Chronic response. Managing Trauma and Critical Incidents, After the incident: counseling services in trauma, Post – traumatic Debriefing. Coping with a traumatic event (accidental death, environmental disasters; hostage taking, robberies, murder, violence, terrorism, suicide, terminal illness of close ones).

RECOMMENDED BOOKS:

Corney, R., & Jenkins, R. (Eds.).(1993). *Counseling in general practice*. London: Tavistock / Rutledge Publishers.

Gumaer, J. (1984). *Counseling and therapy for children*. London: The free press

Sanderson, C. (1990). *Counseling adult survivors of child asexual abuse*. London: Jessica Kingsley Publishers.

MSCP-1003 Intervention Strategies in Counseling

Intervention Strategies in Counseling

A framework for theories in counseling: The need for theory in counseling; Goals of counseling, modes of counseling, (cognition, affection and behavior) the current situation in counseling; assessing counseling; its outcomes and processes; counselor and clients variables, values and ethical legalities.

Person-Centered Counseling
Behavioral Counseling
Counseling based on Rational Emotive Method
Counseling based on Beck's cognitive theory
Counseling based on Gestalt Counseling
Family Counseling
Group Counseling

RECOMMENDED BOOKS:

Comer, R. J. (2001). *Abnormal psychology*. (8th ed.). New York: Wadsworth Publishers.
Davison, G. C., & Neale, J. M. (2001). *Abnormal psychology*. (8th ed.). New York: John Wiley & Sons.
Ellis, A. & MacLaren, C. (1998). *Rational emotive behaviour therapy: A therapist's guide*. California: Impact Publishers.
Hall, M. (1999). *What is clinical psychology?* (3rd ed.). Toronto: Oxford University Press.
Korchin, S. J. (1976). *Modern clinical psychology*. Printed in United States.
Raymond, M. (1997). *Behaviour modification: Principles and procedures*. London: Brooks / Cole Publishing Company.
Sarason, I.G., & Sarason, B.R. (1996). *Abnormal psychology: The problem of maladaptive behaviour*. (8th ed.) New Jersey: Prentice-Hall Inc.

MSCP-1004 Internship in Specific Fields II (Options in different Areas)

The students will be attached to various supervisors dealing with Psychological Problems and will be required to practically apply various Psychotherapeutic and Counseling Techniques for Positive Personal Adjustment. They will be working under their supervisors. The internship period will be spread over a duration of 32 weeks (constituting 16 weeks, each in Part Semester II & III of the Course). Evaluation will be based on assignments, assessment by Supervisors and a Viva-Voce conducted at the end of the Semester Exams.

SEMESTER–III

MSCP-1101 Professional and Ethical Issues in Counseling Process

Professional and Ethical Issues in Counseling Process

APA guidelines for practicing psychologists
BPS guidelines for practicing psychologist
Ethical codes for practicing psychologists / counselors with special reference to Pakistani culture

MSCP-1102 Internship in Specific Fields II (Options in different Areas)

The students will be attached to various supervisors dealing with Psychological Problems and will be required to practically apply various Psychotherapeutic and Counseling Techniques for Positive Personal Adjustment. They will be working under their supervisors. The internship period will be spread over duration of 32 weeks (constituting 16 weeks, each in Part Semester II & III of the Course). Evaluation will be based on assignments, assessment by Supervisors and a Viva-Voce conducted at the end of the Semester Exams.

MSCP-1103 Development of Research Proposal

Report Writing and Programme Evaluation
Scientific Report writing: Thesis, Article Format: The APA / BPA Format
Writing of a Research Proposal

MSCP-1104 Case Studies

Case Studies
Different clients who come to the Department for counseling purpose will be discussed in the class. Psychological factors underlying the conflicts and problems will be discussed in the class with the respective supervisor. The student will take five cases for counseling and will write formal reports on them.

SEMESTER–IV

Course Code	Course Title	Credit Hours
MSCP-1201	Research Thesis	12

Students are expected to undertake a Research Project in consultation with their Supervisor and submit a Report at the end of the fourth Semester.

