

DhairyaDa

Center for Psychological Well-Being

Priority Topics

General Psychology

- Learning
 - Trial and Error by Thorndike and the cat experiment
 - Law of exercise, effect and readiness given by Thorndike
 - Classical Conditioning
 - Applications of Classical conditioning: extinction, spontaneous recovery, generalization and discrimination (Questions typically focus more on applying concepts through examples rather than asking direct questions.)
 - Operant Conditioning
 - Reinforcement and Punishment (Most important)
 - Schedules of Reinforcement (Questions focus on applying concepts and are not direct)
 - Shaping and Chaining
 - Observational learning and bobo doll experiment
 - Latent and insight learning

- Memory
 - Models of memory
 - Types of memory

- Chunking, Elaborative rehearsal, Maintenance rehearsal, Selective attention
- Forgetting Curve by Ebbinghaus
- Theories of Forgetting (Proactive and Retroactive Interference)
- Amnesia and its types
- Elizabeth Loftus Experiment (memory can be manipulated by information)
- Motivation
 - Types of motivation (Intrinsic and Extrinsic)
 - Theories of Motivation
 - Maslow's needs Hierarchy
 - McClelland's Three Needs Theory
- Emotions
 - Theories of emotions
- Perception
 - Transduction
 - Absolute and differential threshold (Questions have been asked using examples)
 - Structure of Eye (Not very important)
 - Structure of Ear (Not very important)
 - Gestalt principles of perceptual organization
 - Perceptual Constancies
 - Depth Perception

- Visual Cliff experiment
- Illusions
- Autokinetic effect, Stroboscopic motion and Phi Phenomenon
- Subliminal Perception
- States of Consciousness
 - Circadian Rhythms
 - Stages of sleep
- Intelligence
 - Theories of Intelligence
 - What is IQ, MA, CA, EQ
 - Different scales to measuring IQ
 - Intellectual Deficiency and Giftedness
 - Flynn Effect
 - Raven's Progressive Matrices
 - Creativity and the steps involved in creativity
- Thinking and Language
 - Types of reasoning (Inductive and Deductive)
 - Different types of Heuristics
 - Linguistic Hierarchy (Phonemes, Morphemes, Syntax, Semantics, Pragmatics and Discourse)
 - Language Acquisition Device
 - Linguistic Relativity Hypothesis
- Personality

- Type and Trait Approach (Also do theories under these approaches)
- Allport and Cattell theory (Important)
- Five Factor Model
- Psychoanalytic Approach (Structure of Personality, Levels of Consciousness, Anxiety and Defense mechanisms; and Psychosexual Stages of Development)
- Oedipus and Electra Complex
- Humanistic Approach (Rogers and Maslow)
- Different Methods of measuring personality (Self Report tests- MMPI, 16PF; Projective - Rorschach test, TAT)
- Social Learning Theory by Bandura
- Behavioral Approach
- Archetypes by Carl Jung
- Stress
 - Hans Selye General Adaptation Syndrome Model
 - Lazarus Cognitive Appraisal Model
 - Health-Belief Model
 - Personality
 - Hardiness

REFERENCES

- Ciccarelli, S. & White, J.H. (2012). Psychology. N.Y.: Prentice Hall
- Baron R.A. (2001). Introduction to psychology. (5th ed.). Pearson education
- Passer, Smith (2007). Psychology: the Science of Mind and behaviour.

Research Methodology

- What is Research
- Types of Research
 - Quantitative and Qualitative
 - Descriptive and Analytical
 - Applied and Basic
- Hypothesis
 - Null and Alternate
- Variables
 - Independent and Dependent Variables
 - Extraneous, Confounding and Controlled Variables
 - Ways of controlling Extraneous Variables
- Single Blind and Double Blind Studies
- Types of Reliability and Validity
- Norms
- Types of Sampling
- Research Designs
 - Experimental (Between: Random Group design, Matched Group Design & Factorial Design; Within Group Design)

- Nonexperimental (Ethnography, Case study, Phenomenology, Survey, Focus Group Discussion, Observational Method, Survey Method, Correlational Method)
- Quasi Experiment

