**Research Methods in Psychology – II**

 **Course Code: PSY-552 Credit Hours: 3(2-1)**

1. **Course Description:**

This course provides knowledge pertaining to research designs, methodologies, and measurement strategies used in psychological research, and are able to assess the strengths and weaknesses as well. This course also presents the overview of different approaches, considerations and challenges involved in social research.

**B. Course Objectives:**

* To make students aware of research designs, methodologies, and measurement strategies used in psychological research
* To make student to learn research concepts, critical analysis of research and evaluation studies with respect to quality, bias, ethics, and potential applications.

**C. Course Contents:**

1. **Experimental Research Method**
* Defining experimental research method
* Control and variability
* Characteristics
* Research designs in experimental methods
* Statistical analysis
* Advantages and Disadvantages of experimental research method
1. **Quasi- Experimental Method:**
* Defining quasi-experimental method
* Key characteristics of quasi-experiment
* Research design in quasi-experiment
* Advantages and Disadvantages of quasi-experiment
1. **Qualitative Research Methods**
* Difference between qualitative and quantitative research
* Types of qualitative research
* Ethnography
* Phenomenology
* Case Study
* Grounded Theory
* Narrative Method
1. **Ethnography**
* Definition and concept
* Key Characteristics
* Advantages/Disadvantages
1. **Phenomenology**
* Definition and concept
* Key Characteristics
* Advantages/Disadvantages
1. **Case Study**
* Definition and concept
* Key Characteristics
* Advantages/Disadvantages
1. **Grounded Theory**
* Definition and concept
* Key Characteristics
* Applications
1. **Narrative Method**
* Definition and concept
* Key Characteristics
* Applications
1. **Method of Qualitative Data Collection**:

* In-depth open-ended interview
* Direction observation
* Written documentation
* Focused groups
1. **Methods of Qualitative Data Analysis:**
* Content analysis
* Coding
* Recursive abstraction
* Interpretative Phenomenological Analysis[IPA]
1. **Practical:**
* Students are required to carry out a systematic research, to write research report according to APA (7th eds.). Viva will be held pertaining to submitted research paper based on original research data.
1. **Books Recommended**
2. American Psychological Association (2020). *Publication Manual of the American Psychological Association* (7th eds.): Author
3. Coolican, H. (2014). *Research Methods and Statistics in Psychology* (6thed.). .New York: Psychology Press.
4. Creswell, J. (2008). *Educational Research: Planning, Conducting and Evaluating Quantitative and Qualitative Research*. New Jersey: Pearson, Merrill Prentice Hall.
5. Edmonds, [W.,](http://www.amazon.com/s/ref%3Drdr_ext_aut?_encoding=UTF8&index=books&field-author=W.%20(William)%20Alex%20Edmonds) & [Kennedy](http://www.amazon.com/s/ref%3Drdr_ext_aut?_encoding=UTF8&index=books&field-author=Thomas%20D.%20Kennedy), T. (2013). *An applied reference guide to research designs: Quantitative, qualitative, and mixed methods*. UK: Sage Publications
6. Gravetter, F. J. (2003). *Research Methods in Psychology*. America: Wards Worth. Inc
7. Neuman, W. L. (2011). *Social Research Methods: Qualitative & Quantitative Approaches* (7thed.). Pearson
8. Shaughnessy,J.J.,Zechmeister, E. B., & Zechmeister, J. S. (2009*). Research methods in psychology*. (5th ed.). Singapore: McGraw-Hill.

**Health Psychology**

 **Course Code: PSY-558 Credit Hours: 3(3-0)**

**A. Course Description:**

This course covers information concerning the health and psychology. It discusses the psychological factors affecting human health.

* + - 1. **Course Objectives:**
* To understand the present methodologies and concepts in health psychology
* To equip students with knowledge of physical illnesses related to psychological problems.
	+ - 1. **Course Contents:**