MS (Hons.)
Two-Year Program (Organizational Behavior)

SCHEME OF STUDY

Program Credit Hours: 36

SEMESTER–I

Course Code	Course Title	Credit Hours
Psy-901	Introduction to Organizational Behavior	3
Psy-902	Career Guidance and Counseling	3
Psy-903	Managing Performance through Job Design and Goal Setting	2
Psy-904	Organizational Design and Culture	3
	Total	**11**

SEMESTER–II

Course Code	Course Title	Credit Hours
Psy-1001	Communication and Decision Making	4
Psy-1002	Conflict Management in Organization	4
Psy-1003	Effective Leadership in Organization	2
	Total	**10**

SEMESTER–III

Course Code	Course Title	Credit Hours
Psy-1101	Motivation in Organization	3
Psy-1102	Human Resource Management	3
Psy-1003	Internship and Research Proposal	3
	Total	**9**

SEMESTER–IV

Course Code	Course Title	Credit Hours
Psy-1201	Thesis (Oral Defense)	6
	Total	**6**

COURSE OUTLINE

MS (Hons.) Two-Year Program (Organizational Behavior)

SEMESTER–I

Psy-901 Introduction to Organizational Behavior

Undergoing a Paradigm Shift; Historical Background; Research Methodology; Defining Organizational Behavior; Theoretical Frameworks

Psy-902 Career Guidance and Counseling

Major theories of Counseling; Effectiveness of Counseling; Skills of Counseling; Behavioral vocational Guidance; Comprehensive methods and materials used and Vocational Guidance; Specials Applications

Psy-903 Managing Performance Through Job Design and Goal Setting

Job Design, Job Analysis, Quality of Work Life, Sociotechnical Design and HPWPs (High Performance Work Practices). Goal Setting

Psy-904 Organizational Design and Culture

Organization Theory; Modern Organization Designs; The Organizational Culture: Context Creating and Maintaining a Cultural

SEMESTER–II

Psy-1001 Communication and Decision Making

Role of Communication in Organization; Media and Technology Non-verbal Communication; Interpersonal Communication; Downward Communication; Upward Communication; Interactive Communication; hi Organizations Communication; Across Cultures The Decision-Making Process; Behavioral Decision Making; Participative Decision-Making; Techniques Creativity and Group Decision Making

Psy-1002 Conflict Management in Organization

The Meaning of Power; The Special Case of Empowerment; Political Implications of Power; The Nature of Groups; The Dynamics of Informal Groups; The Dysfunctions of Groups and Teams in the Modern Workplaces

Psy-1103 Effective Leadership In Organization

What is Leadership in Organizations? The Historically Important Studies on Leadership; Traditional Theories of Leadership; Modern Theoretical Processes of Leadership in the New Environment; Leadership Styles; The Roles and Activities of Leadership Skills

SEMESTER–III

Psy-1101 Motivation in Organization

Learning Theory; Application of Principles of Learning in Organization; Reinforcement and Punishment; Theories of Motivation; Administration of Organizational Reward Systems and its Contingencies; Behavioral Performance Management; Organizational Behavior Modification

Psy-1102 Human Resource Management

Areas of Human Resource Management; Recruitment and Selection; Training and Development; Performance Appraisal; Compensation, Occupational Health and Safety; Legal Significance of HRM.

REFERENCES AND SUPPLEMENTAL READINGS:

A. Furnham, & M. Argyle. (1998). *The psychology of money*. London: Routledge.

Albert Bandura, (1986). *Social foundations of thought and action: A social-cognitive theory.* Prentice-Hall.

Angelo, S. DeNisi & Ricky, W. Griffin. (2001). *Human resource management*. Boston: Houghton Mifflin.

Arthur P. Brief, Randall, S. Schuler & Mary Van Sell. (1981). *Managing job stress*. Boston: Little Brown.

Bernard M. Bass, (1985). *Leadership and performance beyond expectations*. New York: Free Press.

