



PSYCHOLOGY OPTIONAL

(2027- 2028)

— JANUARY BATCH —

 **Live CLASSES & TEST SERIES**



09th January 2026



1:00 PM

Why Optional Matter in UPSC CSE

Choosing the right optional subject in UPSC CSE Mains can significantly influence your chances of success. It's a highly strategic decision and should be based on multiple factors such as your background, interest, aptitude, availability of resources, and overlap with GS papers. Below is a detailed evaluation of each of the subjects you mentioned — both English and Hindi medium options — to help you make an informed choice:

Optional Subject

The Hidden Power in UPSC Mains



500 Marks at Stake

Optional contributes **500 out of 1750** marks in the Mains exam. A high score here can **transform your final rank**.

The Real Differentiator

While GS papers level the field, the **optional creates the gap**. Many toppers owe their ranks to an outstanding optional score.



Scoring with Strategy

Optional subjects, with a **well-defined syllabus** and **less competition**, offer a chance to score **much higher** than GS papers — if approached smartly.

Subject Familiarity Pays Off

Choosing an optional aligned with your **interest or academic background** makes preparation smoother and answers stronger.



Overlap = Smart Preparation

Subjects like PSIR, Sociology, and Anthropology offer content that overlaps with **GS, Essay, and Interview**, giving you **multiple benefits** from single preparation.



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Exploring the Merits of Psychology

INTERDISCIPLINARY RELEVANCE

Psychology overlaps with Ethics (GS Paper IV), Sociology, Philosophy, and even parts of Essay and GS Paper II (Governance, Social Justice). Its concepts are applicable in personality development, decision-making, leadership, and emotional intelligence — all crucial for a civil servant.



SCORING POTENTIAL



Psychology is known to be more scientific and objective, with definitions, diagrams, experiments, and case studies that make answers more presentable. Well-prepared candidates can score 280+, which is a competitive edge in the final selection.

HELPS IN INTERVIEW & PERSONALITY TEST

Knowledge of psychology enhances self-awareness, empathy, and interpersonal communication — key traits evaluated during the UPSC Personality Test.



NO ACADEMIC BACKGROUND REQUIRED



Even aspirants from non-science or non-humanities backgrounds (like engineers, doctors, commerce grads) find it accessible with the right guidance. The syllabus is well-defined and manageable with the right approach.

REAL-LIFE APPLICATIONS

Topics like motivation, learning, attitudes, group dynamics, and mental health are relevant in real-world administration, policymaking, and public



StudyIQ Offerings

► LIVE Classes

The essence of this Program is the Live classes. StudyIQ through our expert faculties will be conducting Live classes every week from Monday to Saturday.

► LIVE Doubts Clearing Sessions

LIVE Doubts Clearing Sessions where students can directly ask questions and clarify their doubts with instructors or subject experts. These sessions are a vital part of our Program .

► Recorded Classes

Recorded Class after every Live class will be Provided . Learn at your own pace – ideal for working professionals or students with busy schedules .

► Hand Written Notes

Before every class, you will be provided with class notes in the form of CRUX. After the classes, we will be providing the lecture / board PPTs and handwritten notes of that class.

► Previous Year Questions

Actual questions that appeared in the Optional Exam in previous years will be Provided This will help in Identifying weak Areas.

► Current Affairs Classes

Understanding current affairs adds context to your knowledge. All Current Events related to Optionals will be added in the course .

► Mains Answer Writting

Mains answer writing will be conducted throughout the program with evaluation.

► One to One Mentorship

During your entire journey, our mentors will track your progress and guide you through your academic journey. Your Mentor will act like a friend, philosopher and guide so that you can have a personalized help during the preparation journey.

► Mains Test Series

A weekly Mains answer writing will be conducted throughout the program.

► Weekly Doubt Clearing Sessions

Weekly Doubts Clearing Sessions where students can directly ask questions and clarify their doubts with instructors or subject experts. These sessions are a vital part of our Program .

Optional Package Comparison

Features	Gold	Platinum
400+ hours of live lectures spread over 6 months	✓	✓
Live Doubt Clearing Sessions with Faculty	✓	✓
Recorded Lectures & Hand written Notes or Crux	✓	✓
Comprehensive Coverage of Every Topic with PYQ Discussion	✓	✓
Current affairs to keep the aspirants updated	✓	✓
Regular answer writing sessions with evaluation	✗	✓
One to one Mentorship 24*7	✗	✓
Mains Test Series (Sectional & Full Length Test)	✗	✓
Weekly Doubt Clearing Sessions with Faculty	✗	✓
Validity	18 Months	30 Months



Time Table

Date

Topics

9 January

ORIENTATION CLASS

PAPER 1 PART B

9 January

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

14 January

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....

19 January

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....

23 January

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....



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Time Table

Date	Topics
30 January	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 (Ex-post facto and experimental). Application of statistical techniques (t-test, two-way ANOVA, correlation and regression and factor analysis) item response theory.
6 February	Methods of Psychology: Types of research: Descriptive, evaluative, diagnostic and prognostic; Methods of Research: Survey, observation, case-study and experiments; Characteristics of experimental design and non-experimental designs; quasi-experimental designs; Focussed group discussions, brainstorming, grounded theory approach....
12 February	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	
17 February	Psychological well-being and Mental Disorders: Concept of health-ill health positive health, well-being 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....
23 February	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....

Time Table

Date

Topics

4 March

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....

PAPER 2 PART A

9 March

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....

13 March

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

17 March

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....

23 March

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....

Time Table

Date	Topics
PAPER 2 PART B	
27 March	Application of Psychology to Educational: 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....
1 April	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.
1 April	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
15 April	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.
22 April	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.
29 April	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.

Time Table

Date

Topics

PAPER 1 PART A

5 May

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....

15 May

Personality: Definition and concept of personality; Theories of personality (psychoanalytical, socio-cultural, 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....

19 May

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....

28 May

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....

3 June

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....

12 June

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....

16 June

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....



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Our Faculty



Sanket Jain

Psychology Faculty | UPSC Mentor

- ▶ **10+ yrs of Teaching Experience in Psychology**
- ▶ **Mentored to UPSC Toppers including AIR 41, 101, 143, 404 & Many More.**
- ▶ **Expert in test series evaluation & answer writing strategy**
- ▶ **Trusted by 1000's of Aspirants for psychology Specific Guidance and Motivation**
- ▶ **Proven Track Record of Mentoring Aspirants to Top Ranks in UPSC.**

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Our Prices

Price: ~~₹24,999~~

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GOLD

Price: ~~₹38,999~~

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Platinum



Director's Desk

Dear UPSC Aspirants,

At StudyIQ IAS, we know that the journey to becoming a civil servant is not just about studying—it's about dreams, struggles, and relentless perseverance. We have walked this path with thousands of aspirants, learning from your challenges, evolving with your needs, and celebrating your victories. Today, we take that commitment one step further with our most comprehensive and inclusive program yet—The FOUNDATION Batch.

This is not just another course; it's a game-changer. Whether you are starting fresh or refining your strategy, FOUNDATION provides everything you need—from live & recorded lectures, handwritten notes, structured test series, daily quizzes, answer writing practice, interview guidance, and one-on-one mentorship—all in a single, well-structured program. We believe financial constraints should never hold back a dream, which is why we offer affordable pricing, a full fee refund for those who clear Prelims, and ₹11,000 rewards for top performers.

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Join the FOUNDATION Batch today and take the first step towards your IAS dream with confidence!

Best Regards,
Director's Desk

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