



PSYCHOLOGY

OPTIONAL 2026

MAY BATCH

LIVE CLASSES & TEST SERIES

- More than 10 toppers in the last 3 years
- Answer writing evaluation within 48 hours
- 24x7 Mentorship from subject experts
- Additional Mentorship by Sanket Jain Sir through Zoom sessions

By - Sanket Jain Sir
Senior Faculty - Psychology



5th June '25



1:00 PM

Study IQ is introducing a comprehensive Psychology Optional Course cum Test Series Programme. The objective of this course is to help students understand the subject matter more conceptually as well as to impart answer writing skills to the students.

Psychology Optional 2026-27 Batch

It is said that Optional determines the destiny of UPSC journey. It is the most important weapon to conquer this exam. To get into the final list, one must ace the optionals.

To help you sail with a comfortable margin in Psychology Optional, StudyIQ is here with its Psychology Foundation Course

1 >

Ethics & GS Linkage – Special focus on linking Psychology with Ethics and GS topics for better integration.

2 >

Sanket Sir actively supports doubt-clearing and strategy discussions through online class

3 >

Regular answer writing with feedback is a key feature of our Foundation Course.

4 >

PYQ-Based Teaching Approach – Topics prioritized and taught based on UPSC past year question trends.

5 >

Personal Mentorship & Progress Tracking – One-on-one guidance to track performance and improve answer quality.

6 >

Conceptual Clarity with Real-life Examples – Complex theories simplified using relatable Indian examples and case studies.

Crack UPSC CSE with Confidence

Proven Track Record: More than 10 toppers in the last 3 years

Timely Feedback: Answer writing evaluation within 48 hours

Expert Mentorship: Personalized support from subject experts

Additional Guidance: Mentorship support from Sanket Sir through Zoom sessions



Features

Gold

Platinum



400+ hours of live lectures spread over 6 months



Live Doubt Clearing Sessions with Faculty



Recorded Lectures & Hand written Notes and Crux



Comprehensive Coverage of Every Topic with PYQ Discussion



Current affairs to keep the aspirants updated



Discussion of all the Previous Year Questions



Regular answer writing sessions with evaluation



One to one Mentorship 24*7



Mains Test Series (Sectional & Full Length Test)



Optional Gyan Bhandar



Weekly Doubt Clearing Sessions with Faculty



Validity

18 Months

30 Months

STUDY PLAN

ORIENTATION CLASS

05-06 June

Week

Focus

Topics

1.

09-13 June

Introduction:

Definition of Psychology; Historical antecedents of Psychology and trends in the 21st century; Psychology and scientific methods; Psychology in relation to other social sciences and natural sciences; Application of Psychology to societal problems....

2.

16-20 June

Personality:

Definition and concept of personality; Theories of personality (psychoanalytical, sociocultural, interpersonal, developmental, humanistic, behaviouristic, trait and type approaches); Measurement of personality (projective tests, pencil-paper test); The Indian approach to personality; Training for personality development; Latest approaches like big 5-factor theory; The notion of self in different traditions....

3.

23-26 June

Learning:

Concepts and theories of learning (Behaviourists, Gestaltalist and Information processing models). The processes of extinction, discrimination and generalisation. Programmed learning, probability learning, self-instructional learning, concepts, types and the schedules of reinforcement, escape, avoidance and punishment, modelling and social learning....

Week

Focus

Topics

4.

27-02 July

Memory:

: Encoding and remembering; Short-term memory, Long-term memory, Sensory memory, Iconic memory, Echoic memory: The Multistore model, levels of processing; Organization and Mnemonic techniques to improve memory; Theories of forgetting: decay, interference and retrieval failure: Metamemory; Amnesia: Anterograde and retrograde....

5.

03-08 July

Thinking And Problem Solving:

: Piaget's theory of cognitive development; Concept formation processes; Information processing, Reasoning and problem-solving, Facilitating and hindering factors in problem-solving, Methods of problem-solving: Creative thinking and fostering creativity; Factors influencing decision-making and judgement; Recent trends....

6.

