



PSYCHOLOGY

OPTIONAL

— SMART —
COURSE

▶ REC Recorded Classes



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



Recorded Lectures

Topic no	Topic
1.	Language and Communication
2.	Attitudes, Values and Interests
3.	Motivation and Emotion
4.	Sensation, Attention and Perception
5.	Research methods
6.	Methods of Psychology
7.	Psychological Measurement of Individual Differences
8.	Psychological well-being and Mental Disorders
9.	Therapeutic Approaches
10.	Rehabilitation Psychology
11.	Psychological problem of social integration
12.	Psychology of Gender
13.	Work Psychology and Organisational Behaviour
14.	Psychology and Economic development
15.	Application of Psychology to Educational
16.	Application of Psychology to disadvantaged groups
17.	Application of psychology in other fields
18.	Community Psychology
19.	Application of Psychology to environment and related fields
20.	Application of Psychology in Information Technology and Mass Media

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: ~~₹25,999~~

₹11,999

GOLD



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 ₹1,00,000 rewards for top performers.

More than just a batch, FOUNDATION is a promise—a promise that no matter where you are in your UPSC journey, you will never feel alone. You will have the best resources, unwavering mentorship, and a community that supports you at every step. This is your time, your moment—to rise, to conquer, and to turn your dream into reality.

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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