Cris Argyris & Donald Schon. (1978). *Organizational learning*. Addison-Wesley.
Daniel Goleman. (1998). *Working with emotional intelligence*. New York: Bantam Books.
Daniel R. Ilgen & Elaine D. Pulaskos (Eds.). (1999). *The Changing nature of performance: Implications for staffing, motivation, and development.* San Francisco: Jossey-Bass.
Daniel, C. F. & Hugh, J. A. (1983). *Managing individual and group behavior in organizations*. (2nd ed.). New York: McGraw-Hill.
David G. Myers (1990). *Social Psychology*. (2nd ed.). New York: McGraw-Hill.
Deborah, L. Duarte & Nancy Tennant. (1999). *Mastering virtual teams*. San Francisco: Jossey-Bass.
Debra, L. N. & James Campbell Quick. (2000). *Organizational behavior*. (3rd ed.). Cincinnati: South-Western.
Don Tapscott and Art Caston. (1993). *Paradigm shift: The promise of information technology*. New York: McGraw-Hill.
Edgar H. Schein, (1985). *Organizational culture and leadership*. San Francisco: Jossey-Bass.
Edwin A. Locke (2000). *The Blackwell handbook of principles of organizational behavior*. UK: Blackwell.
Fons Trompenaars. (1994). *Riding the waves of culture.* New York: Irwin.
Frank Ostroff. (1999). *The horizontal organization*. New York: Oxford University Press.
Fred Luthans, Alexander, D. S. & Edwin, A. Locke (2000). (Eds.). *Handbook of principles of organizational behavior*. London: Blackwell.
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James L. Bowditch & Anthony, F. Buono. (1994). *A premier on organizational behavior*. (3rd ed.).New York: Wiley.
Jerald Greenberg & Robert A. Baron. (2000). *Behavior in organizations*. (7th ed.). Upper Saddle River, N.J.: Prentice-Hall.
Joanne Marin. (1992). *Cultures in organizations*. New York: Oxford University Press.
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Mark, J. Martinko. (1995). (Eds.). *Attribution theory: An organizational perspective*. Fla.: St. Lucie Press
Martin, E. P. Seligman. (1998). *Learned optimism*. New York: Pocket Books.
Paco Underhill. (1999). *Why we buy: The science of shopping*. New York: Simon & Schuster.
Patricia K. Zingheim & Jay, R. Schuster. (2000). *Pay people Right! Breakthrough reward strategies to create great companies*. San Francisco: Jossey-Bass.

Peter Drucker. (1999). *Management challenges for the 21" century.* New York: Harper Business.
Skinner, B. F. (1979). *The shaping of a behaviorist*. New York: Knopf.
Snyder, C. R. (2000). *Handbook of hop: Theory, measures, and applications*. (Ed). San Diego: Academic Press.
Spencer A. Rathus. (1990). *Psychology.* (4th ed.). Fort Worth Tex.: Holt, Rinehart & Winston.
Stephen, P. R. (1990). *Organization theory*. (3rd ed.). Upper Saddle River, N.J.: Prentice-Hall.

MS (Hons)
Two Years Program (Clinical Psychology)
SCHEME OF STUDY

SEMESTER–I

Course Code	Course Title	Credit Hours
Psy-901	Research Design and Statistics	3
Psy-902	Psychodiagnosis	2
Psy-903	Psychotherapy	2
Psy-904	Psychophysiology and Psychopharmacology	2
	Total	**9**

SEMESTER–II

Course Code	Course Title	Credit Hours
Psy-1001	Research Design and Statistics -II	3
Psy-1002	Psychodiagnosis -II	2
Psy-1003	Psychotherapy-II	2
Psy-1004	Psychophysiology and Psychopharmacology-II	2
	Total	**9**

SEMESTER–III

This semester will concentrate on internship and applied research skills.

Course Code	Course Title	Credit Hours
Psy-1101	Internship and Practical Report related to Area of Specialization	6
	Total	**6**

SEMESTER–IV

This semester will be devoted to pure applied research, leading to a master's thesis.