**Introduction:**

* Definition of Health Psychology
* Scope of Health Psychology
* Brief History of Health Psychology
* Research in Health Psychology
* Models in Health Psychology
* The Biomedical Model
* The Bio-psychosocial Model
1. **The Systems of Body:**
* Nervous System
* Endocrine System
* Immune System
1. **Health Belief and Health Behavior:**
* Factors in predicting Health Behavior
* Health Enhancing Behavior; Exercise, Accident prevention, Weight Control and Maintaining Healthy Diet.
* Health Compromising Behavior: Mechanisms of Drug Action, Psychoactive Drugs, Models of addiction
* Smoking, Intervention to reduce smoking, smoking prevention
* Use and abuse of Alcohol, treatment and prevention
1. **Pain:**
* What is Pain and early pain theories
* Gate control theory of pain
* Subjective-Affective and cognitive processes of pain perception
* The role of psychology in pain treatment , cognitive behavioral therapy
1. **Stress:**
* What is stress and its types; cognitive, behavioral, physical and emotional symptoms
* Physiology of stress
* Major models of stress and illness
* Sources of Stress
* Measuring of Stress
* Responding to Stress
* Illness caused by stress
* Coping and managing Stress
1. **Management of Chronic Illness:**
* Management of chronic illness, Quality 0f life
* Emotional response to chronic illness, and personal issues in chronic illness
* Coping with chronic illness
* Co-management of chronic illness
	+ - 1. **Books Recommended:**
1. Brannon, L. & Reist, J. (2000). *Health psychology: An introduction to behavior and health.* (4th Ed.). Wadsworth
2. Boll, T. J., Raczynski, J. M., & Leviton, L. C. (2004). *Handbook of clinical health psychology: Disorders of behavior and health.* American Psychological Association.
3. Ogden, J. (2004). *Health Psychology: A Text Book*. USA: McGraw Hill Education
4. Sarafino, P.F. & Smith, W. T. (2011). *Health Psychology: A Biopsychosocial Interactions*. John Wiley and Sons Inc.
5. Straub, O. R. (2014).*Health Psychology: A Biopsychosocial Approach.* Worth Publishers
6. Tylor, E. S. (2015). *Health Psychology*. McGraw-Hill Education

**Psychological Testing and Measurement – II**

**Course Code: PSY-556 Credit Hours: 3(2-1)**

**A. Course Description:**

This course covers the administration, scoring and interpretation of the assessment tools used in the field of psychology.

 **B. Course Objectives:**

* To provide background information pertaining to different tests
* To enable students to administer, score and interpret the results of tests
* To enable students to write psychological testing reports
1. **Course Contents:**
	1. **Procedure of recording case history:**
* Case history using psychosocial history form
	1. **Neuropsychological testing/assessment tools:**
* Brief introduction, administration, scoring and reporting writing of the following test;
* Slosson Drawing and Coordination Test (SDCT)
	1. **Intelligence testing/assessment tools:**
* Brief introduction, administration, scoring and reporting writing of the

 Following tests;

* Slosson Intelligence Test (SIT)
* Standard Progressive Matrices (SPM)
	1. **Personality testing/assessment tools:**
* Brief introduction, administration, scoring and reporting writing of the following projective and objective tests;
* Thematic Apperception Test (TAT)
* Human Figure Drawing Test (HFD) Emotional
* Rotter Incomplete Sentence Blank (RISB)
* Depression, Anxiety, Stress Scale (DASS)
* Minnesota Multiphasic Personality Inventory (MMPI)
	1. **Child Assessment Tools:**
* Brief introduction, administration, scoring and reporting writing of the following projective and objective tests
	+ - Color Progressive Matrices (CPM)
		- Slosson Intelligence Test (SIT)
		- Child Apperception Test (CAT)
		- Draw A Person Test (DAP)
		- Human Figure Drawing Test (HFDT)
	1. **Rating Scales**
* Aggression scale
* Self-esteem Scale
* Emotional Intelligence
	1. **Practical**
* Every student will take history of a subject, administer psychological tools and make complete report of her subject as per instructions (10 marks for case report). Viva will be held regarding psychological assessment report (10 Marks for Viva)
1. **Books Recommended:**
2. Aiken, L. R. &Marnat, G. G. (2009). *Psychological Testing and Assessment.* (12th Ed.). Dorling Kindersley Pvt. Ltd.
3. Anastassi, A., & Urbina, S. (1997). *Psychological Testing* (7th ed.). Prentice-Hall Inc.
4. Cohen−Swerdlik: (2010). *Psychological Testing and Assessment*: An Introduction to Tests and Measurement. (7th ed.). McGraw Hill
5. Miller, L. A., & Lovler, R. L. (2015). *Foundation of Psychological Testing: A Practical Approach* (5th ed.). Sage Publications
6. Thorndike R. L., & Hagen, E. P. (1995). *Measurement and Evaluation in Psychology and Education* (4th ed.). Macmillan.
7. Urbina, S. (2014). *Essential of Psychological Testing*. Wiley.

**Sports Psychology**

**Course Code: PSY-656 Credit Hours: 3(3-0)**

1. **Course Description:**

In this course, students will learn theories, concepts and intervention techniques of sport psychology. There is a focus on motivation theory applied to sport, team dynamic, psychological skill training and psychology of sport injury and burnout in sport.

