



## **Vocational Skill Courses (VSC) connected to Major Social Counselling**

**APPROVED BY THE BOARD OF STUDIES IN SOCIOLOGY  
AND  
FINALIZED BY THE ACADEMIC COUNCIL**

**Devrukh Shikshan Prasarak Mandal's  
Nya. Tatyasaheb Athalye Arts, Ved. S. R. Sapre Commerce, and  
Vid. Dadasaheb Pitre Science College (Autonomous), Devrukh.  
Tal.Sangmeshwar, Dist. Ratnagiri-415804, Maharashtra, India**

**Academic Council Item No:** \_\_\_\_\_

Name of the Implementing Institute	:	Nya. Tatyasaheb Athalye Arts, Ved. S. R. Sapre Commerce, and Vid. Dadasaheb Pitre Science College (Autonomous), Devrukh. Tal. Sangmeshwar, Dist. Ratnagiri-415804,
Name of the Parent University	:	University of Mumbai
Name of the Programme	:	Bachelor of Arts
Name of the Class to Which the course is Open	:	First Year, Semester Two
No. of Credits	:	02
Title of the Course	:	Sociology
Course Code	:	SOVS102
Passing Marks	:	40%
Nature of Course	:	Sociology
Level	:	Under Graduate (Level 4.5)
Pattern	:	60:40
Status	:	Vocational Skill Courses (VSC)
To be implemented from Academic Year	:	2023-24

**First Year of Bachelor of Arts (Sociology)**

**Vocational Skill Courses (VSC)**

Title of the Paper

**Social Counselling**

Revise Syllabus Under Autonomy for NEP

**(With effect from the Academic Year 2023-2024)**

Semester	Paper Code	Paper	Lectures /Practical	Evaluation Weightage			Credits
				External	Internal	Total	
Semester II	SOVS102	Social Counseling	02 (Per Week)	30	20	50	02

**Learning objectives of this course are to educate the students about:**

- i) Students will understand the concept of Self-Awareness and Happiness
- ii) Students can understand how to deal with Stress and Current Life Style

**COURSE CONTENT**

Module No.	Content	No. of Lectures: 02 (Per Week)
1	<b>Module 1: Introduction: Self-Awareness and Happiness</b> <ul style="list-style-type: none"><li>• Getting to know each other</li><li>• Getting to know One Self</li><li>• What Makes One Happy/ Unhappy? Outer Vs Inner Source of Happiness, Joy of giving</li></ul>	02
2	<b>Module 2: Life Style Choices: Stress and Management</b> <ul style="list-style-type: none"><li>• Meaning and Definition of Stress and Management</li><li>• Career Pressures and Examinations</li><li>• Dealing of Despoilments: Copying Skills, Health and Fitness</li></ul>	02

### Access to the Course

The course is available for all the students admitted for Bachelor of Arts as a Major or a Minor. The students seeking admission in other disciplines may select the course as a minor considering the terms and conditions laid down by the University of Mumbai, the Government of Maharashtra, and the college, from time to time.

### Forms of Assessment

The assessment of the course will be of Diagnostic, Formative and Summative type. At the beginning of the course diagnostic assessment will be carried out. The formative assessment will be used for the Continuous Internal Evaluation whereas the summative assessment will be conducted at the end of the term. The weightage for formative and summative assessment will be 30:20. The detailed pattern is as given below.

**Term End Evaluation  
(30 Marks) Question  
Paper Pattern  
Time: 2 hours**

Question No.	Unit/s	Question Pattern	Marks
Q.1	I	Attempt ant 2 out of 3	15
Q.2	II	Attempt ant 2 out of 3	15
		Total	30

**Internal evaluation (20 Marks)**

Sr. No.	Description	Marks
1	Mid Term Examinations	10
2	Active Participation in teaching learning Process	05
3	Subject related activities as assigned by the teacher	05
	Total	20

### Grading Scale

The grading scale used is O to F. Grade O is the highest passing grade on the grading scale, and grade F is a fail. The Board of Examinations of the college reserves the right to change the grading scale.

### Reading List:

- Aronson, E. (2011). The Social Animal (11th ed.). New York: Worth Publishers.
- Aronson, E., Wilson, T. D., & Akert, R. M. (2015). Social Psychology (9th ed.). Boston, MA: Pearson/Allyn and Bacon.
- Baumeister, R. F., & Bushman, B. J. (2016). Social Psychology and Human Nature (4th ed.). Belmont, CA: Thomson/Wadsworth.

- Crisp, R. J., & Turner, R. N. (2014). *Essential Social Psychology* (3rd ed.). Thousand Oaks, CA: Sage Publications.
- Hewstone, M., Stroebe, W., & Jonas, K. (Eds.). (2012). *An Introduction to Social Psychology* (5th ed.). London: Blackwell.
- Myers, D. G. (2014). *Exploring Social Psychology* (7th ed.). New York: McGraw-Hill.
- DeLamater, J., & Ward, A. (Ed.). (2014). *Handbook of Social Psychology* (2nd ed.). New York: Springer.

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