Course Code	Course Title	Credit Hours
Psy-1201	Thesis	6
	Total	**6**

Program Credit Hours: 30-36

MS (Hons.) Two-Year Program (Clinical Psychology)
Course Outline

SEMESTER–I

Psy-901 RESEARCH DESIGNS & STATISTICS

CONTENTS

Scientific and Ethical Foundations of Research
Types of Research: Qualitative vs. Quantitative Research
Quantitative Research: Experimental Research, Correlational Research, Observational Research, Survey, Case Study
Qualitative Research: Content Analysis, Phenomenology, Grounded Theory
Research Designs: Experimental Designs, Quasi Experimental Designs, Factorial Designs, Independent Measure Design, Repeated Measure Design, Pre-post test Design, Before-after Design with Control Group, Before-after Two-way Blind Design
Development of a Research Instrument: Item Pool Generation, Selection of Items, Item Analysis, Applications of Item Response Theory, Determining the Content Validity of the Instrument
Subject Selection and Sampling Techniques: Probability Sampling, Non-Probability Sampling
Research in Personality, Attitude Measurement
Reliability and Validity of Ability, Aptitude, Interest and Vocational Tests, Method of Analysis

Psy-902 PSYCHODIAGNOSIS

CONTENTS

Introduction to Psychodiagnosis: Criteria for Diagnosing the Psychological Ailments Historical Background of Psychodiagnosis: Diagnosis in Dark Ages; Biogenic Tradition of Diagnosis; Psychogenic Tradition of Diagnosis; Development of DSM-I; Improvements in subsequent editions of DSM, Introduction to International Classification of Diseases (ICD)

Comparison and Contrast between Diagnostic and Statistical Manual of Mental Disorders and International Classification of Diseases (ICD). Use of DSM IV in Diagnosing; Use of ICD-10 in Diagnosing Clinical Interviewing Introduction to Psychological testing of Personality, Intelligence, Achievement, Aptitude, Neuropsychology, and Psychopathology

Psy-903 PSYCHOTHERAPY

CONTENTS

The scope and limits of psychotherapy. Essentials of Psychotherapeutic Interview: The first interview, establishing rapport, history-taking and identifying problems. Psychopathology, Ego Defenses, Use of assessment, Consultation and other reports Aims and goals of psychotherapy.

Stages of psychotherapy: Early, middle and late stages, Termination of psychotherapy Management of Special populations in psychotherapy

Borderline and Adolescent Patients Patient and psychotherapist-needs and expectations Differences between child and adult psychotherapy

Psy-904 PSYCHOPHYSIOLOGY & PSYCHOPHARMACOLOGY

CONTENTS

Physiological Explanation of Behavior, Historical Roots of Physiological Psychology, Evolution of Brain
Genetics and Evolution of Behavior, Chromosomal Disorders
Physiology of Neural Cells: Types of Neurons, Nerve Impulse, Communication between Neurons, Communication within neurons
Physiology of Nervous System: Basic Features of Nervous System; Centeral Nervous System; Peripheral Nervous System; Investigating How Does Brain Control Behavior
Principles of Psychopharmacology; Categorization of Drugs; Sites and Mechanisms of Drug Actions, Drug Addiction

SEMESTER–II

Psy-1001 RESEARCH DESIGNS & STATISTICS

CONTENTS

Theory and Hypotheses Evaluation Research
Data Analysis: Analysis for Qualitative Data; Analysis of Quantitative Data
Description and Interpretation of Data: Tabulation of Data, Frequency Distribution, Measures of Central Tendency; Measures of Dispersion; Measures of Skewness, Measures of Kurtosis, Graphs and Diagrams
Drawing Inferences from Data: Parametric Tests vs. Non-parametric Tests
Parametric Tests: z-test; t-test, Analysis of Variance (one-way and two-way), MANOVA
Non-parametric Tests: χ^2 test, U test, H test

Measuring the Relationship and Prediction: Correlation and Regression
Correlation: Pearson Product Moment Correlation Coefficient; Spearman Rank Order Correlation; Point Biserial Correlation
Regression: Linear Regression; Multiple Regression, Interpreting the Regression Equation; Factor Analysis
Writing a Research Proposal and Report. Guidelines of Report Writing from APA
Research in Psychotherapy