1. **Course Objectives:**
* To establish a solid foundation of knowledge regarding psychological theories and research in sport settings
* To increase student understanding of how psychological factors impact involvement, enjoyment and performance in sport and physical activity
* To increase knowledge of how participation in sport and exercise can influence the psychological characteristics of the individual involved
* To help students acquire sport psychology knowledge and skills applicable to coaches, teachers observers and participants
1. **Course Contents:**
2. **Introduction to Sports Psychology**
* Historical background of sports psychology
* Significance of sports and physical activity
1. **Methods of measuring human activity**
* Indirect methods
	+ Heart Rate, Core Body Temperature, Doubly Labeled Water
* Direct Methods
	+ Pedometers/Digital Step Counters, Actigraphs
1. **Theories and Models of Sports Psychology**
* Neuromuscular theories of mental practice
* Cognitive theories of mental practice
* Bio-informational theory of mental practice
1. **Motivation**
* Introduction to Motives; Self-determination Theory; Competence Theory; Achievement goal Theory; Self-efficacy and Social Cognitive Theory; Significant other; Integrated Model of Youth Sport Participation and Withdrawal; Sport commitment Model
1. **Arousal, Anxiety and their Assessment and treatment**
* What is arousal?
* What is anxiety?
* How can anxiety be assessed?
* Treatment of sport anxiety
1. **Mental Toughness in Sports**
* What makes up mental toughness?
* Assessment of mental toughness
* Fostering mental toughness
1. **Mental training techniques**
* Goal setting, Imagery, Self-talk, Relaxation, Focusing
1. **Teams**
* Defining a team
* Team Cohesion
* Individual performance in team
* Leadership skills and team building
1. **Athlete’s Career**
* Gerontology theory; transition models
1. **Issues in Modern Day Sports**
* Ethics in sports
* Body Image and Eating Disorders in Sport
* Overtraining and Burnout
* The psychology of athletic injuries
* Psycho-physiological effects of banned substances
1. **Books Recommended:**
2. James, K. L., &Derek, D. R. (2011). *Behavioral Sport Psychology; Evidence-Based Approaches to Performance Enhancement*. Springer New York Dordrecht Heidelberg London. Doi: 10.1007/978-1-4614-0070-7
3. Lavallec, D., Kremer, J., Moran, A., & Williams. M. (2004). *Sports Psychology: Contemporary Themes.* Palgrave Macmillan Publishers.
4. LeUnes**,** A. (2011). *Introducing Sports Psychology: A Practical Guide.* Icon Books Ltd, Omnibus Business Center.
5. Moran, A. ( 2012).*sport and exercise psychology: A Critical Introduction.* (2nd ed.). Routledge
6. Raalte, J. L. V., & Brewer, B. W. (Eds.). (2002). *Exploring sports and exercise psychology*. American Psychological Association.
7. Weinberg, R., & Gould, D. (2010).*Foundations of Sport and Exercise Psychology with Web Study Guide* (5th ed.). Routledge

**Drug Use and Abuse**

 **Course Code: PSY-658 Credit Hours: 3(3-0)**

1. **Course Description:**

This course has been design to impart knowledge pertaining to drug abuse problems, types of drugs, pattern and consequence of drug abuse and use. This course also covers the treatment methods of drug use and abuse.

1. **Course Objectives:**
* To impart knowledge related to the causing factors of drug initiation
* To enable students to comprehend the reasons of taking drugs
* To enable to comprehend the internal and external controls influence drug taking behavior
* To provide knowledge about the different kinds of drug and their use and abuse
1. **Course Contents:**
2. **Introduction:**
* Definition and concept of drug use and abuse
* Illegal and legal drugs
* Natural, synthetic and synthetic drugs
* Drug abuse scenario in World/South Asia/Pakistan
* Patterns of drug use and abuse
1. **Types of drugs:**
* Opiates, Opium, Morphine, Codeine, Heroin
* Cannabis, Bhang, Stimulants, Cocaine,
* Amphetamines, Methamphetamine, Methcathinone
* Depressant, Tranquilizers, Alcohol
* Inhalants, Volatile substance abuse
* Hallucinogens, Phencyclidines, Lysergic acid diethylamide
* Tobacco
1. **Perspectives in drug use and abuse:**
* Biological perspective,
* Psychodynamic perspective
* Behavior/Learning perspective
* Cognitive perspective
* Socio-economical perspective
* Family perspective
* Spiritual perspective
1. **Consequences of drug use and abuse :**
* Physical health consequences
* Psychological health consequences
* Social health consequences
* Spiritual health consequences
* Family health consequences
* Economic consequences
1. **Phases of Treatment for Drug Users/Abusers:**
* Detoxification
* Rehabilitation
* Individual counseling
* Group counseling/ therapy
* Life Skill training
* Family counseling
* Aftercare
* Self-Help Groups
* Family support group
* Narcotic Anonymous (NA meetings)
* Follow-up
1. **Books Recommended:**
2. Ratliff-Crain, J. (2010). *Drugs and Human Behavior: A Bio-psycho-social perspective*. UMM Bookstore
3. Sadiq, R. (2019). *Helping families of Drug Abusers*. Drug Free Nation.
4. Scheier, L. M. (2010). *Handbook of Drug Use Etiology: Theory, Method and Empirical Findings* (ed). American Psychological Association.
5. Thombs, D.L., & Osborn, C. J. (2013). *Introduction to Addictive Behavior*(4th eds.). Guilford Press.

