FOUR YEAR UNDERGRADUATE PROGRAMME (FYUP)

TUTOR MARKED ASSIGNMENT (TMA)

July 2026 and JANUARY 2027

MINOR COURSE

COURSE CODE: BPCM 161

COURSE TITLE: FOUNDATIONS OF PSYCHOLOGY

DISCIPLINE OF PSYCHOLOGY
SCHOOL OF SOCIAL SCIENCES
INDIRA GANDHI NATIONAL OPEN UNIVERSITY
MAIDAN GARHI, NEW DELHI - 110068

Dear Learner,

As we have informed you in the Programme Guide, evaluation of Psychology Core Courses in IGNOU consists of two parts. In this course, the evaluation will be as follows: i) continuous evaluation through Assignments, ii) Term-end Examination. In the final result, assignments of this Course will carry 30% weightage and 70% weightage are given for term-end examination (total 100 marks).

BPCM 161 is a 4 credits course. There are two assignments for BPCM 161. Assignment One has Descriptive Category Questions (DCQs). These are meant for writing essay type answers, with an introduction and a conclusion. These are intended to test your ability to describe your understanding/knowledge about the topic in a systematic, and in a coherent manner.

Assignment Two has Short Category Questions (SCQs). These questions are meant to improve your skill of recalling in brief the relevant and precise information about concepts and processes.

Before you attempt the assignments, please read the instructions carefully. It is important that you write the answers to all the Tutor Marked Assignment (TMA) questions in your own words. Your answers should be according to the word-limit set for a particular section. Remember, writing answers to assignment questions will improve your writing skill and sharpen your understanding of the concepts. It will also help you prepare for the term-end examination.

Session	Last Date of Submission*	To be Sent
For July 2026	**31st March, 2027**	**To** **The Coordinator of the Study Centre al- lotted to you**
For January 2027	**30th September 2027**	
	(Please check the dates from www.ignou.ac.in)	

* You need to submit the assignments within the stipulated time for being eligible to appear in the term-end examination.

Please obtain a receipt from the study centre for the assignments submitted and retain it (when submitted offline). Also keep a photocopy of the assignments with you for any future reference. The Study Centre will return the assignments to you after they are evaluated. The completed assignments should be sent only to the Coordinator of the Study Centre allotted to you.

Following instructions are to be carefully followed before writing the assignments:

1. You will find it useful to keep the following points in mind:
    i. Planning: Read the assignments carefully. Go through the Units on which they are based. Make some points regarding each question and then re-arrange these in a logical order.
    ii. Organisation: Read the study material carefully, analyze it, and then prepare a rough outline of your answer. Give adequate attention to your introduction and conclusion. Make sure that your answer:
        a) is logical and coherent;
        b) has clear connections between sentences and paragraphs;
        c) is written correctly giving adequate consideration to your expression, style and presentation
    iii. Presentation: Once you are satisfied with your answers, you can write down the final version for submission. Write each answer neatly with proper spacing, and underline the points you wish to emphasize. Make sure that the answer is around the suggested word limit.
2. Use A4 size ruled paper for your response and tie all the pages carefully. Allow a 4 cm margin on the left and leave some space between each answer. This will facilitate the academic counsellor to write useful comments in the margin at appropriate places.
3. Answers should be in your own handwriting. Do not print or type the answers. Do not copy your answers from the study material sent to you by the University or from other learners. If you copy, you will get zero marks for the respective question.
4. You need to attach a copy of the TMA with the completed assignment before submitting it.
5. In case you have requested for a change of Study Centre, you should submit your TMA only to the original Study Centre until the change of Study Centre is notified by the University.
6. If you find that there is any factual error in evaluation of your assignments, e.g., any portion of assignment response has not been evaluated or total of score recorded on assignment response is incorrect, you should approach the coordinator of your study center for correction and transmission of correct score to headquarters.

Wish you all the best!

Discipline of Psychology SOSS,
IGNOU, New Delhi

FOUNDATIONS OF PSYCHOLOGY (BPCM 161)
Tutor Marked Assignments (TMA)

Course Code: BPCM 161
Assignment Code: Asst /TMA / **July 2026-January 2027**
Total Marks: 100

NOTE: All questions are compulsory.

Assignment One

Answer the following questions in about 500 words each. Each question carries 20 marks.

3 x 20 = 60

1. Discuss the three types of methods that are used in psychological research.
2. Elucidate the information processing model and different types of memory.
3. Define emotions. Explain the types and functions of emotions.

Assignment Two

Answer the following questions in about 100 words each. Each question carries 5 marks.

8 x 5 = 40

4. Gestalt psychology
5. Working memory
6. Types of learning
7. Stages of perception
8. Differentiate between emotion and mood
9. Drive-reduction model
10. Sternberg's Theory of Intelligence
11. Projective techniques