



SAARTHI IAS

Saath to success



The Psychology Blueprint

Engineering Your Strategy with the SAARTHI IAS
SAATHI Mentorship Ecosystem

✉ contact@iasaarthi.com

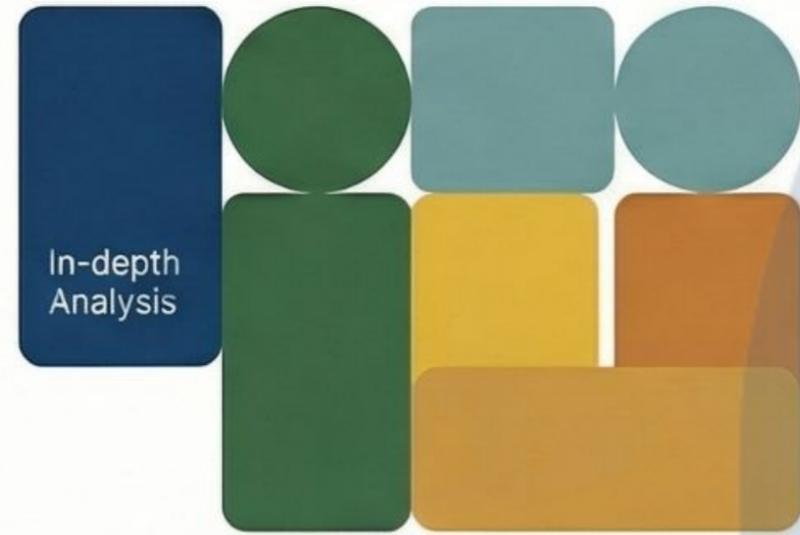
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Mastering Psychology: The Saathi Test Series Blueprint

A comprehensive 12-test program with personalized "Micro Mentoring" and flexible scheduling for UPSC Psychology aspirants.

The "Saathi" Advantage



Personalized Micro Mentoring

Weekly P2P sessions using a unique 5 I approach for in-depth analysis.

Flexible Date Management



Candidates can postpone tests to accommodate schedules.

The Examable Approach



Learning paradigms limited to specific examination needs and high-yield topics.

Curriculum Structure

12

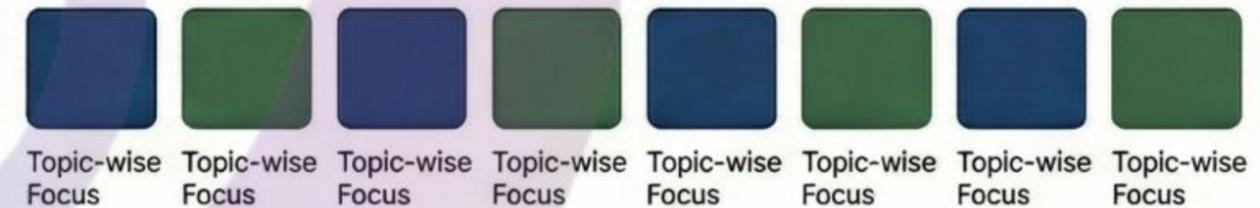
Paper 1:
Foundations

Paper 2:
Applications/Issues

Dual-Paper Coverage: Equal focus on both papers.

12 Comprehensive Tests

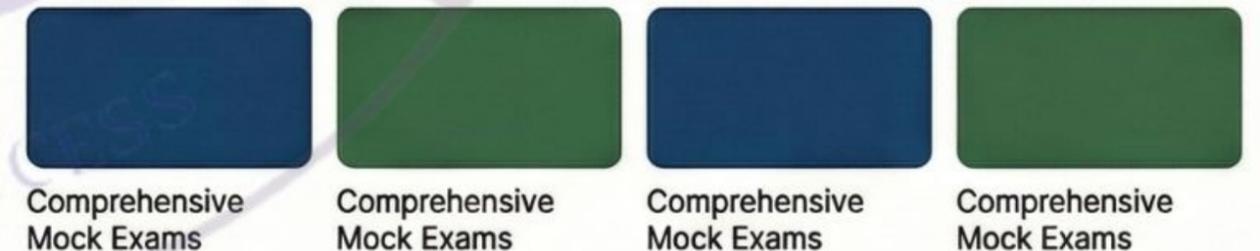
Sectional (Tests 1-8)



Mentoring: Weekly Faculty Guidance (P2P Sessions)

Specialized Format

Full-Length (Tests 9-12)



Mentoring: Weekly Faculty Guidance (P2P Sessions)

