



**BISHOP COTTON WOMEN'S CHRISTIAN COLLEGE**  
C.S.I Karnataka Central Diocese  
#19,3<sup>rd</sup> Cross, C.S.I Compound, Mission Road, Bengaluru – 560027  
Affiliated to Bengaluru City University

Contact No: 080 – 22212933/22129880  
Email: [principal@bcwcc.edu.in](mailto:principal@bcwcc.edu.in) Website: [www.bcwcc.edu.in](http://www.bcwcc.edu.in)

## **DEPARTMENT OF PSYCHOLOGY**

### **PROGRAM OUTCOMES**

**PO1** - Understanding of Psychological Theories: Graduates should demonstrate a strong understanding of fundamental psychological theories, including those related to cognitive, behavioural, social, and developmental psychology.

**PO2** - Research Skills: Graduates should be proficient in conducting psychological research, including designing experiments, collecting and analysing data, and interpreting research findings.

**PO3** - Critical Thinking and Problem Solving: Graduates should possess strong critical thinking and problem-solving skills, enabling them to apply psychological principles to real-world situations.

**PO4** - Communication Skills: Graduates should be able to effectively communicate psychological concepts and research findings both in writing and verbally.

**PO5** - Ethical and Professional Behaviour: Graduates should demonstrate an understanding of the ethical principles and guidelines governing the field of psychology and exhibit professional behaviour in their interactions with clients and colleagues.

**PO6** - Cultural Competence: Graduates should be culturally competent and aware of how cultural factors can influence psychological processes and behaviour.

**PO7** - Applied Psychology Skills: Graduates should be prepared to apply their knowledge of psychology in various practical settings, such as counselling, human resources, education, or healthcare.

**PO8** - Interpersonal and Empathy Skills: Graduates should have developed strong interpersonal skills and the ability to empathize with individuals from diverse backgrounds.

**PO9** - Lifelong Learning: Graduates should be equipped with a commitment to lifelong learning and staying current with advancements in the field of psychology.



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### **DEPARTMENT OF PSYCHOLOGY**

#### **COURSE OUTCOMES**

##### **I SEM: FOUNDATION OF PSYCHOLOGY**

1. Students will understand the genesis of Psychology and its importance
2. Students will gain basic knowledge about Psychology
3. Students will understand the fundamental mental processes which are base for behaviour
4. Students understand the Applications of Psychology in various fields

##### **I SEM: PSYCHOLOGY OF HEALTH AND WELL BEING**

1. Understanding the spectrum of health and illness for better health management
2. Identifying stresses in one's life and how to manage them
3. Understanding a variety of health announcing health protective and health compromising behaviours and to be able to know their application in illness management

##### **II SEM: FOUNDATION OF BEHAVIOUR**

- evaluate and understand the different human emotions
- critically evaluate and identify determinants of motivation
- compare and contrast different theories of intelligence
- differentiate the human personalities



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### **II SEM: SEC- LIFE SKILLS**

CO1: Understand the foundations of communication, positive interpersonal relationship, stress and emotion management and group dynamics

CO2: Analyse the factors contributing to effective communication, positive interpersonal relationships and effective stress and emotional management

CO3: Apply the principles of effective communication, positive interpersonal relationships and effective stress and emotional management in everyday life

CO4 : Create individual effective strategies for enhancing communication skills, maintaining health inter personal relationships and positive management of stress and emotions

### **III SEM: CHILD DEVELOPMENT**

1. To understand the Physical, Cognitive and Language development
2. To know about the role Emotional and Moral development
3. To understand the genetic and chromosomal abnormalities
4. To understand the different disorders faced by children in their growth period

### **III SEM: PSYCHOLOGY AND MENTAL HEALTH**

- To understand the fundamentals of mental health
- To create awareness about importance of mental health
- To understand the Challenges in the field of mental health
- To understand the Importance of Psychological interventions



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### **III SEM: DEVELOPMENTAL PSYCHOLOGY**

1. To understand and analyze the Physical, Cognitive and Psychosocial development.
2. To know about the vocational adjustment.
3. To understand the aging, the ageing process and facing the future.

