

B.A.(Hons.) Applied Psychology

The Applied Psychology programme at the undergraduate level visualizes that training needs to attend to the following considerations:

Developing an understanding of various theoretical concepts underlying applied psychology

Inculcating the knowledge provided to them via classroom lectures, workshops or seminars and applying the same in real life settings.

Practicing effective listening skills in order to understand narratives of pain and social suffering enabling them to become more aware about themselves and others.

Developing and understanding of research skills so that students are able to design and conduct systematic and ethical applied and basic psychological research studies.

Development of skills related for competence in clinical work with a focus on empathetic understanding

Enhancement of knowledge related to self through the utilisation of Indian Psychological concepts for personal growth.

Learning skills related to research and analysis of data in a scientific manner using SPSS and other social science software.

3. GRADUATE ATTRIBUTES IN APPLIED PSYCHOLOGY

DISCIPLINARY KNOWLEDGE

To understand the fundamental concepts of Psychology along with various fields and to enable students to apply this knowledge Comprehension of major concepts, theories, principles, perspectives, historical roots and research findings. Students become theoretically more informed and insightful about various aspects of behaviours and different mental processes.

COMMUNICATION SKILLS

Acquiring the skill for effectively presenting oneself to others, effectively communicating one's intentions with the help of relevant verbal and non-verbal cues. Communication built on empathy as is a core part of Applied Psychology . Learning to explore the world of marginalised people with empathy, compassion and concern. Displaying non-judgemental attitude and actively listening with any of the special groups they choose to study.

ANALYTICAL SKILLS

The ability to inculcate inductive and deductive reasoning ;to comprehend the basic structure and interrelationship; to deduct inferences of various concept of applied psychology.

RESEARCH RELATED SKILLS

To develop an attitude of scientific enquiry and critical thinking, ability to plan, design and carry out research, data analysis and drawing inferences. Maintain ethical research practices.

REFLECTIVE THINKING

Becoming aware of one's and others' strength and weaknesses in the context of social system. This will further enhance students well-being and their ability to do so for the society at large.

LIFELONG LEARNING

The Applied Psychology graduate has an ethical responsibility to maintain competence in all their work as researchers, trainers, educators and/or practitioners etc. through lifelong learning.

SELF-DIRECTED LEARNING

Develop listening ability and working on one's strength and weaknesses by acquiring feedback from significant others so that one can evolve towards the higher stage of learning.

LEADERSHIP READINESS/ QUALITIES

Applied Psychology graduate demonstrates an ability to incorporate socio-cultural factors in scientific inquiry, so as to conduct contextually sensitive research that may bridge the research and practice divide. This applied perspective builds on their leadership attributes. These can further be enhanced and guided towards more meaningful roles in the community.

MULTICULTURAL COMPETENCE

To develop sensitivity among students through the discipline of Applied Psychology so that they can perceive and sensitize themselves to the enrichment present among various cultures and ethnic groups in the place of work, home, neighbourhood and the world at large.

MORAL AND ETHICAL AWARENESS

Graduation journey is an inter-junction between formal school setup and the place of work, hence it is important to foster moral and ethical outlook in their academic as well as real life endeavours.

INFORMATIONAL AND DIGITAL LITERACY

An attitude of scientific inquiry and critical thinking, ability to plan, design and conduct research, analyse data and interpret them and behaviour is must for an Applied Psychology graduates. This is fostered by developing an ability to use data analytic procedures like SPSS and other open- source computational software. Applied Psychology graduates acquire mastery of the use of computers and internet in conducting experiments and surveys. The social media is also used as a medium for data and understanding social trends thereby focussing on digital literacy.

CRITICAL THINKING

The Applied Psychology graduate has the ability to relate and connect concepts with personal experiences and using critical thinking. He/she has curiosity and ability to formulate psychology related problems and using appropriate concepts and methods to solve them. There is articulation of ideas, scientific writing and authentic reporting, effective presentation skills. Further they are able to dealing with conflicting theories and approaches, learning to withstand ambiguities and understanding the limitations of the discipline.

PROBLEM SOLVING

Problem Solving is a mental process that involves discovering, analysing and solving problems. The ultimate goal is to overcome obstacles and find a solution that best resolves the issue. The Applied Psychology graduate is trained to be an effective and efficient problem solver.

RESEARCH RELATED SKILLS

Since the Applied Psychology graduate's training focuses on understanding the application of the basic Psychological processes their research-related skills are automatically enhanced. Through research in the field they understand how the basic processes are applied.

COOPERATION/TEAMWORK

The Applied Psychology graduate will be trained to have the ability to work both independently and in group and dealing effectively with clients and stakeholders, learning the art of negotiation. As a part of their training collaboration, cooperation and realising the power of groups and community is emphasized.

SCIENTIFIC REASONING

Applied Psychology graduates have the ability for articulation of ideas, scientific writing and authentic reporting with effective presentation skills. This is made possible by challenging stereotypes, thinking out-of-the-box, analyzing and trying alternatives, and questioning conclusions based on newer evidence.