- Difference between laboratory and field experiments

- Primacy and Recency Effect

- Ethics in Research

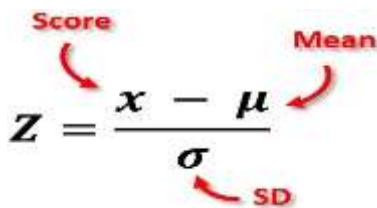
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- Singh, A.K. (2009). Tests, Measurements and Research Methods in Behavioural Sciences. New Delhi: Bharati Bhawan.
- Kerlinger, F. N. (1993). Foundations of Behavioural Research. New Delhi: Surjeet Publications.
- Broota K. D. (1992). Experimental Designs in psychological research. New Age Intl Publication.
- Christensen, L., Johnson, R. B., & Turner, L. A. (2010). Research Methods, Design, and Analysis. <http://ci.nii.ac.jp/ncid/BB0607124X>

Statistics

- Measures of Central Tendency
 - Calculations will be rarely asked
 - Uses of mean, median & mode is important (Principles or in which situations they are used)

- Mode= 3 Median - 2 Mean (Questions are often asked wherein you just have to put in values into this formula)
- Scale of Measurement
- Measures of Dispersion
 - Uses of each of them
- Normal Probability Curve
 - Characteristics
 - Kurtosis and Skewness
- One tailed and two tailed test (Important)
- Type I and Type II errors (Very Important)
- Effect size
- Standard Scores

$$Z = \frac{x - \mu}{\sigma}$$


- Parametric and Non- Parametric Testing
 - Usually questions are asked around when is a particular test used
 - For example: Which test can be used when there are multiple DVs: MANOVA or which test can be used with nominal variables: Chi Square
 - Nonparametric alternative for a particular parametric test

- At times it is also asked to calculate df
- Correlation
 - Types of correlation
 - When is Pearson's correlation and Spearman's Correlation used
 - Partial Correlation
- Regression
 - Types: Linear & Simple
 - Meaning and use

REFERENCES

- King, Bruce. M., Minium, E.W. et al. (2018). *Statistical Reasoning in the Behavioral Sciences (7th Edition)*. Wiley Publications.
- Field, A. (2009). *Discovering Statistics Using SPSS*. SAGE Publications.
- Mayers, A. (2013). *Introduction to Statistics and SPSS in Psychology*.
- Mangal, S. K. (2002). *STATISTICS IN PSYCHOLOGY AND EDUCATION*.

Biopsychology

- Neuron
 - Structure and Function
 - Types
- Action Potential

- Glial cells and types
- Neurotransmitters
 - Types and Functions (Serotonin, Dopamine, GABA, Acetylcholine)
- Central Nervous System and Peripheral Nervous System
 - Functions of Autonomic and Somatic Nervous System
 - Parasympathetic and Sympathetic Nervous System
 - Cranial and spinal Nerves
 - Parts of Brain and their Functions
- Spinal Cord
- Major endocrine glands and their functions
- Agnosia, Aphasia, Parkinson's, Alzheimer's and Dementia

REFERENCES

- Kalat, J. W. (2015). *Biological Psychology*. Cengage Learning.
- Pinel, J. P. J. (2014). *Biopsychology*.
- <https://youtu.be/rsMjUvMXxpE> - neuron structure and function
- https://youtu.be/AwES6R1_9PM - glial cells
- <https://youtu.be/oa6rvUJlg7o> - action potential

Testing

- Reliability and Validity
- Item analysis
- Inter-item Correlation
- Item total correlation

- Scree plot
- Factor analysis
- Likert, Thurstone & Bogardus Scale
- Correlation Coefficient

REFERENCES

- Leslie A. M., Robert L. L., and Sandra A. M.(2013). Psychological Testing – A practical Approach(4th edition). New Delhi: Sage Publications.
- Gregory, R. J., (2008)Psychological Testing - History, Principles and Applications (6th edition). New Delhi: Pearson Education
- Anastasi, A., & Urbina, S., (2003). Psychological testing(7th edition).New Delhi: Pearson Education.
- Kaplan, R.M.,& Saccuzzo, D. (2007). Psychological Testing: Principles, Applications, and issues(6th edition).