09-11 July

Intelligence And Aptitude:

Concept of intelligence and aptitude, Nature and theories of intelligence Spearman, Thurstone, Guilford Vernon, Sternberg and J.P. Das; Emotional Intelligence, Social intelligence, measurement of intelligence and aptitudes, concept of I Q deviation I Q, constancy of I Q; Measurement of multiple intelligence; Fluid intelligence and crystallized intelligence....

7.

14-18 July

Development of Human Behaviour:

Growth and development; Principles of development, Role of genetic and environmental factors in determining human behaviour; Influence of cultural factors in socialisation; Life span development— Characteristics, development tasks, promoting psychological well-being across major stages of the life span....

8.

21-24 July

Language and Communication:
Human language—
Properties, structure and linguistic
hierarchy,
Language acquisition—predisposition,
critical period
hypothesis; Theories of Language
development—
Skinner and Chomsky; Process and
types of
communication—effective
communication
training....

9.

25-30 July

Attitudes, Values and Interests:
Definitions of attitudes, values and
interests;
Components of attitudes; Formation
and
maintenance of attitudes.
Measurement of
attitudes, values and interests. Theories
of attitude
changes, strategies for fostering
values. Formation
of stereotypes and prejudices;
Changing other's
behaviour, Theories of attribution;
Recent trends....

10.

31-04 August

Motivation and Emotion:
Psychological and
physiological basis of motivation and
emotion;
Measurement of motivation and
emotion; Effects of
motivation and emotion on behaviour;
Extrinsic and
intrinsic motivation; Factors influencing
intrinsic motivation; Emotional
competence and the related issues....

11.

05-08 August

Sensation, Attention and Perception:
Sensation: concepts of threshold,
absolute and difference thresholds,
signal-detection and vigilance; Factors
influencing attention including set and
characteristics of stimulus; Definition
and concept of perception, biological
factors in perception; Perceptual
organisation—influence of past
experiences, perceptual defence—factor
influencing space and depth
perception, size estimation and
perceptual readiness; The plasticity of
perception; Extrasensory perception;
Culture and perception,
Subliminal perception....

12.

11-13 August

Research methods:

Major steps in psychological research (problem statement, hypothesis formulation, research design, sampling, tools of data collection, analysis and interpretation and report writing); Fundamental versus applied research; Methods of data collection (interview, observation, questionnaire and case study). Research Designs (Expost facto and experimental). Application of statistical techniques (t-test, two-way ANOVA, correlation and regression and factor analysis) item response theory.

13.

14-15 August

Methods of Psychology:

Types of research:

Descriptive, evaluative, diagnostic and prognostic;

Methods of Research: Survey, observation, casestudy and experiments; Characteristics of experimental design and non-experimental designs; quasi-experimental designs; Focussed group discussions, brainstorming, grounded theory approach....

14.

18-20 August

Psychological Measurement of Individual Differences:

The nature of individual differences. Characteristics and construction of standardised psychological tests. Types of psychological tests. Use, misuse and limitation of psychological tests. Ethical issues in the use of psychological tests....

PAPER 2 PART A

Week

Focus

Topics

1.

21-27 August

Psychological well-being and Mental Disorders:

Concept of health-ill health positive health, wellbeing casual factors in Mental disorders (Anxiety disorders, mood disorders; schizophrenia and delusional disorders; personality disorders, substance abuse disorders). Factors influencing positive health, well-being, lifestyle and quality of life; Happiness disposition....

2.

28-01 September

Therapeutic Approaches:

Psychodynamic therapies. Behaviour therapies. Client-centered therapy. Cognitive therapies. Indigenous therapies (Yoga, Meditation). Biofeedback therapy. Prevention and rehabilitation of the mentally ill; Fostering mental health....

3.

02-03 September

Rehabilitation Psychology:

: Primary, secondary and tertiary prevention programmes—role of psychologists. Organising services for the rehabilitation of physically, mentally and socially challenged persons including old persons. Rehabilitation of persons suffering from substance abuse, juvenile delinquency, and criminal behaviours. Rehabilitation of victims of violence. Rehabilitation of HIV/AIDS victims, the role of social agencies....

4.

04-05 September

Psychological problem of social integration:

: The concept of social integration. The problem of caste, class, religion and language conflicts and prejudice. Nature and manifestation of prejudice between the ingroup and outgroup. Casual factors of such conflicts and prejudices. Psychological strategies for handling conflicts and prejudices. Measures to achieve social integration....

