

MONTFORT COLLEGE

AFFILIATED TO BENGALURU NORTH UNIVERISTY

MSC IN PSYCHOLOGY

PROGRAM OUTCOMES (PO_s)

At the successful completion of the Master's Program in Psychology under Bangalore North University, students will be equipped to:

- Work as psychologists in various setups such as organizations, hospitals, schools, special schools, colleges, NGOs, rehabilitation centers etc.
- Pursue higher education in MPhil or PhD in India and abroad.

PROGRAM SPECIFIC OUTCOMES (PSO_s)

A student who successfully completes the Master's Program in Psychology will be equipped to:

- Show conceptual understanding of the different theories and models in psychology
- Critically evaluate theories and concepts with regards to contextual applicability
- Teach in higher education settings
- Develop programs and training modules
- Develop psychological tests and scales
- Carry out qualitative and quantitative research
- Write for publication in scientific journals
- Conduct assessments and make recommendations, referrals
- Help in career planning and assessment
- Develop skills of effectively communicating the needs and requirements for testing, therapy, or referrals to clients and colleagues
- Demonstrate empathy, social concern, acceptance of people from all walks of society
- Develop competencies to work with people in multicultural situations
- Demonstrate an attitude of multiculturalism and inclusiveness
- Show ability to bring about social change through social action
- Aspire to involve in policy changes

- Demonstrate ethics in their practice and research
- Be ethical practitioners with a dedication to the mental health profession
- Develop a sense of civic responsibility of conserving and protecting the environment
- Demonstrate self-awareness and achieve self-growth
- Demonstrate a joy for independent life-long learning

COURSE OUTCOMES

101: THEORIES OF PSYCHOLOGY 1

On successful completion of this course, students would:

- Have a good conceptual understanding of the major theories of personality, and intelligence
- Be able to apply these theories to describe, explain, and predict behaviour based on these theories
- Be able to evaluate the usefulness of the different theories in different contexts

102: LIFESPAN DEVELOPMENT

On successful completion of this course, students would:

- Have an understanding of the normative developmental changes that take place across the lifespan
- Have a good conceptual understanding of the major theories of development
- Would be able to apply this knowledge to determine whether or not developmental milestones are being met in individuals of different ages
- Would be able to evaluate the usefulness of the different theories in different contexts

103: QUANTITATIVE RESEARCH METHODS

On successful completion of this course, students would:

- Have a good understanding of the process of quantitative research
- Have a good understanding of the various ethics that guide research
- Be able to carry out review of literature

- Be able to formulate research questions and hypotheses
- Be able to differentiate between the different types of sampling
- Be able to design experimental and non-experimental studies.

104: COUNSELLING PSYCHOLOGY

On successful completion of this course, students would:

- Have a good conceptual understanding of the Ivey and Eagan models counselling
- Be able to differentiate between counselling and psychotherapy
- Have a conceptual understanding of basic micro skills such as attending and active listening
- Have a conceptual understanding of the stages in the helping profession
- Have a conceptual understanding of advanced skills such as confrontation, self-disclosure, influencing etc.
- Be able to apply the knowledge in multicultural settings
- Have an understanding of the ethics that govern counselling

105SC (A): POSITIVE PSYCHOLOGY

On successful completion of this course, students would:

- Have a good conceptual understanding of the assumptions, goals, and definitions of positive psychology
- Have an understanding of the strength-based aspects of psychology
- Be able to practice certain positive psychology qualities such as mindfulness, happiness, resilience

105SC (B): INDIAN PSYCHOLOGY

On successful completion of this course, students would:

- Have a good conceptual understanding of the Indian approach to cognition and personality
- Have an overview of the different Vedic schools of thought such as Samkhya, Yoga, Nyaya, and Vedanta
- Have an overview of the different non-Vedic schools of thought such as Carvaka, Buddhism, and Jainism

106P: ASSESSMENTS 1 AND LIFE SKILLS TRAINING

On successful completion of this course, students would:

- Have a conceptual understanding of assessments
- Be able to build rapport with clients, both children and adults
- Be able to take case histories of clients
- Be able to carry out a Mental Status Examination of clients
- Be able to carry out assessments in the domains of development and intelligence
- Be able to interpret the scores of the assessments
- Be able to write a basic assessment report
- Have a conceptual understanding of different life skills
- Be able to carry out life skills training for clients

107P: BASIC SKILLS IN COUNSELLING AND FIELD WORK

On successful completion of this course, students would:

- Be able to practice basic communication skills with their clients such as attending, opening communication, dialoguing and empathic presence
- Be able to practice active listening skills such as paraphrasing, summarizing, and reflection of meaning, reflection of feeling
- Be able to carry out an intake interview
- Be able to carry out a mental status examination
- Be able to carry out a diagnostic formulation
- Be able to conceptualize cases
- Become familiar with the different settings in which psychologists work through field visits
- Be able to reflect on the differences between theory and practice through field visits

201: THEORIES OF PSYCHOLOGY 2

On successful completion of this course, students would:

- Have a good conceptual understanding of the major theories of learning and motivation

- Be able to apply these theories to describe, explain, and predict behaviour based on these theories
- Be able to evaluate the usefulness of the different theories in different contexts

202: BIOLOGICAL BASIS OF BEHAVIOUR

On successful completion of this course, students would:

- Have a good conceptual understanding of functioning of the nervous system
- Have a conceptual understanding of consciousness from a physiological perspective
- Be able to identify psychobiological research methods
- Be able to identify the brain areas related to learning, memory, and emotion
- Have a conceptual understanding of psychopharmacology

203: QUALITATIVE RESEARCH PROCESS

On successful completion of this course, students would:

- Have a good understanding of the process of qualitative research
- Have a good understanding of the various ethics that guide qualitative research
- Have a good understanding of the different paradigms of qualitative research
- Have an understanding of the criteria for evaluating qualitative research
- Have an understanding of how to formulate research questions
- Have an understanding of how to carry out in-depth qualitative interviews
- Have an understanding of how to carry out participant observation
- Have an understanding of how to carry out a focus group
- Have an understanding of qualitative data analysis

204: INTRODUCTION TO HEALTH PSYCHOLOGY

On successful completion of this course, students would:

- Have a good conceptual understanding of concepts of health, illness, well-being
- Have a good conceptual understanding of the different models of health
- Have a good conceptual understanding of the theoretical approaches to health-beliefs and illness cognitions
- Be able to evaluate the effectiveness of these models in different contexts

- Be able to assess the psychological impact of illness on the person and their care givers
- Be able to assess health-risk, health-related attitudes, and make suggestions for health promoting behaviour and seeking health care services

205SC (A): CAREER COUNSELLING

On successful completion of this course, students would:

- Have a good conceptual understanding of the different theories of career development
- Have an understanding of how to carry out career counselling with different populations
- Have an understanding of the role of assessments in career counselling

205SC (B): ALTERNATIVE HEALING PRACTICES

On successful completion of this course, students would:

- Have a good understanding of the different alternative therapies in India
- Have a clear understanding of AYUSH and the manner in which these therapies work
- Have experienced a few of these therapies

205SC (C): PSYCHOMETRY AND TEST CONSTRUCTION

On successful completion of this course, students would:

- Have a good conceptual understanding of the basics of testing and measurement in psychology
- Have a good understanding of the process of test development
- Understand the importance of standardization
- Be able to identify standardization information about tests in research articles and test manuals
- Be able to identify the usefulness of various psychological tests for different situations and contexts

206P: TEST DEVELOPMENT AND DOCUMENTATION

On successful completion of this course, students would:

- Be able to write items for psychological tests
- Be able to create an item pool
- Be able to carry out item analysis
- Be able to establish the reliability of a psychological tool
- Be able to establish the validity of a psychological tool
- Be able to collect data
- Be able to carry out academic writing activities

207P: ASSESSMENTS 2 AND PROFESSIONAL DEVELOPMENT

On successful completion of this course, students would:

- Be able to carry out objective assessments of personality
- Have an understanding of projective measures
- Be able to build rapport with clients, both children and adults
- Be able to take case histories of clients
- Be able to carry out a Mental Status Examination of clients
- Be able to carry out assessments in the domains of development and intelligence
- Be able to interpret the scores of the assessments
- Be able to write an assessment report
- Be able to communicate the results of assessments to clients
- Be able to read and understand research articles through journal clubs
- Be able to diagnose and conceptualize cases of clients through case conferences
- Be able to debate current issues
- Work on their own issues in therapy
- Demonstrate self awareness and achieve self growth
- Be able to develop awareness programs
- Be able to develop workshop modules for life skills training for the general public
- Demonstrate an attitude of multiculturalism and inclusiveness
- Show ability to bring about social change through social action
- Aspire to involve in policy changes

- Be ethical practitioners with a dedication to the mental health profession
- Develop a sense of civic responsibility of conserving and protecting the environment

301: COGNITIVE PSYCHOLOGY

On successful completion of this course, students would:

- Have a good conceptual understanding of perception, memory, imagery, general knowledge, attention, consciousness, language, problem solving, creativity, reasoning, and decision making.
- Be able to apply the conceptual understanding to their own lives to improve cognitive skills
- Be able to apply the understanding to the lab situation of cognitive assessments and experimental psychology
- Be able to design workshops to improve executive functions

302: PSYCHOPATHOLOGY

On successful completion of this course, students would:

- Have a good conceptual understanding of mental health and illness
- Be able to differentiate between the DSM and ICD classification of disorders
- Have a good understanding of the clinical pictures, types, diagnoses, etiology and management of affective disorders
- Have a good understanding of the clinical pictures, types, diagnoses, etiology and management of schizophrenia
- Have a good understanding of the clinical pictures, types, diagnoses, etiology and management of schizotypal disorders
- Have a good understanding of the clinical pictures, types, diagnoses, etiology and management of delusional disorders
- Have a good understanding of the clinical pictures, types, diagnoses, etiology and management of neurotic disorders
- Have a good understanding of the clinical pictures, types, diagnoses, etiology and management of stress related disorders
- Have a good understanding of the clinical pictures, types, diagnoses, etiology and management of somatoform disorders

- Have a good understanding of the clinical pictures, types, diagnoses, etiology and management of disorders of adult personality and behaviour
- Have a good understanding of the clinical pictures, types, diagnoses, etiology and management of disorders caused due to psychoactive substance abuse.

303A: PSYCHOLOGICAL THERAPIES 1

On successful completion of this course, students would:

- Have an in depth understanding of theory and develop mastery over techniques of major psychotherapy approaches
- Understand the process and ethical-legal issues associated with psychotherapy
- Understand the importance of research in psychotherapy (process and outcome research)
- Be able to critically analyze and choose specific interventions to treat a variety of clinical conditions.
- Be able to review/reflect on the schools of psychotherapy and cultivate their own style as a mental health professional.
- Have an understanding of the ethical issues related to psychotherapy

304OE: PSYCHOLOGY FOR EVERYDAY LIVING

On successful completion of this course, students would:

- Have an understanding of some general concepts of general psychology, social psychology, and positive psychology
- Be able to apply this understanding to their everyday lives
- Be able to apply this understanding to manage stress, emotions and time
- Be able to apply this understanding to make decisions and solve problems

305P: EXPERIMENTAL PSYCHOLOGY AND COGNITIVE ASSESSMENTS

On successful completion of this course, students would:

- Be able to carry out a few classical psychophysical experiments
- Be able to carry out experiments for cognitive experiences
- Be able to control for extraneous variances
- Be able to manipulate independent variables

- Be able to measure dependent variables
- Be able to analyze results of experiments
- Be able to write discussions of experimental results
- Be able to carry out assessments for cognitive functions
- Be able to interpret test/ assessment scores
- Be able to write an assessment report
- Be able to communicate the findings of assessment to clients

306AP: ASSESSMENTS FOR CLINICAL SETTINGS

On successful completion of this course, students would:

- Understand the psychometric structure of psychological tests
- Be able to administer psychological assessments relevant to client needs
- Be able to interpret the scores obtained on the assessments
- Be able to develop a report and convey the findings to clients
- Be able to make recommendations and plan intervention on the basis of assessments
- Be able to locate useful research articles from reliable sources
- Be able to identify important information in research articles such as problem statements, hypotheses, designs, samples and methods
- Be able to understand the analyses carried out by the researchers
- Be able to understand the results in light of the hypotheses and problem statements
- Be able to summarize research articles
- Be able to compile a library dissertation

401: SOCIAL PSYCHOLOGY

On successful completion of this course, students would:

- Have an in depth understanding of socialization process and the role of social institutions in socialization
- Understand different aspects of social perception and social cognition
- Understand the models of aggression and violence
- Have an understanding of the impact of aggression and violence
- Be able to make recommendations for managing aggression and violence

- Have an understanding of the structure and formation of groups
- Understand the different processes of group influence
- Understand social influence
- Have an understanding of law and human rights in the context of social psychology
- Be able to effect social change

402C: REHABILITATION PSYCHOLOGY

On successful completion of this course, students would:

- Have an in depth understanding the field of rehabilitation psychology
- Understand different theoretical applications in the field of rehabilitation
- Understand rehabilitation psychology as a profession
- Have an understanding of the different policies for persons with disability

403A: PSYCHOLOGICAL THERAPIES 2

On successful completion of this course, students would:

- Have an in depth understanding of theory and develop mastery over techniques of major psychotherapy approaches
- Understand the process and ethical-legal issues associated with psychotherapy
- Understand the importance of research in psychotherapy (process and outcome research)
- Be able to critically analyze and choose specific interventions to treat a variety of clinical conditions.
- Be able to review/reflect on the schools of psychotherapy and cultivate their own style as a mental health professional.

404P: PSYCHOLOGICAL STATISTICS AND RESEARCH DATA ANALYSIS

On successful completion of this course, students would:

- Be able to organize and input data into SPSS
- Be able to carry out descriptive statistics in SPSS
- Be able to interpret the meaning of the results of descriptive statistics in an SPSS output
- Be able to carry out tests for parameters in SPSS

- Be able to interpret the meaning of the results of tests for parameters in an SPSS output
- Be able to carry out correlational statistics in SPSS
- Be able to interpret the meaning of the results of correlational statistics in an SPSS output
- Be able to carry out inferential statistics in SPSS
- Be able to interpret the meaning of the results of inferential statistics in an SPSS output
- Be able to code qualitative data
- Be able to input qualitative data into NVIVO
- Be able to carry out thematic analysis using NVIVO

405P: RESEARCH DISSERTATION

On successful completion of this course, students would:

- Be able to carry out extensive review of literature
- Be able to formulate a research problem/ research question
- Be able to write a research proposal
- Be able to identify useful tools for research
- Be able to collect data
- Be able to analyze the collected data
- Be able to interpret the results in light of the research problem/ research question
- Be able to discuss the findings
- Be able to write a research dissertation
- Demonstrate ethics in their practice and research

406AP INTERNSHIP IN CLINICAL SETTINGS

On successful completion of this course, students would:

- Be able to apply the theoretical understanding of different theories and concepts of psychotherapy in real-world clinical settings
- Be able to take a case history and MSE of real clients
- Conduct assessments and make recommendations, referrals

- Develop skills of effectively communicating the needs and requirements for testing, therapy, or referrals to clients and colleagues
 - Demonstrate empathy, social concern, acceptance of people from all walks of society
 - Develop competencies to work with people in multicultural situations
 - Demonstrate an attitude of multiculturalism and inclusiveness
 - Show ability to bring about social change through social action
 - Aspire to involve in policy changes
 - Demonstrate ethics in their practice
 - Be ethical practitioners with a dedication to the mental health profession
 - Develop a sense of civic responsibility of conserving and protecting the environment
 - Demonstrate self-awareness and achieve self-growth
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