Social Psychology

- Cognitive Dissonance theory
- Heuristics
- Schemas
- Self concept, Self esteem & Self Monitoring
- Priming
- Biases (Optimistic bias, Overconfidence barriers, Planning Fallacy and Counterfactual thinking)
- Prosocial Behavior
 - Diffusion of responsibility

- Bystander Effect
- Pluralistic Ignorance
- Just world belief
- Facial Feedback Hypothesis
- Attribution
 - Theories (Fritz Heider - Jones and Davis - Kelley's Attribution theory)
 - Errors: Self-serving bias, actor observer bias and correspondence bias
- Prejudice, discrimination and stereotypes
 - Sources of prejudices (Learning, Kernel of Truth, Scapegoating, Self-fulfilling Prophecy and Strong social identity) - Best given in NCERT CLASS 12
- Attitude
- Social Loafing and Social Facilitation
- Social Influence
 - Conformity
 - Solomon Asch's Experiment
 - Autokinetic Effect
 - Compliance
 - Techniques of Compliance
 - Obedience
 - Milgram's Experiment
- Persuasion
- Sternberg's Love theory
- Stages of Group Development (Forming, Storming, Norming,

- Performing and Adjourning)
- Aggression
 - Types
 - Frustration-Aggression Hypothesis
 - Bullying (Not Very Important)
- Deindividuation
- Group Polarisation and Groupthink
- Types of Coping (Emotion & problem focussed)
- Theory of Planned Behavior

REFERENCES

- Baron R.A. (2006). Social psychology. (5th ed.). Pearson/Allyn & Bacon.
- Deaux and Wrightsman (2008). Social psychology. (5 th ed.). Brooks/Cole Publishing.
- Feldman, R.S. (2001). Social psychology. (3rd ed.). Pearson Education.
- Taylor, S.E., Peplau, L.A. & Sears, D.O. (2006). *Social Psychology (12th Ed.)*. New Delhi: Pearson.

Developmental Psychology

- Difference between genotype and phenotype
- Urie Bronfenbrenner's Model
- Harry Harlow's experiment
- Cephalocaudal and Proximodistal development
- Newborn Reflexes
- Teratogens

- Piaget's theory of Cognitive Development
- Vygotsky's Sociocultural Model
- Kohlberg's Theory of Moral Development
- Bowlby's Attachment theory
- Piaget's theory of moral Development
- Erik Erikson's Theory

REFERENCES

- Berk, L. E. (2004). Development through the lifespan (3rd ed.) N.D.: Pearson
- Santrock, J. W. (2007). Adolescence (11th ed.) N.D.: Tata M.C. - GrawHill.

History of Psychology

- Understanding some important terms: free will, determinism, Empiricism and reductionism
- Reading about different schools of psychology: Structuralism, functionalism, gestalt psychology, Behaviorism, Psychoanalysis, humanism, existentialism and cognitive psychology
- "Penis Envy"- Concept given by Karen Horney
- Carl Jung
 - Three levels of Consciousness
 - Archetypes
 - Anima and Animus

- Persona
- Behaviorism
 - Little Albert experiment of Fear conditioning
 - Mary Cover Jones Experiment
- Neobehaviorism
 - Edward Tolman experiment of latent learning
 - Cognitive Maps
 - Skinner's Experiment
- Humanism
 - Maslow's theory of need Hierarchy
 - Carl Rogers Theory
- Cognitive Psychology
 - Language Acquisition Device by Noam Chomsky
 - George Miller- magic number 7
- Psychoanalysis
 - Transference and Countertransference
 - Free Association
 - Hysteria
 - Dream Analysis - condensation and displacement
 - Resistance and Repression
 - Types of Anxiety- Objective, Neurotic and Moral
 - Castration anxiety
- Existentialism
 - Victor Frankl- Logotherapy
- Object Relations Theory

