



**CALICUT UNIVERSITY – FOUR-YEAR
UNDERGRADUATE PROGRAMME (CU-FYUGP)**

BSc PSYCHOLOGY

Programme	B. Sc. Psychology				
Course Title	Psychology In Everyday Life				
Type of Course	MDC 2				
Semester	II				
Academic Level	100 - 199				
Course Details	Credit	Lecture per week	Tutorial per week	Practical per week	Total Hours
	3	3	-	-	45
Course Summary	The aim of this course is to enrich students' understanding of themselves and others by nurturing a foundation in basic psychology concepts, empowering them to navigate the diverse aspects of everyday life.				

Course Outcomes (CO):

CO	CO Statement	Cognitive Level*	Knowledge Category#	Evaluation Tools used
CO1	Develop a foundational understanding of psychology, applying it to enhance everyday life by navigating challenges, fostering character strengths and making informed decisions for personal growth and well-being.	U	C,A,B	Instructor-created exams / Quiz

CO2	Analyse genetic and environmental factors shaping behaviour, master cognitive processes, employ memory enhancement techniques and apply strategies for overcoming biases.	Ap	C	Assignment/created exams
CO3	Apply psychological principles to cultivate emotional intelligence, comprehend motivations, role in daily life, master goal-setting. explore social dynamics and implement strategies for building and maintaining healthy relationships.	Ap	C	Seminar Presentation / Group Tutorial Work
CO4	Analyse Challenges to healthy living, identify sources of stress apply coping techniques, recognize the mental-physical health model, and employ skills for enhancing interpersonal relationships, advancing cognitive understanding in healthy living.	An	C	Instructor-created exams / Home Assignments
CO5	Student will be able to apply psychology in their every day life.	Ap	C,A,B	
* - Remember (R), Understand (U), Apply (Ap), Analyse (An), Evaluate (E), Create (C) # Cognitive component ©, Affective component (A), Behavioural component (B) Metacogni				

Detailed Syllabus:

Module	Unit	Content	Hrs (45)	50 Marks
I	Introduction		8	10
	1	Concept and meaning of Psychology, relevance of Psychology.	2	
	2	Psychology in everyday life: formation and challenges.	2	
	3	Character strength and virtues.	2	
	4	Practice of everyday living.	2	
II	Understanding of Human Behaviour		10	14
	5	Exploration of genetics and environmental influences on behaviour.	2	
	6	How we think, learn and remember information.	2	
	7	Memory improvement techniques.	2	
	8	Perception and interpretation of the world around us.	2	
	9	Common cognitive biases affecting decision-making, strategies to overcome cognitive biases.	2	

III	Emotion, motivation and Social Psychology.		10	14
	10	Understanding emotions and their impact.	2	
	11	Developing emotional intelligence.	1	
	12	Type of motivation and their role in everyday life.	2	
	13	Goal-setting strategies.	1	
	14	Exploring social dynamics, conformity and obedience.	2	
	15	Building and maintaining healthy relationships.	2	
IV	Role of Psychology in Health		8	12
	16	Challenges to healthy living, Health behaviour: Diet-Exercise, Sleep and Rest.	2	
	17	Sources of stress in everyday life, coping mechanisms and stress reduction techniques.	2	
	18	Model linking to psychology and physical health.	2	
	19	Psychological skills for enhancing interpersonal skills.	2	
V	Conduct activity based on Psychology in everyday life		9	
	20	Conduct group discussion based on present life style and psychological health.		
	21	Observing yourself, family members and friends social interaction style and submit report.		

Books and References

- Compton, W. C., & Hoffman, E. (2013). *Positive Psychology The Science of Happiness and Flourishing* (2nd ed.). Belmont, CA Wadsworth.
- DeWall, C. N., & Myers, D. G. (2023). *Psychology in everyday life* (6th ed.). New York, NY: Worth.
- Goleman, D. (1995). *Emotional Intelligence: Why It Can Matter More Than IQ*. Bantam Books.
- Peterson, C., & Seligman, M. (2004). *Character strengths and virtues*. Oxford University Press.
- Plomin, R., DeFries, J. C., Knopik, V. S., & Neiderhiser, J. M. (2016). *Behavioral Genetics* (7th ed.). Worth Publishers.
- Sarafino, E. P., & Smith, T. W. (2016). *Health Psychology: Biopsychosocial Interactions*. Wiley.
- Sternberg, R. J., & Sternberg, K. (2016). *Cognitive Psychology* (7th ed.). Cengage Learning.
- Suzanne C., de Janasz., Karen O., Dowd., Beth Z., & Schneider. (2015). *Interpersonal Skills in Organizations* .(5th ed.). New York , McGraw-Hill Education.
- Weiten, W. (1998). *Psychology: Themes and variations* (4th ed.). Thomson Brooks/Cole Publishing Co.

Note: The course is divided into five modules, with four modules together having total 19 fixed units and one open-ended module with a variable number of units. There are a total 36

instructional hours for the fixed modules and 9 hours for the open-ended one. Internal assessments (25 marks) are split between the open-ended module (5 marks) and the fixed modules (20 marks). The final exam, however, covers only the 21 units from the fixed modules. The 50 marks shown in the last column, distributed over the first four modules, is only for the external examination.

Mapping of COs with PSOs and POs :

	PSO1	PSO2	PSO3	PSO4	PSO5	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO 1	3	2	3	3	3	-	-	2	-	-	3	3
CO 2	2	3	2	2	2	-	3	-	2	-	-	-
CO 3	1	3	1	1	2	-	-	-	-	3	-	-
CO 4	1	2	2	2	2	-	3	-	-	-	3	3
CO 5	-	1	-	-	-	-	-	-	2	-	-	-

Correlation Levels:

Level	Correlation
-	Nil
1	Slightly / Low
2	Moderate / Medium
3	Substantial / High

Assessment Rubrics:

- Quiz / Assignment/ Quiz/ Discussion / Seminar
- Midterm Exam
- Programming Assignments (20%)
- Final Exam (70%)

Mapping of COs to Assessment Rubrics :

	Internal Exam	Assignment	Project Evaluation	End Semester Examinations
CO 1	✓			✓
CO 2	✓			✓
CO 3	✓			✓
CO 4		✓		✓
CO 5		✓		✓
CO 6				