

T.Y.B.A. Psychology Syllabus Semester V & VI



Hindi Vidya Prachar Samiti's

**RAMNIRANJAN JHUNJHUNWALA
COLLEGE OF ARTS, SCIENCE &
COMMERCE**

(EMPOWERED AUTONOMOUS COLLEGE)

Affiliated to

UNIVERSITY OF MUMBAI

Syllabus for the T.Y.B.A.

Program: B.A. PSYCHOLOGY

Program Code: RJPSY

National Education Policy (NEP 2020)

(CBCS 2025-2026)

Preamble

The National Education Policy 2020 aims at imparting skill-based learning and caters to the multiple entry and exit facility for the students thus empowering them to acquire knowledge at their pace in the three-year UG program, the student has two exit options. Students also have the option of choosing the Honors program of four years of study in a given discipline and later converting it to a five-year integrated PG degree program. As an undergraduate student, he/she learns the core subject (Major), a subject complementing the core subject (Minor), a course from another discipline (OEC or GEC) Vocational and Skill Enhancement course from the Major (VSEC). The remaining verticals under NEP 2020 are IKS (Indian Knowledge System), AEC (Ability Enhancement Course), VEC (Value Enhancement Course) and with progressive three years of UG, student also completes at different levels OJT (On Job Training), FP (Field Projects), CEP (Community Engagement Project), RP (Research Project) which helps him/her in understanding their roots, application of the knowledge for the benefit of self and the society. Vertical CC (Co-curricular activities and activities related to yoga and human well-being) helps in preparing youth with good character and interpersonal relationships.

T.Y.B.A. Psychology Syllabus Semester V & VI

T.Y.B.A. PSYCHOLOGY

Credit structure as per NEP-2020 implemented from the academic year 2025-26

Mandatory Courses for Students opting Psychology Major:			
Vocational Skill Course	RJVSCPSY501	Counselling Psychology (Part 1)	4

T.Y.B.A. Psychology Syllabus Semester V & VI

T.Y.B.A. PSYCHOLOGY

Credit structure as per NEP-2020 implemented from the academic year 2025-26

Mandatory Courses for Students opting Psychology Major:			
Vocational Skill Course	RJVSCPSY601	Counselling Psychology (Part 2)	2

DISTRIBUTION OF TOPICS AND CREDITS

T.Y.B.A. PSYCHOLOGY SEMESTER V

Paper Name: VSC: Counselling Psychology

Course Code	Paper Title	Credits	Topic Headings
RJVSC501	Counselling Psychology Part I	04 (60 hours)	● Aspects of Counselling ● Building Counselling Relationships ● Working in and Closing a Counselling Relationship ● Counselling with Diverse Population

DISTRIBUTION OF TOPICS AND CREDITS
T.Y.B.A. PSYCHOLOGY SEMESTER VI

VSC

Paper Name: Counselling Psychology

Course Code	Paper title	Credits	Topics heading
RJVSCPSY601	Counselling Psychology Part II	2	● Groups In Counseling ● Testing, Assessment, And Diagnosis In Counseling

Course Outcomes (COs) B.A. PSYCHOLOGY
VSC

SEMESTER	:	V -
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TITLE OF THE SUBJECT	:	Counselling Psychology VSC
COURSE CODE	:	RJVSCPSY501
CREDITS	:	04
DURATION	:	60 HOURS

LEARNING OBJECTIVES	
1	Illustrate self-awareness of basic skills, theories, & processes applied in Counselling Practice.
2	Examine the scope of the field through various specializations in Counselling Practice.
3	To have students develop an interest in and an understanding of Counselling concepts
4	To have students understand counsellor's roles and responsibilities in practice environments

COURS E OUTCO ME NUMBE R		PSO Addressed	BLOOMS LEVEL
CO1	Students would learn and apply the personal and professional aspects of counselling	1	BT Level III, IV Apply draw conclusions
CO2	Students would identify unique features of Counselling as a profession.	1, 3	BT level III, IV and V
CO3	Students would understand the process to be followed while helping people and the roles and responsibilities of the counselor.	1,3	BT level III, IV and V