Psy-1002 PSYCHODIAGNOSIS

CONTENTS

Psychological tests of Psychopathology: Objective Test vs. Projective Test
Objective Tests: MMPI, CPI, Bender Gestalt Test, Benton Visual Retention Test, Luria Nabraska Test
Projective Test: HTP, RISB, TAT,
Administration of tests , Scoring and Interpretation of Results, Report Writing. Selection of Appropriate Test in relation to the Given Situation
Enhancing the Validity of Psychodiagnosis
Preparation of an Initial Blueprint of Therapeutic Plan in accordance with the Diagnosis

Psy-1003 PSYCHOTHERAPY

CONTENTS

Individual Psychotherapies and techniques of Psychotherapy:
Standard Psychoanalysis (Sigmund Freud)
Psychoanalytically oriented psychotherapies and other psychodynamic approaches: Individual Psychology; Ego Psychology; Sullivan' Conception of Psychotherapy
Intensive brief psychotherapy (Malan). Briefer psychoanalysis (Alexander and French)
Rational Emotive Psychotherapy (Albert Ellis)
Behavior Therapy: Interview oriented approaches (Dollard and Miller).
Experimental Approaches (Various techniques of behavior therapy).
Multimodal Behavior Therapy (Arnold A. Lazarus)
Cognitive Approach (Aron Beck)
Client Centered Therapy (Carl Rogers)
Existential Psychotherapy (Irvin Yalom)
Reality Therapy (William Glasser)
Transactional Analysis (Eric Berne)

Psy-1004 PSYCHOPHYSIOLOGY & PSYCHOPHARMACOLOGY

CONTENTS

Assessment of diagnosis as conducted by neurologists
When to make a referral to a neurologist, or psychiatrist
How to understand consultants
Treatment and Rehabilitation Techniques
Different Prescribed Drugs-in Psychological Illnesses
Effects and Side Effects of Drugs
Endocrine System
Role of Neurotransmitters and Neuromodulators
Neurological Disorders: Organic Brain Syndrome; Affective Disorders; Epilepsy; Neurological Explanation of Schizophrenia; Anxiety Disorders; Sleep Disorders; Degenerative Disorders

SEMESTER–III

Psy-1101 INTERNSHIP

Internship includes the following requirements: -

- Psychodiagnostic sessions with patients.
- Supervision of the Psychodiagnostic sessions.
- Psychotherapeutic sessions with patients.
- Supervision of the psychotherapeutic sessions.
- Report Writing and psychotherapeutic research.
- Participation in case conference.

SEMESTER–IV

Psy-1202 THESIS

BOOKS RECOMMENDED

Allen, R. (1978). *Student's Rorschach manual*. International University Press.
American Psychiatric Association. (1994). *Diagnostic and statistical manual of mental disorders*. Washington, DC: Author
Archer R. P., Krishnamurthy R. (2002). *Essential of MMPI-A assessment*. John Wiley & Sons.
Axline, V. M. (1976). *Play therapy.* New York: Ballantine Books.
Bannister, D. (1975). *Issues and approaches in the psychological therapies*. London: John Wiley & Sons.
Barker, Chris & Pitsrang, (1994). *Nancy research methods in clinical and counseling psychology.* John Wiley & Sons.