Clinical Psychology

- DSM and ICD
- Anxiety disorders
- Obsessive- Compulsive Disorders
- Mood Disorders
- Somatoform Disorders
- Dissociative Disorders
- Neurodevelopmental Disorders
- Schizophrenia
- Personality Disorders
- Therapeutic Approaches
 - Psychodynamic Therapy
 - Behavioral Therapy
 - Exposure Therapy
 - Modeling
 - Aversive therapy
 - Token Economy
 - Systematic Desensitization
 - Principle of Reciprocal Inhibition
- Cognitive- Behavioral Therapy
 - REBT by Albert Ellis
 - Cognitive Therapy by Aaron Beck
 - Humanistic Therapy
 - Client Centered Therapy
- Diathesis Stress Model
- Causes of Depression

- Depressive Attributional Style
- Negative Cognitive Style by Beck
- Learned Helplessness Model

REFERENCES

- Durand, V. M., & Barlow, D. H. (2000). Abnormal psychology: An introduction. Wadsworth/Thomson Learning.
- Butcher, J. N., Mineka, S., & Hooley, J. M. (2017). Abnormal psychology. Pearson Education India.

Organizational Psychology

- Hawthorne Studies
- McGregor's Theory
- Herzberg's Theory
- Job Characteristics Model
- Equity Theory
- Expectancy Theory
- Goal Setting Theory
- MBO
- Types of Organizational Commitment (affective, continuance and normative)
- Hofstede's Model
- Leadership Studies
 - Ohio studies
 - University of Michigan Studies

- Contingency and Path goal model
- Job Analysis
- Laissez-faire Leadership
- Training Methods
 - On site: On the job training, vestibule training, Job rotation, Apprenticeship
 - Off site: Lectures, Conferences, Simulations
- Charismatic, Transactional and Transformational Leadership

REFERENCES

- Greenberg, J. & Baron, R.A. (2007). Behaviour in organizations (10th Ed.).
- DeNisi, A.S. Griffin, R.W. & Sarkar, A. (2016). HR - A South Asian Perspective. New Delhi: Cengage Learning.

Positive Psychology

- Hedonic and Eudaimonic Happiness
- Broaden Build Theory of Positive Emotions
- Flourishing
- Flow State
 - Autotelic Personality
- Savoring
- Resilience
 - Sources of Resilience
 - Socioemotional selectivity theory

- Post traumatic growth
- Optimism
 - Optimistic Attributional Style
 - Learned Optimism
- Self Efficacy and Self esteem
- Ryff's model of psychological well being

REFERENCES

- Snyder, C. R., Lopez, S. J., & Pedrotti, J. T. (2011). *Positive psychology: The scientific and practical explorations of human strengths* (2nd ed.). Thousand Oaks, Calif.: SAGE.
- Baumgardner, S. R., & Crothers, M. K. (2009). *Positive psychology*. Prentice Hall/Pearson Education.
- Carr, A. (2011). *Positive psychology: The science of happiness and human strengths* (2nd ed.). Routledge/Taylor & Francis Group.

Health Psychology

- Arthritis
- Types of pain (Asked last year)
- Hypertension
- Coronary Heart Disease
- Diabetes
- Psychoneuroimmunology and Cancer
- Stroke
- Biopsychosocial Model

- Transtheoretical Model of Health Behaviour Change

REFERENCES

- Taylor, S. (2006). Health Psychology (6th ed). New Delhi: Tata McGraw Hill.
- Marks, D. F., Murray, M., Evans, B., Willing, C., Woodall, C., Sykes, C. M. (2005). Health Psychology Theory, Research & Practice. New Delhi: Sage.

Cognitive Psychology

- Attention
- Memory
- Perception
- Language
- Learning
- Consciousness & its states
- Cognitive Development
- Social Cognition
- Artificial Intelligence and Cognitive Modeling

REFERENCES

- Cognitive Psychology by Solso, MacLin, MacLin (Eighth Edition)

DISCLAIMER:

This list comprises essential topics that should be thoroughly studied for the Master's entrance exam.

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However, it is important to note that this list solely consists of topics that have been previously asked. Merely covering these topics may not guarantee admission into a Master's program; additional preparation may be necessary.