**Special Problem**

 **Course Code: PSY-680 Credit Hours: 1(0-1)**

1. **Course Description:**

This course involves practical activity related to any topic from the field of psychology. Students are required to complete a small project or assignment given by teacher.

1. **Course Objectives:**
2. To indulge students in practical work based on the theoretical concepts learnt during degree program
3. To boost their intellectual and creative resources to produce quality of work
4. To develop skills to be able to work in the market

**Industrial / Organizational Psychology**

**Course Code: PSY-654 Credit Hours: 4(3-1)**

1. **Course Description:**

The specialty of industrial-organizational psychology (also called I/O psychology) is characterized by the scientific study of human behavior in organizations and the work place. This course focuses on deriving principles of individual, group and organizational behavior and applying this knowledge to the solution of problems at work.

1. **Course Objectives:**
* To introduce the students to the basic infrastructure and nature of organizations
* To develop understanding of the basic principles of industrial / organizational psychology, assessment at work places and counseling techniques for employees’ psychological problems.
1. **Course Contents:**
	* + 1. **Introduction:**
* Definition of Industrial and Organizational Psychology
* Nature and scope of Industrial and Organization Psychology
* Brief history of Industrial and Organization Psychology
* Research methods in Industrial and Organizational psychology
	+ - 1. **Dynamics of Interaction:**
* Elements of communication
* Flow of communication
* Formal and informal work groups
* Group work: Problem solving and decision making
	+ - 1. **Leadership:**
* Theories of leadership
* New directions
* Training: leadership skills
* Special leaders and special situations
	+ - 1. **Motivation at Workplace:**
* Nature of motivation
* Theories of motivation
* Using motivation at work
	+ - 1. **Job Satisfaction and Job Commitment:**
* Definition
* Theories of job satisfaction
* Assessment of job satisfaction
* Differences between people
* Job commitment
	+ - 1. **Job Stress:**
* Definition and Nature
* Theoretical models of stress
* Stressors and consequences of stress
	+ - 1. **Work Conditions:**
* Arranging time and space for work
* Effective work systems and equipment
	+ - 1. **Employee Health:**
* Mental health and injuries at work
* Preventing injuries and illness
* Interventions
	+ - 1. **Managing Human Resource:**
* General Practices in Personnel Selection
* Non-test Methods of Personnel Selection
* Personnel training
* Job Design, Job Analysis, Job Evaluation
* Performance Appraisal
* Career Development
* Developing Team Work Ski
1. **Books Recommended:**
2. Debra, L. N. & James, C. Q. (2000). *Organizational behavior.* (3rd Ed.). Cincinnati: South-Western Inc.
3. Decenzo, D.A. (2005) . *Fundamentals of human resource management*
4. Jerald, G. & Baron, R. A. (2000). *Behavior in organizations.* (7th Ed.). Upper Saddle River, N.J: Prentice Hall.
5. Noe, R. A., Hollenbeck, J., Gerhart, B., & Wright, P. (2020). *Human Resource Management*

**Military Psychology**

**Course Code: PSY- 660 Credit Hours: 3(3-0)**

1. **Course Description:**

This course has been designed to provide the systematic view of group dynamics to learners to reach out all the organizational goals and consequently to learn effective command and control young mil leaders in future. Theoretical contents will increase their practical vision producing group coherence and build their self-confidence to accomplish difficult tasks as commander.

1. **Course Objectives:**
* To enable them to understand, monitor and organize under commands’ behavior and to solve interpersonal problems in field situations.
* To develop group coherence and self-confidence to accomplish difficult tasks as commander.
* To analyze objectively group conflicts of various natures with reference to social cultural background, internalized social norms and developmental factors.