### **IV SEM: PSYCHOLOGY AT WORK**

1. Understanding the nature of an organization and psychological concepts applied in the work place.
2. Identifying the need for appraisal and the role of motivation.
3. Know about nature and role of leadership, essentials of leadership.

### **V SEM: CORPORATE PSYCHOLOGY**

Understand the nuances of Corporate psychology

Apply the principles of leadership, training and teams in industrial and corporate sectors

Integrate principles of social Psychology and general psychology for enhancing efficiency in corporates

Formalise L & D and Training modules for corporates



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#### **V SEM: HEALTH PSYCHOLOGY**

- . Understand the subject matter of health psychology.
- . Understand the correlates of pain, illness and its management.
- . Understand the impact of stress on health.
- . Have awareness about health enhancing and compromising lifestyles.
- . Attain and maintain one's health through coping strategies and interventions.

#### **V SEM: SOCIAL PSYCHOLOGY**

- Develop an understanding of the individual in relation to the social world.
- Introduce students to realm of social influences on behaviour.
- Understand the various social issues prevalent.
- Know the significance of Interpersonal Relationship.
- Sensitize the students about Social issues.

#### **V SEM: POSITIVE PSYCHOLOGY**

- understand the fundamental concepts of positive psychology and happiness.
- understand health related branches and different perspectives with reasons and measurements.
- know about the bouncing back means in life when confronted with adversity in life.
- understand the importance of relationship to lead a happy life.



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### **V SEM: EDUCATIONAL PSYCHOLOGY**

- . Understand the skills of a teacher and to know the Indian contribution to the field of education.
- . Know the importance of ambience and different aspects of education.
- . Understand importance and application of electronic media in teaching - learning process.

### **V SEM: ASSESSING CHILDHOOD PROBLEMS**

- . understand the different levels of intellectual disabilities.
- . understand eating and behavioural disorders in childhood.
- . know the assessment of disorders in childhood.

### **VI SEM: ABNORMAL PSYCHOLOGY**

- . Impart knowledge about the difference between the concepts of normality and abnormality to dispel myths regarding abnormality.
- . Familiarize students with criteria and classification of psychological disorders.
- . Provide an overview of the symptoms and etiology of various psychological disorders.
- . Introduce students to different perspectives regarding the causation of mental illnesses.
- . Familiarize students with a conceptual overview of abnormal behaviour.



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#### **VI SEM: HUMAN RESOURCE MANAGEMENT**

Understand the nature, objectives and functions of HRM.

Understand the processes of selection and tools of training.

Know the tools of performance appraisal in work setting.

Know the application of electronic in HR and management of international HR.

#### **VI SEM: ORGANIZATIONAL PSYCHOLOGY**

- . Understand the nature of individual organizational behaviour towards oneself, organization and the contribution to society.
- . Understand differences in skills, stress and management of the skills.
- . Know the tools of training and performance appraisal in work setting.
- . Understand structure and design of organization.

#### **VI SEM: SPORTS PSYCHOLOGY**

Know the nature, training and role of sport psychologist, personality and performance in sports.

Understand the anxiety and stress in relation to athletic performance.

Understand coping and intervention strategies to manage stress.



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### **VI SEM: REHABILITATION PSYCHOLOGY**

Make the students aware of the concepts of rehabilitation.

Understand the skills of rehabilitation psychologist.

Understand different types of disabilities and reasons.

Know the importance of early intervention and the places where interventions can be applied.

### **VI SEM: SCHOOL GUIDANCE AND COUNSELLING**

The meaning and nature of school guidance program

The meaning, importance, and process of counselling.

How different tools and techniques can be used as a part of school guidance program.

The meaning & nature of career guidance & appreciate different modes of dissemination of career information.

### **VI SEM: INCLUSIVE EDUCATION**

Understand the meaning of inclusion of all learners.

Appreciate different factors facilitating and impeding inclusion in educational settings.

Understand the bandwidth of diversity in educational settings.

Understand the importance of identifying and celebrating diversity by providing equitable opportunities.