Barton, A. (1974). *Three world of therapy -Freud, Jung and Rogers*. California: National Press Books.
Bean, M. L. (1954). *Construction of educational and personnel tests*. New York: McGraw Hill.
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Bellack, L. (1979), *The TAT, CAT. And SAT in /Clinical Use*. New York: Grune & Stratton.
Bootzin, R. R. (1975). *Behavior modification and therapy: An introduction*. Winthrop Publishers, Cambridge.
Brisling, R. W., Lanner, W. J., & Thomdike, R. M. (1973). *Cross cultural research methods.* New York: Wiley.
Browne, L. (1975). *Manual of psychiatric therapeutic*. Little.
Bruch, H. (1974). *Learning psychotherapy*. Harvard University Press Cambridge.
Bugental, J. F. T. (1978). *Psychotherapy and process*. California: Addison Wesley Publishing Co.
Butcher, J. (1979). *New developments in use of the MMPI*. Minneapolis. University of Minnesota Press.
Cantor, B. M. & Glucksman, L. M. (1983). *Affect: Psychoanalytic theory and practice.* New York: John Wiley and Sons Inc.
Carlson N. R. (1995). *Foundation of physiological psychology* (4th ed.). Ally & Bacon.
Clough P. NutBrown C. (2002). *A Student's Guide to Methodology* Sage Publications Company.
Cole, M. & Scribner, S. (1974) *Culture and Thought*. New York: John Wiley & Sons.
Dahlstrom, W. & Dahlstrom, L. (1980). *Basic reading on the MMPI.* Minneapolis, University of Minnesota Press.
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Deschill, S. (1974). *The challenge for group psychotherapy.* International University Press.
Dryden, W. (1984). *Rational emotive therapy*. BiddIes Ltd.Guilford & King's Lynn.
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Foulkes, S. J. (1978). *Group-analytic psychotherapy method and principle.* London: Interface Book.
Freud, A. (1979). *The ego and mechanisms of defense*. London: The Hagarth Press.
Freud, S. (1983). *Interpretation of dreams*. Hazel, Watson and Viney Ltd.
Freud, S. (1984). *Introductory lectures on psychoanalysis*. Cox and Wyman Ltd. Reading.
Freud, S. (1984). *On met psychology*, Hazel, Watson & Viney Ltd.

Friedman, N. (1968). *The Social nature of psychological research.* New York: Basic Books.
Gambrill, E.D. (1977). *Behavior modification.* London: Jossey Bass Ltd.
Gambrills, E. (1978). *Behavior modification: Handbook of assessment, intervention and evaluation*. California: Jossey- Bass.
Gil1is, J. S. (1979) *Social influence in psychotherapy*. Pilgrimage Press.
Gills, R. & Balthazart, J. (1985). *Neurobiology: Current comparative approaches.* Springer.
Gilory, J. (1979). *Medical neurology.* (3rd ed.). Macmillan Publishing.
Giovacchini, P. L. (1975). *Tactics and techniques in psychoanalytical therapy*. Vol. II Jason Aroson, Inc.
Golden, C. (1981). *Diagnosis and rehabilitation in clinical neuropsychology.* Charles C. Thomas, Illinois.
Goldsmith, W. C. (1977). *Psychiatric drugs for the non-medical mental health worker*. Charles C. Thomas, Springfield, III.
Goldstein, P .A. & Stein, Normal (1976). *Prescriptive psychotherapies*. New York: Paragon Press Inc.
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Guttenag, M., & Struening, E. L. (Eds). (1975). *Handbook of evaluating research*. Vol. I & 2 Sage.
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Hertz, M. (1972). *Frequency responses on the Rorschach technique with children and adolescents*. New York: Grune & Stratton.
Hess, K. A. (1980) *Psychotherapy supervision*. New York: John Wiley & Sons.
Jacobs, O. (1970). *A guide for developing questionnaire items. National Technical Information Service*, U.S. Department of Commerce Springfield, Va.
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Kell, L. B. (1966). *Impact and change*. New York: Appleton Century Crofts.
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Kramer, E. A. (1978). *Beginning manual for psychotherapists*. New York: Grune and Stratton
Laing R. D. (1979). *The divide self.* England: Penguin Books.
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Laughlin, H. P. (1970). *The ego and its defenses*. New York: Educational Division Meredith Corporation.
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Levant, R. f. & Shlion, J. M. (1984). *Client centered therapy and the Person - centered approach*. Prager Publishers.
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Littler, B. (1975). *Manual of psychiatric therapeutics*. Boston.
Lozek, D. (1976). *Neuro psychological assessment*. Oxford University Press.
Luria, A. R. (1980). *Nebraska neuropsychological battery manual*. California: Western Psychological Services.
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Mayou R., Sharpe M., Carson A. (2003). *ABC of psychological medicine*. BMJ Books.
McGuigan F. J. (1994). *Biological psychology*. Prentice Hall Inc.
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Murray, J, & Abramson, P. R. (1983). *Bias in psychotherapy*. New York: Praeger Publication.
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Ortiz S., Flaragan D.P. (2001). *Essential of cross battery assessment*. John Wiley and sons Inc.

