



K.L.E. Society's  
**LINGARAJ COLLEGE, BELAGAVI**  
(Autonomous)

**DEPARTMENT OF PSYCHOLOGY**

**Code : 31111 CERTIFICATE COURSE IN PSYCHOLOGY FOR LIVING**

**INTRODUCTION:**

Positive human functioning is perhaps most remarkable evident in context of significant life challenges and adversity. Problems of living today seem worse now than ever as fears, stress or conflict dictate our thoughts, feelings, and actions at home, educational institute, work, and in our society. Furthermore, we now live in an individualistic and materialistic society where themes of attitude of “it doesn’t matter” have turned into hostility toward self and others.

This certificate course stresses the indivisible nature of human character and is intended for students interested in applying psychological insights and principles to their own lives as a way of achieving a better understanding of themselves and for living more effectively.

**II. OBJECTIVES OF COURSE**

- To encourage learner to nurture and use their strengths.
- To identify components enabling human character.
- To focus on psychological and physical health.

**III. Course Duration:** 40 Hours.

**IV. Eligibility, Intake capacity and selection procedure:**

1. 12<sup>th</sup> (PUC II) Pass.
2. Maximum 50 Students are allotted for a batch.
3. Selection of the students is based on entrance test (MCQ).

**V. Mode of teaching**

- Lectures
- Audio Visual Aids

- Interaction with experts.

## VI. Medium of instruction: Kannada/ English

## VII. Programme Structure:

### A. Scheme of Examination

The Certificate Course consists of a total Five Units with total of 100 marks. An Examination will be held at the end of the course.

	Examination	Internal Assessment
Theory Paper I	30 Marks	20 Marks
	<b>TOTAL</b>	<b>50 Marks</b>

- B. The candidate should secure at least 40% of marks to successfully complete the certificate course.

## VIII. Syllabus: Psychology for Living

Units	Course Content	Hours
1	Positive Development of the Self: Self Concept, Self-Esteem and Identity, Living in technology world and Social Changes, Challenges in Positive Self Development.	8
2	Strengths of Character: Mindfulness, Positive Emotions, Resilience, Happiness and Locus of Control.	8
3	Toward Better Health and Well-being: Mind-body Relation, Body Image, Good Nutrition and Physical Fitness, Life Style Choices, Promoting Subjective Well-being.	8
4	Being Social: Pro-social Behaviour, Empathy and Sympathy, Parent-Child Relationship and Peer Relations.	8
5	Facing Challenges: Stress, Anxiety, Phobia, Suicide and Seeking Professional Help.	8

### Text Books:

1. Psychology for Living 11<sup>th</sup> edition by Steven J. Krish et.al (2014) Pearson.
2. Positive Psychology by Steve Baumgardner and Marie Crothers (2015) Pearson.
3. Well-being (Positive Development across the Life Course) by Bornstein M.H et.al, (2003) Lawrence Erlbaum Associates, Publishers Mahwah, New Jersey, London.