Week

Focus

Topics

5.

08-09 September

Psychology of Gender:

Issues of discrimination, Management of diversity; Glass ceiling effect, Self-fulfilling prophesy, Women and Indian society....

6.

10-12 September

Work Psychology and Organisational Behaviour:

Personnel selection and training. Use of Psychological tests in the industry. Training and human resource development. Theories of work motivation. Herzberg, Maslow, Adam Equity theory, Porter and Lawler, Vroom; Leadership and participatory management; Advertising and marketing; Stress and its management; Ergonomics; consumer psychology; Managerial effectiveness; Transformational leadership; Sensitivity training; Power and politics in organisations....

15-16 September

7.

Psychology and Economic development:

Achievement motivation and economic development. Characteristics of entrepreneurial behaviour. Motivating and Training people for entrepreneurship and economic development; Consumer rights and consumer awareness, Government policies for the promotion of entrepreneurship among youth including women entrepreneurs....

8.

17-18 September

Application of Psychology to Education:

Psychological principles underlying effective teaching-learning process. Learning styles. Gifted, retarded, learning disabled and their training. Training for improving memory and better academic achievement. Personality development and value education. Educational, vocational guidance and Career counselling. Use of Psychological tests in educational institutions; Effective strategies in guidance programmes....

Week

Focus

Topics

9.

19 September

Application of Psychology to disadvantaged groups:

The concepts of disadvantaged, deprivation social, physical, cultural and economic consequences of disadvantaged and deprived groups. Educating and motivating the disadvantaged towards development; Relative and prolonged deprivation.

10.

22 September

Application of psychology in other fields:

(a) Military Psychology Devising psychological tests for defence personnel for use in selection, Training, and counselling; training psychologists to work, with defence personnel in promoting positive health; Human engineering in defence.
(b) Sports Psychology Psychological interventions in improving performance of athletes and sports. Persons participating in Individual and Team Games.
(c) Media influences on pro and anti-social behaviour.
(d) Psychology of Terrorism

11.

23–25 September

Community Psychology:

: Definition and concept of Community Psychology. Use of small groups in social action. Arousing Community consciousness and action for handling social problems. Group decision-making and leadership for social change. Effective strategies for social change.

12.

26–29 September

Application of Psychology to environment and related fields:

Environmental Psychology effects of noise, pollution and crowding. Population Psychology: Psychological consequence of population explosion and high population density. Motivating for small family norms. Impact of rapid scientific and technological growth on degradation of the environment.

13.

30–01 October

Application of Psychology in Information Technology and Mass Media:

The present scenario of information technology and the mass media boom and the role of psychologists. Selection and training of Psychology professionals to work in the field of IT and mass media. Distance learning through IT and mass media. Entrepreneurship through e-commerce. Multilevel marketing. Impact of TV and fostering value through IT and mass media. Psychological consequences of recent developments in Information Technology.

Psychology Achievers

UPSC CSE 2024



VIKAS YADAV
AIR 776



NAVEEN RAJ
AIR 968

UPSC CSE 2023



T BHUVANESHARAM
AIR 41



ANUPINDER KAUR
AIR 585



JAYAVANI M
AIR 698

UPSC CSE 2022



MANASVI SHARMA
AIR 101



ARCHISHA B.
AIR 404



DAMINI DIWAKAR
AIR 435



RAHUL KANT
AIR 497



SHASHANK PANDEY
AIR 809

UPSC CSE 2021



ANUSHTHA KALIA
AIR 143



JASLEEN KAUR
AIR 294



BISWA BHUSHAN
OPSC AIR 68

StudyIQ's



UPSC CSE 2024 RESULTS!



SHAH MARGI CHIRAG
AIR 4



ASHI SHARMA
AIR 12



ABHISHEK VASHISHTHA
AIR 14



MADHAV AGARWAL
AIR 16



RISHABH CHOUDHARY
AIR 28

5 RANKS IN TOP 30
200+ RANKS & COUNTING!

Price: ~~₹70,000~~
₹35,999

Enrol Now

76-4000-3000

contact@studyiq.com

