

Bachelor of Counselling and Psychotherapy
SYLLABUS PRESCRIBED FOR B.C.AP. - PART II EXAMINATION
SEM IV CBCS (2024-25)

BCAP 41. Semester – IV Compulsory English

(To be implemented from the session 2024 - 25)

Total Periods: Theory + Tutorial = 75

Credit: 4

Prescribed Textbook: Black swan

- Note -Please Mention the Line –All Syllabus is prescribed excluding
The Prose No. IV The Story of an Hour by Kate Choplin and
The Poetry No. II Leisure by W H Davis for the Semester IV

UNIT-I- PROSE (12 MARKS)

- I) India: What Can it Teach Us? - Max Müller
- II) After Twenty Years - O. Henry
- III) The Homecoming - Rabindranath Tagore
- IV) The Story of an Hour- Kate Chopin

UNIT-II- POETRY (12 MARKS) by Board of Editors & published by Orient

- I) Gather Ye Rose Birds While Ye May – Robert Herrick
- II) Leisure- W.H. Davies
- III) Nature – H. W Longfellow
- IV) The Village Song – Sarojini Naidu

UNIT-III- BASICS OF COMMUNICATION SKILLS IN ENGLISH (12 MARKS)

- I) Adverb II) Adjective III) Interjection

UNIT- IV BASICS OF COMMUNICATION SKILLS IN ENGLISH (12 MARKS)

- I) Change the Voice II) Reported Speech/ Narration

UNIT- V- COMMUNICATION SKILLS (12 MARKS)

- I) Giving Personal Information
- II) Describing daily routine
- III) Talking about Current Activities

BCAP 41. A Communication Skills in English (AEC)

SKILL ENHANCEMENT MODULE (FOR INTERNAL ASSESSMENT)

- i. Expansion of Idea
- ii. Interpersonal Skills,
- iii. Listening Skills and Emotional Intelligence

B.C.A.P Semester IV as per NEP 2020
ABILITY ENHANCEMENT COURSE [AEC]
COMMUNICATION SKILL IN ENGLISH – II level

Maximum Marks: 30

Time: One Hour

Que. 1 A: Students shall have to answer any 8 out of 12 short answer questions based on Unit I to Unit II. $8 \times 2 = 16$

Que. 2 Students shall have to answer 4 out of 6 long answer questions based on Unit I to Unit II. $3.5 \times 4 = 14$

BCAP 42. Paper 3 -Developmental Psychology 2

Unit 1: Adolescence and Puberty

- Physical changes during puberty
- Cognitive changes in adolescence
- Identity development
- Peer relationships

Unit 2: Early and Middle Adulthood

- Physical changes in adulthood
- Cognitive changes in adulthood
- Social relationships in adulthood
- Career and family life

Unit 3: Late Adulthood and Aging

- Theories of aging
- Cognitive changes in old age
- Emotional well-being in older adults
- Social issues in aging

Unit 4: Death, Dying, and Bereavement

- Stages of grief
- Coping with death
- End-of-life issues
- Support for grieving individuals

Unit 5: Contemporary Issues in Development

- Influence of culture on development
- The role of technology in development
- Modern challenges in aging
- Lifespan perspective on development

Reference books

1. "The Psychology of Human Development" by B. L. Cratty
2. "Handbook of Adolescent Psychology" edited by Richard M. Lerner & Laurence Steinberg
3. "Adult Development and Aging" by John C. Cavanaugh and Fredda Blanchard-Fields
4. "The Social and Emotional Development of Children" by Marc H. Bornstein
5. "The Handbook of the Psychology of Aging" edited by K. Warner Schaie and Sherry L. Willis

BCAP 43. Paper 4 - Abnormal Psychology 2

Unit 1: Schizophrenia and Psychotic Disorders

- Symptoms and types of schizophrenia
- Causes and risk factors of schizophrenia
- Treatment approaches

Unit 2: Personality Disorders

- Overview of personality disorders
- Borderline Personality Disorder
- Antisocial Personality Disorder

Unit 3: Eating Disorders

- Anorexia Nervosa
- Bulimia Nervosa
- Binge Eating Disorder

Unit 4: Trauma-Related and Stress Disorders

- Post-Traumatic Stress Disorder (PTSD)
- Acute Stress Disorder
- Adjustment Disorders

Unit 5: Treatment of Abnormal Behaviour

- Psychotherapy (Cognitive-Behavioural Therapy, Psychodynamic Therapy)
- Medication and pharmacological treatments