CO4	Students would identify the key ingredients necessary for successful helping.	1,3	BT level III, IV and V
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SEMESTER V		L	CR
VSC Counselling Psychology Part I	Paper Code : RJVSCPSY501	45	4
Unit I: Aspects of Counselling		11	
● Personal Aspects			
● Professional Aspects			
C. Ethical Aspects			
D. Legal Aspects			
Unit II: Building Counselling Relationships		12	
● Factors influencing the Counselling Process			
● Handling initial inhibitions and stigma in india			
● Types of Initial Interviews			
● Conducting the Initial Interview			
Unit III: Working in and Closing a Counselling Relationship		11	
● Counsellor skills in the working stage			
● Transference and Countertransference			
● The real relationships & Function of closing a counselling relationship			
● Timing, issues, resistance, premature and counsellor initiated closing			
Unit IV: Counselling with Diverse Population		11	

● Counseling Aged Populations		
● Gender-Based Counseling		
● Counseling and Sexual Orientation		
● Counseling and Spirituality		

**Course Outcomes (COs) B.A. PSYCHOLOGY
VSC**

SEMESTER	:	VI -
TITLE OF THE SUBJECT	:	Counselling Psychology VSC
COURSE CODE	:	RJVSCPSY601
CREDITS	:	02
DURATION	:	30 HOURS

LEARNING OBJECTIVES	
1	Illustrate self-awareness of basic skills, theories, & processes applied in Counselling Practice.
2	Examine the scope of the field through various specializations in Counselling Practice.
3	To have students develop an interest in and an understanding of Counselling concepts
4	To have students understand counsellor's roles and responsibilities in practice environments

COURS E OUTCO ME NUMBE R		PSO Addressed	BLOOMS LEVEL
CO1	Students would come to know the important major theories practiced in the counselling process.	1	BT Level III, IV Apply draw conclusions

CO2	The learners would understand micro-skills required to practice Counselling.	1, 3	BT level III, IV and V
CO3	Students would understand theoretical foundations underlying different counselling and psychotherapeutic approaches and critically evaluate the strengths, limitations associated with each of them.	1,3	BT level III, IV and V
CO4	Students can feel motivated to seek further training to practice Counselling.	1,3	BT level III, IV and V

SEMESTER VI		L	CR
VSC Counselling Psychology Part II	Paper Code : RJPVSCSY601	30	2
Unit I: Groups In Counseling		15	
● A Brief History of Groups, Misperceptions and Realities about Groups & The Place of Groups in Counseling			
● Benefits and Drawbacks of Groups, Types of Groups			
● Theoretical Approaches in Conducting Groups & Stages in Groups,			
● Issues in Groups & Qualities of Effective Group Leaders			
Unit II: Testing, Assessment, And Diagnosis In Counseling		15	
● A Brief History of the Use of Tests in Counseling & Tests and Test Scores			
● Problems and Potential of Using Tests & Qualities of Good Tests			
● Classification of Tests & Administration and Interpretation of Tests			
● Assessment & Diagnosis			

EVALUATION (TOTAL 100 MARKS PER SEMESTER)

Pattern: 50 marks Total

Internal Assessment (20 Marks):

- Class Test

Semester End Examination (30 Marks):

- Two questions will be asked – one from each unit respectively (15 Marks each)
- Each question will have an internal option (attempt A or B)
- Whole questions for 15 marks can be asked or Sub-questions can be asked.

Question No.	Unit	Internal Option	Max. Marks (60)
1.	I	A) _____ or B) _____	15
2.	II	A) _____ or B) _____	15

Book for study:

Gladding, S. T. (2018). *Counselling: A Comprehensive Profession*. (8th ed.). Pearson Education. (Indian Subcontinent Version)

Egan, G. & Reese, R. J. (2019). *The Skilled Helper: A Problem-Management and Opportunity-Development Approach to Helping*. (11th ed.) Cengage Learning.

References:

Capuzzi, D., & Gross, D. R. (2020). *Introduction to the Counselling Profession*. (8th ed.). Cognella Academic Publishing.

Corey, G. (2013). *Theory and Practice of Counselling and Psychotherapy* (9th ed.). Cengage Learning.

Cormier, S., Nurius, P. S., & Osborn, C. J. (2016). *Interviewing and Change Strategies for Helpers* (8th ed.). Cengage Learning.

Dryden, W., & Reeves, A. (Eds). (2008). *Key issues for Counselling in Action*. (2nd ed.). Sage Publications.

Heppner, P. P., Wampold, B. E., & Kivlighan, D. M. Jr. (2008). *Research Design in Counselling*. (3rd ed.). Brooks/ Cole.

Welfel, E. R., & Patterson, L. E. (2005). *The Counselling Process: A Multi-theoretical Integrative Approach*. (6th ed.). Thomson Brooks/ Cole