TAMILNADU COUNCIL FOR OPEN AND DISTANCE LEARNING
Approved by International Council for Open & Distance Education (ICDE), Oslo, Norway
Internationally Accredited Institution Registered under Tamilnadu Govt Act

CERTIFICATE IN PSYCHOLOGY

DURATION: 3 MONTHS

S.No.	Subject Code	Subject	Max.Marks
1	CIP1	Fundamentals of Psychology	100
2	CIP2	Human Development and Behaviour	100
3	CIP3	Applied Psychology and Mental Health Awareness	100

SYLLABUS

1. FUNDAMENTALS OF PSYCHOLOGY

UNIT-I: Introduction to Psychology – Meaning and Definition of Psychology – Nature and Scope of Psychology – History and Development of Psychology – Schools of Psychology – Branches of Psychology – Importance of Psychology in Everyday Life.

UNIT-II: Human Behaviour and Mental Processes – Meaning and Characteristics of Human Behaviour – Factors Influencing Human Behaviour – Heredity and Environment – Sensation and Perception – Attention and Concentration – Thinking and Reasoning – Imagination and Problem-Solving.

UNIT-III: Learning and Memory – Meaning and Principles of Learning – Types of Learning – Trial and Error Learning – Classical Conditioning – Operant Conditioning – Meaning and Types of Memory – Stages of Memory – Forgetting and Methods of Improving Memory.

UNIT-IV: Intelligence, Motivation and Emotion – Meaning and Nature of Intelligence – Types of Intelligence – Intelligence and Creativity – Meaning and Types of Motivation – Theories of Motivation – Meaning and Types of Emotions – Emotional Development – Emotional Intelligence.

2. HUMAN DEVELOPMENT AND BEHAVIOUR

UNIT-I: Human Growth and Development – Meaning and Principles of Human Development – Stages of Human Development – Physical and Mental Development – Cognitive and Emotional Development – Factors Influencing Human Development – Role of Heredity and Environment.

UNIT-II: Social Behaviour and Relationships – Meaning and Scope of Social Psychology – Social Behaviour and Social Influence – Socialisation and Group Behaviour – Leadership and Group Dynamics – Attitudes, Values and Beliefs – Interpersonal Relationships – Family and Community Influences.

UNIT-III: Personality and Individual Differences – Meaning and Definition of Personality – Characteristics and Types of Personality – Factors Influencing Personality Development – Introduction to Major Personality Theories – Individual Differences – Introduction to Personality Assessment – Observation and Questionnaires.

UNIT-IV: Abnormal Psychology and Behavioural Problems – Meaning and Scope of Abnormal Psychology – Normal and Abnormal Behaviour – Causes of Psychological Distress – Introduction to Common Mental Health Conditions – Stress and Anxiety – Emotional and Behavioural Difficulties – Importance of Early Identification and Professional Support.

3. APPLIED PSYCHOLOGY AND MENTAL HEALTH AWARENESS

UNIT-I: Introduction to Applied Psychology – Meaning and Scope of Applied Psychology – Psychology in Everyday Life – Educational Psychology – Industrial and Organisational Psychology – Psychology in Family and Community Life – Applications of Psychology in Different Fields.

UNIT-II: Introduction to Counselling – Meaning and Importance of Counselling – Principles and Objectives of Counselling – Qualities of a Good Counsellor – Basic Counselling Skills – Listening and Communication Skills – Empathy and Understanding – Introduction to Counselling Approaches.

UNIT-III: Mental Health and Stress Management – Meaning and Importance of Mental Health – Psychological Well-being – Causes and Types of Stress – Effects of Stress on Human Behaviour – Stress Management Techniques – Relaxation Methods – Emotional Regulation and Coping Strategies.

UNIT-IV: Psychological Ethics and Professional Awareness – Meaning and Importance of Psychological Ethics – Confidentiality and Privacy – Respect for Individual Differences – Ethical Principles and Responsibilities – Professional Boundaries – Limitations of Basic Psychological Knowledge – Referral to Qualified Mental Health Professionals.