- Alternative treatments and approaches (e.g., mindfulness, art therapy)

Reference books

1. Abnormal Psychology: Clinical Perspectives on Psychological Disorders by Thomas Oltmanns and Robert E. Emery-2013 (8th Edition) Pearson
2. Abnormal Psychology: A Scientist-Practitioner Approach by Benjamin B. Lahey -2017 (7th Edition) McGraw-Hill Education
3. Clinical Psychology: Science, Practice, and Culture by Andrew M. Pomerantz 2013 (4th Edition) Sage Publications
4. The Handbook of Abnormal Psychology by Gregory J. Boyle 2014, Wiley-Blackwell
5. DSM-5 (Diagnostic and Statistical Manual of Mental Disorders, 5th Edition) by American Psychiatric Association 2013, American Psychiatric Association Publishing

BCAP 44. Paper 5 -Psychological Measurements 2

Unit 1: Test Construction

1. Steps in Test Development
2. Writing Good Test Items
3. Pilot Testing and Item Analysis

Unit 2: Reliability and Validity

1. Methods of Checking Reliability (Test-Retest, Split-Half, etc.)
2. Methods of Checking Validity (Content, Construct, Criterion)
3. Factors Affecting Reliability and Validity

Unit 3: Norms and Standardization

1. Norms– Types (Age, Percentile, etc.)
2. Standardization Process of a Test
3. Importance of Norms in Psychological Testing

Unit 4: Application of Psychological Tests

1. Use of Psychological Tests in Schools
2. Use of Psychological Tests in Clinical Settings
3. Use of Psychological Tests in Organizations

Unit 5: Current Trends in Psychological Measurements

1. Use of Technology in Psychological Testing
2. Online and Computer-Based Testing
3. Future of Psychological Measurements

Reference Books

1. "Measurement and Evaluation in Psychology and Education" – Robert M. Thorndike
2. "Handbook of Psychological Assessment" – Gary Groth - Marnat
3. "Tests, Measurements, and Research Methods in Behavioural Sciences" – A.K. Singh
4. "Psychometrics: Theory and Practice" – N.K. Chadha

BCAP 45.- Paper 6: Research and Statistics in Psychology 2

Unit 1: Descriptive Statistics

1. Summarizing Data: Simple Definitions
2. Measures of Central Tendency: Mean, Median, Mode
3. Measures of Variability: Range and Differences
4. Graphical Representation: Bar Graphs and Line Charts

Unit 2: Understanding Relationships (Correlation)

1. Introduction to Correlation: Positive and Negative
2. Everyday Examples of Correlation
3. Measuring Correlation: Simple Explanation
4. Graphs to Show Relationships

Unit 3: Comparing Groups

1. Basics of Comparing Two Groups
2. Real-Life Examples of Group Differences
3. Introduction to Simple Statistical Tests (t-Test Basics)
4. Fairness in Group Comparisons

Unit 4: Writing Research Reports

1. Steps to Write a Simple Research Report
2. Showing Results Using Tables and Graphs
3. Explaining Findings Clearly
4. Ethical Guidelines for Writing and Sharing Results

Unit 5: Applications of Research and Statistics

1. Research in Understanding Human Behaviour
2. Importance of Research in Counselling and Therapy
3. Everyday Uses of Statistics for Decisions
4. Using Simple Tools for Research and Data

References Books

1. Kothari, C. R. (2004). Research Methodology: Methods and Techniques (2nd ed.). New Age International Publishers.
2. Broota, K. D. (1992). Experimental Design in Behavioural Research. New Age International Publishers.
3. Singh, A. K. (2006). Tests, Measurements and Research Methods in Behavioural Sciences. Bharati Bhavan.
4. Howitt, D., & Cramer, D. (2017). Research Methods in Psychology: A Handbook (5th ed.). Routledge.
5. Field, A. P. (2013). Discovering Statistics Using IBM SPSS Statistics (4th ed.). SAGE Publications Ltd.

Sem 4 – Practical IV

(Any 8 Psychological tests)

1. Moral Development
2. Attachment Styles
3. Learning Styles
4. Attitudes and Beliefs
5. Prejudice and Stereotyping
6. Leadership Styles
7. Interpersonal Relationships
8. Social Skills
9. Job Satisfaction
10. Academic Achievement
11. Body Image
12. Addiction and Substance Use