C. **Course Contents:**

* + - 1. **Introduction :**
* History and scope of Military Psychology
* Fields of Psychology developed after World War I & II and up to present era and Psychological testing, Abnormal Psychology, organizational psychology etc.
	+ - 1. **Psychosocial perspectives of military and civil culture:**
* Transformation of civil cultural into military culture among the soldiers and officers
* Development and role of faith and conviction of army personnel
* Psycho-physical factors / skillsrequired in combat i.e. dynamism, stress tolerance, initiative, confidence, mental toughness, courage, self-motivation etc
* Adhering of social norms and values in military culture
* Theories of attitude formation, attitude change, persuasion, interrogation and brainwashing
* Propaganda and rumors in war and peace
* Mass media and its Impact on morale and motivation of Armed Forces.
	+ - 1. **Issues of Psychological health of soldiers, officers and families:**
* Psycho dynamic, humanistic, Eric Fromm view of mental health
* Sado-masochistic tendencies
* Four nonproductive personality orientations
* Bio-Psycho-Social-Spiritual Aspects of Combat / war on terror /LIC
* Psychological issues after war injury or permanently disabled in battle and being a prisoner-of-war
* Conflict, anxiety frustration; reaction to stress and coping techniques
* The screening, assessment, and treatment of personnel with acute and long-term combat-related post-traumatic stress disorders (PTSD), along with impact on the family and community.
	+ - 1. **Role of Psychologist in Armed forces:**
* In selection at preliminary level and at higher level and in placement
* In training as instructor, as researcher and behavior analyst, as clinical psychologist/ counselor & advisor
* Responsibilities as Psychometric and Brief review of Individual differences, intelligence, aptitude and personality and Emotional Intelligence
* Biases and errors in judgment /selection and decision making.
	+ - 1. **Theories and Models in Military Psychology**
* Personality traits of a military leader civil leadership
* Models of Military leadership
* Organizational structure of leadership in different world Armies and in Pakistan Armed forces. Group dynamics and leadership development in military set up
* Effective model of training and learning under stressful conditions
* Theories of camouflage.
* Model of motivation in war and peace
* Biological, Psychodynamic, Behaviorist, Cognitive and Humanistic models of human behavior and their application in combat and Training.
	+ - 1. **Psychological operation:**
* Psychology of intelligence, Human skills required in psych-operations
* Psychology of Terrorism, factors leading to develop the terrorist behavior and Theories of terrorism
* Different types of terrorist organizations based on various criteria including motives, means, and objectives.

**D. Books Recommended:**

1. Bowles, S. V., & Bartone, P. T. (2017). *Handbook of Military**Psychology Clinical and Organizational Practice*.Springer International Publishing
2. [Kennedy](http://www.amazon.com/Carrie-H.-Kennedy/e/B003FBUR8G), C.H., & Zillmer, E.A. (2006). *Military psychology: Clinical and operational applications* (2nd ed.). The Guilford Press.
3. Lawrence, L. (2002). *The Psychology of War: Comprehending its Mystique and its madness.* Watson-Guptill Publications.
4. Laurence, J. H. & Matthews, M. D. (2012). *Military Psychology* (4thed.). Oxford University Press.
5. Maheshwari, N., & Kumar, V. V. (Eds.). (2016). *Military Psychology: Concepts, Trends and Interventions*. SAGE Publications.
6. Murray, L. (2013). Brains and bullets. How Psychology Wins Wars. Biteback.
7. Sinclair, R. and Britt, T., 2013. *Building Psychological Resilience in Military Personnel*. American Psychological Association.

**Counseling Psychology**

**Course Code: PSY-652 Credit Hours: 4(3-1)**

* + - 1. **Course Description:**

This course covers the basic to advanced level of concepts related to the field of counseling psychology. It also includes the theoretical and practical applications of counseling techniques.

* + - 1. **Course Objectives:**
* To understand and modify the maladaptive behavior, cognition and emotions through the application of counseling principles and techniques
* To equip the students with a strong knowledge, skill and acumen in them the detection, evaluation of various psychological conditions
	+ - 1. **Course Contents:**
1. **Introduction:**