Pansky, B. and Allen, D. (1980). *Review of neuroscience*. Macmillan Publishing.
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Taglasi, H. (2001). *Essential of TAT and others story telling techniques assessments.* John Wiley & sons.
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Toch, H. 1980 *Violent Men.* Massachusetts Schenkman Publishing Co.

Tortora, G. & Evan, R. (1986). *Principles of human physiology*. (2nd ed.). New York Harper and Row Publishers.
Vetter, H. (1969). *Language behavior and psychopathology*. Chicago: Rand Mcnally & Co.
Waldinger, R. J. & Gunderson, J. G. (1987). *Effective psychotherapy with borderline patients*. New York: Macmillan Publishing Co.
Whittey B. E. (Jr.) (2002). *Principles of research in behavioral sciences*. New York: McGraw-Hill Inc.
Wistreinch, G. (1986). *Laboratory manual for human physiology: Concepts and applications*. New York: Harper and Row Publishers.
Wolberg, L.R. 1981 *Group and family therapy.* New York: Brunner Publication.
Woodcock, R. W., Wendling B. J., Mather N. (2001). *Essential of WJ.III Tests of Achievement.* New York: John Wiley & sons Inc.
Yalom, D. I. (1970). *The therapy and practice of group psychotherapy*, New York: Basic Books.
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Zimmerman, I. Woo-Sam, J, And Glasser, (1973). *A Clinical Interpretation of the WAIS* New York, Grune and Stratton.

RECOMMENDATIONS

For effective implementation of BS 4-Years (Hons.) Program and MS 2-Year (Hons.) Program, the Committee made the following recommendations:

1. Needs to arrange Seminars, Refresher courses by the Higher Education Commission to acquaint the teachers with the latest developments in the field of Psychology. These Courses can be arranged during Semester Breaks. Respective Universities can also take initiatives and can arrange Faculty Development Programs on their own for their respective faculty members and can also arrange at national level with the collaboration of Higher Education Commission.

2. To encourage teachers to improve their qualifications within the country and abroad, one category of scholarships needs to be allocated specifically for in service teachers. While granting scholarships to go abroad for higher studies to in service teachers, some value needs to be given to Qualifications, Research Publications and Years of Experience.

3. Number of teachers with appropriate qualification should be increased in proportion to the students enrolled in the department.

4. Work load for the teachers at each grade needs to be allocated by the respective heads of the departments which also needs to be monitored by the University Authorities so that teacher can justify with his / her students under semester system being implemented in BS (Hons.) Program and MS (Hons.) Program.

5. Needs to improve the standard of English language to facilitate effective communication and writing style. Without having proficiency in English language, students cannot use International Journals and International Books published in English Language. The Higher Education Commission needs to undertake a National scheme in this respect and direct the Universities to run deficiency courses.

6. All the specialized papers need to be taught by psychologists with M.Phil / Ph.D. In case of not having such degree that course instructor needs to have a work experience minimum of 5 years in their respective field. Wherever, such facilities are not available, qualified psychologists may be allowed to visit other Universities to teach under Faculty Exchange Program.

7. BS (Hons.) in Psychology needs to be offered at all colleges of the country especially in male colleges.

8. Psychology needs to be recognized as a Social Science and funds to conduct researches in the area of Psychology should be provided and given to the Psychology departments by the Pakistan Science Foundation and Ministry of Science and Technology and Higher Education Commission.

9. Areas of specialization need to be mentioned on the degree being issued by the University.

10. Departments of Psychology need to offer Counseling / Career Counseling and Social Support Services. These services needs to be utilized to generate funds for the respective departments, however, the institutions should not work as a commercial unit but they need to serve their aims and objectives in an effective manner.

11. Faculty Exchange Program within country and as well as abroad need to be promoted.

12. Students need to be given exposure or do Internships in their chosen specialized fields being offered at BS (Hons.) level under structured supervision of respective faculty members of the departments. This supervision can be arranged by the department through hiring the supervisors at their work places but then this supervision needs to be coordinated by the respective departments.