Definition, goals and scope of Counseling Psychology

* Brief history of Counseling Psychology
* Currents trends and future directions
* Difference between Guidance, Counseling and Psychotherapy
* Ethical and cross-cultural issues in Counseling
1. **On Becoming a Counselor:**
* Characteristics and values of affective counselor
* Role & responsibilities of a counselor
* The basis and importance of theory in counseling
1. **Counseling Process:**
* Phases/Stages of counseling process
* Building a Counseling Relationship
	+ Therapeutic alliance
	+ Factors that influence the counseling process: Structure, Initiative, Physical setting, Client qualities
	+ The core conditions: Genuineness, Unconditional positive regard, Empathic understanding, Concreteness
* Working in Counseling Relationship**:**
	+ Detailed counselor skills in the understanding and action phases
* Termination of Counseling Relationship**:**
	+ - Function, Process, Timing, Issues of termination
1. **Specific work setting in counseling:**
* Career Counseling
* School counseling
* Counseling of elderly
* Counseling people with special needs/ disabilities
* Psychosocial First Aid/ Crisis counseling
1. **Core Counseling Activities:**
	* Groups in counseling
	* Consultation
	* Evaluation and research
	* Testing, assessment and diagnosis
2. **The Nature and Importance of Assessment in Counseling:**
* Significance and process of assessment
* The Assessment Interview
* Types of counseling interviews, Interviewing essentials and techniques, Identification of goals, Reliability and validity of interview data, Error and bias in interviews, Mental Status Examination
* Uses and purposes of tests in counseling
* Types of tests (Intelligence test, Personality test, Aptitude test, Achievement test, Interest inventories)
* Test administration, scoring, interpretation and communication of test results
1. **Counseling Techniques:**
* **Behavioral Approach**
* Therapeutic process, Application: Techniques and procedures
* **Person Centered Approach**
* Therapeutic process, Application: Techniques and procedures
* **Cognitive Behavioral Approach**
* Rational-Emotive-Behavior-Therapy (REBT)
	+ Therapeutic process, Application: Techniques and procedures
* Beck’s cognitive therapy
	+ Therapeutic process, Application: Techniques and procedures
* **Existential Counseling**
* Therapeutic process, Application: Techniques and procedures
* **Narrative approaches in counseling**
* Therapeutic process, Application: Techniques and procedures
1. **Practical:**
* Students are required to do at least one mock counseling session. Audio recording of the session will be analyzed by instructor. Then, students are required to conduct one real-life counseling session following the procedures and ethics of counseling. They will write and submit a report on the real-life counseling session.
	+ - 1. **Books Recommended:**
			2. Gladding, S. T. (2013). *Counseling: A Comprehensive Profession.* (7th ed.). Pearson
			3. Corey, G. (2015). *Theory and practice of counseling and psychotherapy*. Nelson Education.
			4. Goldenberg, H., & Goldenberg, I. (2002).*Counseling today’s families*. (4th ed.). Brooks/Cole Publishing Company.
			5. Hough, M. (2010).*Counseling Skills and Theory* (3rd ed.). Hodder Education
			6. Nelson-Jones, R. (2011). *Six Key Approaches to Counseling and Therapy* (2nd ed.). John Wiley & Sons.
			7. Nelson-Jones, R. (2011). *Theory and Practice of Counseling and Therapy* (5th ed.). Sage.
			8. Nelson-Jones, R. (2012). *Basic Counseling Skills* (3rd ed.). Sage.
			9. Palmer, S., & McMahon, G. (2000).*Handbook of Counseling* (2nd ed.). British Association for Counseling.
			10. Timulak, L. (2011). *Developing Your Counseling and Psychotherapy Skills and Practice*. Sage.

**Personality Theories**

**Course Code: PSY-560 Credit Hours: 3(3-0)**

* + 1. **Course Description:**

This course covers the description of major personality theories and models essential to understand human’s personality.

* + 1. **Course Objectives:**
* To provide in depth knowledge pertaining to specific theories describing personalities
* To make them learn how to understand and evaluate the human behavior in the light of different theoretical concepts.
	+ 1. **Course Contents:**
			1. **Psychology of personality:**
* Introduction to the Discipline
* Meaning and components of personality theory
1. **Biographical Sketch, Basic Concepts and Evaluation of following theorist**:
* Sigmund Freud
* Carl Jung
* Alfred Adler
* Neo Freudians( Karen Horney, Erich Fromm, Harry Stack Sullivan)
* Gordon Allport
* Raymond Cattell
* Abraham Maslow
* Carl Rogers
* George Kelly
* Albert Bandura
* Burrhus Frederic Skinner

**D. Books Recommended:**

1. Allen, B.P. (2006). Personality Theories: Development, Growth and Diversity. Routeldge.
2. Buss, D. M. (2004).*Evolutionary psychology: The science of mind* (2nd ed.) Boston: Allyn & Bacon.
3. Ewen, R. B. (1998). *An introduction of theories of personality*. (5th ed.). New Jersey: Lawrence Erlbaun Associate Publishers.
4. Feist, J. (1985). *Theories of personality*. Sydney: Holt Rinehart & Winston, Inc.
5. Pervin, L. A., Cervone, D., & John, O. P. (2005). *Personality theory and research* (9th ed.). New York: John Wiley & Sons.
6. Schultz, D. P., & Schultz, S. E. (2016). *Theories of personality*. (11th ed.). Cengage Learning.

**Cross- Cultural Psychology**

**Course Code: PSY-657 Credit Hours: 3(3-0)**

1. **Course Description:**

This course explores how social and cultural forces shape human experiences. Its goal

is to build multicultural competence as well as to examine culture as a variable in studying social, developmental and organizational perspective.

1. **Course Objectives:**
* To make students awareness of the balance between the social and biological substrates of human behavior.
* To learn the difference between area studies, cross-cultural studies, and intercultural studies.
* To provide the information about basics of successful cross-cultural research and be competent to conduct a valid study of behavior in the cross-cultural context.
1. **Course Contents:**
2. **Introduction:**
* Definition and nature of Cross-Cultural Psychology
* Goals and scope of Cross-Cultural psychology
* Brief History of Cross-Culture Psychology
* Research in Cross-Cultural Psychology
1. **History of Cross-cultural Psychology:**
* Methodological issues of cross cultural psychology Comparability and Equivalence
* Emics and Etics
* Sampling Strategy in Cross Cultural Research
* Problems of translation, adaptation and application of psychological tests across cultures
1. **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
* Socialization across cultures:
* Individualism & Collectivism
* Sex-trait stereotypes
* Development of Gender-stereotypes
* Parental acceptance–Rejection Theory (PART)
* Cross Cultural Testing of PART
* Worldwide application of Piaget cognitive theory
* New Trends in Cross Cultural Research
* Cross cultural communication
* Abnormal behaviors across cultures
* Indigenous Psychology across Cultures
1. **Books Recommended:**
2. Keith, K. D. (2019). *Cross-Cultural Psychology: Contemporary Themes and Perspectives.* John Wiley & Sons Ltd.
3. Laungani, P. D. (2007). *Understanding Cross-Cultural Psychology. Eastern and Western Perspective*. Sage Publications
4. Matsumoto, D. & Juang, L. (2014). *Culture and Psychology*. Sydney: Thomson’s Wadsworth.
5. Shiraev, E. B., & Levy, D. A. (2020). Cross-Cultural Psychology: Critical Thinking and Contemporary Applications. Routledge

**Psychology of Gender**

**Course Code: PSY-661 Credit Hours: 3(3-0)**

1. **Course Description:**

This course covers the basic knowledge pertaining to the psychology of gender differences and related research evidence and as well as make students familiar with the contemporary gender related debates and issues particularly in the Pakistani Context.

1. **Course Objectives:**
* To enable students to differentiate facts from myths about gender differences
* To examine and criticize the validity of claims about sex and gender differences in the context of personality, cognition, mental health, morality, achievement, empathy and aggression
1. **Course Contents:**

**1. Introduction:**

* + - Definition and concepts, Scope of psychology of gender
		- Research in psychology of gender

**2. History of Psychology of Gender:**

* 1894-1936: Gender differences in intelligence
* 1936-1954: M/M as a global personality trait
* 1954-1982: Sex typing & androgyny
* 1982-present: Gender as a social category

**3. Gender & Related Paradigms:**

* Sex differences and physiology, Sex differences in brain architecture
* Theories of gender, Sociobiology and evolutionary psychology
* Research evidence in sex differences

**4. Gender: Role Attitudes:**

* Attitudes towards men’s & women’s roles, Affective component: Sexism
* Cognitive component: Gender role typing, Behavioral component: Sex discrimination

 **5**. **Gender and Aggression:**

* + Aggression /violence, Theories of aggression
	+ Biological, social learning, gender-role theory, Cognitive theories
	+ Rape and other form of sexual coercion: Prevalence and incidence
	+ Characteristics of perpetrator & victims, Domestic abuse
	+ Characteristics of perpetrator & victims, Sexual harassment
	+ Characteristics of perpetrator & victims

**6. Psychology of Women:**

* + Emergence and history of psychology of women in the west and in Pakistan
	+ Women and law(PPC & Shariah), Women and psychopathologies

**7. Psychology of Men:**

* Emergence and history of psychology of men in the west and in Pakistan
* Men and law(PPC & Shariah), Men and psychopathologies

**8. New Men, New Women, New Relationships:**

* Changes in values, economics and employment
* New men, new women & new relationships

**9. Gender Issues in the Pakistani Context:**

* Contemporary issues
* Current Issues
1. **Books Recommended:**
2. Brannon, L. (2011). *Gender: Psychological perspectives* . Allyn and Bacon.
3. Brettell, C. B. & Sargent, C. F. (2009).*Gender in cross-cultural perspective*(5th ed.). PHI Learning.
4. Lindsey, L. L. (2011). *Gender roles: A sociological perspective*. (5th ed.). PHI Learning.
5. McCracken, J.(1997, 2009).*Thinking about gender*: *A historical anthology*. Harcourt Brace &Company.
6. Hassan, I. N. (1990). *The psychology of Women*. Pakistan: Allama Iqbal Open University
7. Helgeson,V. S. (2005). *Psychology of Gender,* (2nd ed.). Pearson and

Education

**Personality Theories**

**Course Code: PSY-560 Credit Hours: 3(3-0)**

* + 1. **Course Description:**

This course covers the description of major personality theories and models essential to understand human’s personality.

* + 1. **Course Objectives:**
* To provide in depth knowledge pertaining to specific theories describing personalities
* To make them learn how to understand and evaluate the human behavior in the light of different theoretical concepts.
	+ 1. **Course Contents:**
			1. **Psychology of personality:**
* Introduction to the Discipline
* Meaning and components of personality theory
1. **Biographical Sketch, Basic Concepts and Evaluation of following theorist**:
* Sigmund Freud
* Carl Jung
* Alfred Adler
* Neo Freudians( Karen Horney, Erich Fromm, Harry Stack Sullivan)
* Gordon Allport
* Raymond Cattell
* Abraham Maslow
* Carl Rogers
* George Kelly
* Albert Bandura
* Burrhus Frederic Skinner

**D. Books Recommended:**

1. Allen, B.P. (2006). Personality Theories: Development, Growth and Diversity. Routeldge.
2. Buss, D. M. (2004).*Evolutionary psychology: The science of mind* (2nd ed.) Boston: Allyn & Bacon.
3. Ewen, R. B. (1998). *An introduction of theories of personality*. (5th ed.). New Jersey: Lawrence Erlbaun Associate Publishers.
4. Feist, J. (1985). *Theories of personality*. Sydney: Holt Rinehart & Winston, Inc.
5. Pervin, L. A., Cervone, D., & John, O. P. (2005). *Personality theory and research* (9th ed.). New York: John Wiley & Sons.
6. Schultz, D. P., & Schultz, S. E. (2016). *Theories of personality*. (11th ed.). Cengage Learning.

**Social Psychology**

**Course Code: PSY- 559 Credit Hours: 3(3-0)**

* + - * 1. **Course Description**

The course of social psychology is the scientific study of the way people think about, feel, and behave in social situations. It involves understanding how people influence, and are influenced by, the others around them.

* + - * 1. **Course Objectives:**
* To understand, organize, analyze and interpret the basic conceptual frame work of social psychology by applying it in their daily and work setting in a visible fashion.
* To develop an increased knowledge of the key concepts, terminology and language used within the field of social psychology
* To analyze human behavior utilizing the socio-psychological principles.
	+ - * 1. **Course Contents:**
			1. **Introduction to Social Psychology:**
* Definition ,Nature and scope of social psychology
* Brief history of social psychology, allied disciplines
* Current trends in social psychology
* Research in social psychology(Descriptive research, Correlational research, Experimental research, Surveys and interviews, Content analysis and cross-cultural studies
	1. **Socialization:**
* Nature: Perspectives on Socialization.
* Agents of Socialization, Process of Socialization
	1. **Attitudes & Prejudice:**
* Nature, Structure, Formation of Attitude**,** &Attitude Change
* Attitudes Measures (Rating Scales)**,** Nature & Definition of Prejudice
* Discrimination& Stereotype, Power & Sources of Prejudice
* Avoiding Prejudice/Breaking Stereotypes
	1. **Persuasion:**
* Elements of Persuasion, Techniques of Persuasion
	1. **Altruism and Aggression:**
* Altruism: The motivation to help, Factors, rewards and costs of helping
* Aggression: The motivation to harm, Nature & Theories of Aggression
* Determinants of Aggression, Frustration and aggression: Other views
* Threatened self-esteem and aggression, Controlling and socializing for non-aggressive ways of conflict resolution, Aggression Management

 **6. Intolerance and Violence:**

* + - * Nature of tolerance, Sign and symptoms of intolerance and violence
			* Forms of intolerant and violent behavior, Causes and Consequences of intolerance and violence, Intolerance and violence reduction/management technique
1. **Social Relations:**
* Nature & definition of Affection, Intimacy, Love, Affiliation, Attraction& Antisocial Behavior, Social Influence, Definition & Differences of Obedience, Compliance & Conformity
1. **Group Dynamics:**
* Nature, functions & types of group, Group formation & dynamics
* Group influence & Individual performance, Decision making by group
* Crowd behavior, DE individuation/ Panic behavior
1. **Social Perception:**
* Social cognition; person schemas, roles and scripts, Impression formation; Stereotypes, Attribution; Bias in attribution, Research in attribution
	+ - * 1. **Books Recommended:**
1. Baron, R. A., Branscombe, N. R., & Byrne, D. (2009).*Social psychology* (12th ed.). Boston, MA: Pearson/Allyn and Bacon.
2. Crisp, R. J. (2010). *Essential social psychology* (2nd ed.). Los Angeles: Sage.
3. Edi. D. C. (2011). *Theories in social psychology*. UK: Wiley-Blackwell.
4. Edi., R. F. B. (2010). *Advanced social psychology* NY: Oxford University Press.
5. Franzoi, S. L. (2008). *Social psychology* (5th ed.). New York: McGraw-Hill.
6. Healey, J. F. (2010). *Exploring social issues*. Los Angeles: Sage.
7. Horowitz, L. M. (2011). *Handbook of interpersonal psychology*. UK: John Wiley & Sons.
8. Kassin, S. (2011).*Social psychology* (8th ed.). Wadsworth: Wadsworth.
9. Knapp, H. (2010). *Introduction to social work practice*. Los Angeles: Sage.
10. Myers, D. G. (2012).*Social psychology* (11th ed.). New York: McGraw-Hill.