Comprehensive Format

The SAATHI Mentorship Ecosystem



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The Micro-Mentoring Loop

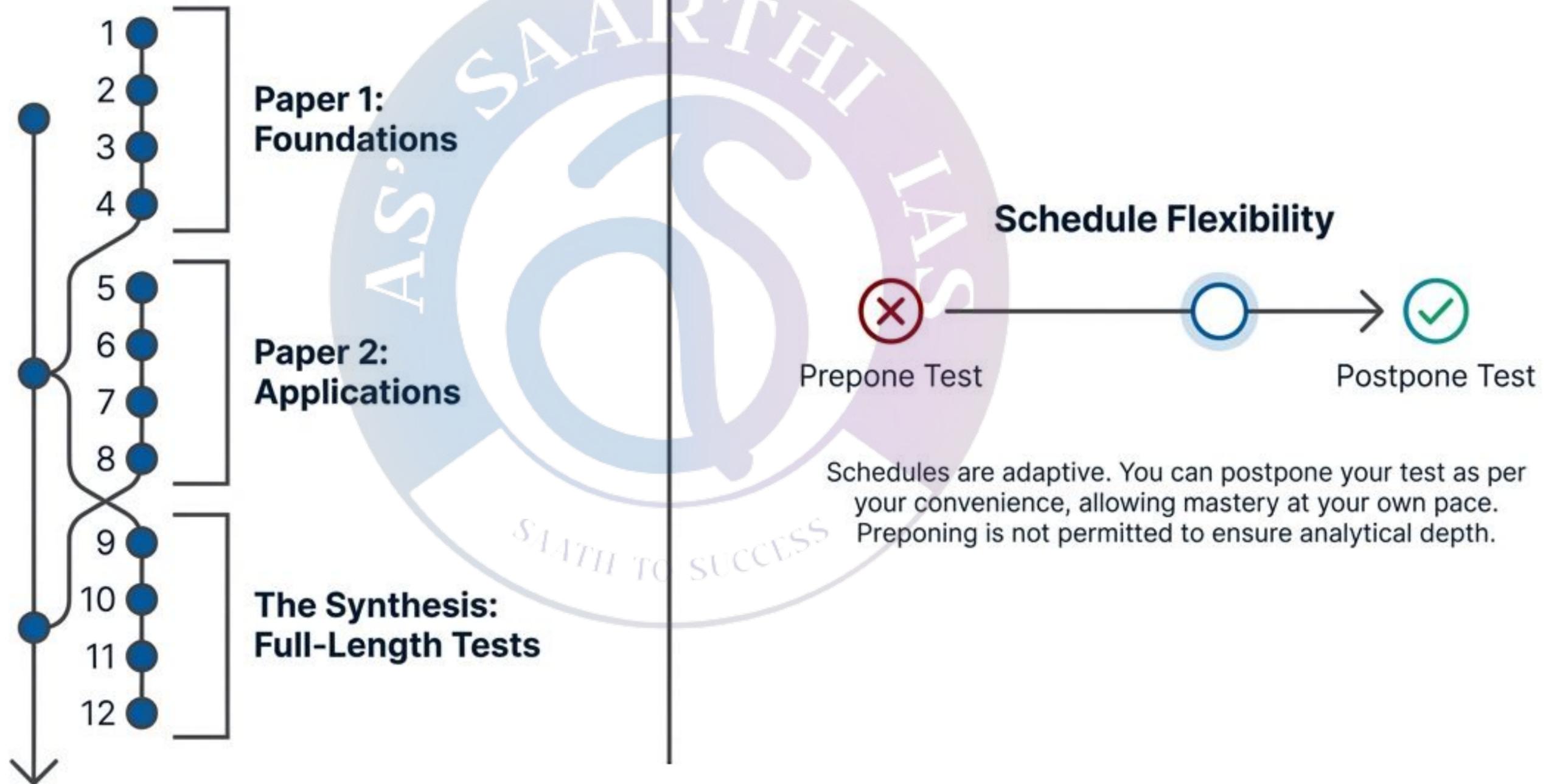


Curriculum Architecture & Adaptive Scheduling



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Mapping the Territories: Foundations vs. Applications



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	Paper 1: Core Psychological Mechanisms (Tests 1-4)	Paper 2: Real-World Applications (Tests 5-8)
Focus	Biological substrates, cognitive architectures, and theoretical frameworks.	Implementing psychological principles to solve clinical, societal, and organizational challenges.
Key Domains	Memory, Learning, Personality, Research Methodologies.	Therapy, Organizational Behavior, Community Rehabilitation, IT & Media.
Thinking Style Required	Empirical, Structural, Diagnostic.	Applied, Interventional, Sociological.

A master candidate does not memorize two papers; they use Paper 1 to diagnose the problems presented in Paper 2.

Test 1: Foundations & Scientific Methodologies

Introduction

Definition, historical antecedents, trends in 21st century. Psychology's relation to other sciences and societal problems.

Methods of Psychology

Descriptive, evaluative, diagnostic, prognostic. Survey, observation, case-study, experiments. Quasi-experimental designs, Focused group discussions (FGD), brainstorming, grounded theory.

Research Methods

Major steps from problem statement to report writing. Fundamental vs. applied research. Data collection methods.

Research Designs & Statistics

Ex-post facto and experimental. Crucial Stats: t-test, two-way ANOVA, correlation, regression, factor analysis, item response theory.

Test 2: Development, Senses & The & Architecture of Learning

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Human Behaviour Development

Growth principles, genetic/environmental factors, cultural socialization. Life span development tasks and psychological well-being.

Sensation, Attention & Perception

Thresholds (absolute/difference), signal-detection, vigilance. Perceptual organization, defense, size estimation. The plasticity of perception, ESP, Subliminal Perception. Culture and perception.

Learning Theories

Behaviourists, Gestaltists, Information processing models. Extinction, discrimination, generalization. Programmed/probability learning, reinforcement schedules, escape/avoidance/punishment, modelling and social learning.

Test 3: Cognition, Emotion & Intelligence

Memory Systems

Encoding/remembering, STM/LTM, Sensory/Iconic/Echoic. Multistore model, levels of processing. Mnemonics. Forgetting theories (decay, interference), Anterograde/retrograde amnesia.

Thinking & Problem Solving

Piaget's cognitive development. Concept formation, information processing, reasoning. Creative thinking. Decision making and judgement factors.

Motivation & Emotion

Physiological/psychological basis. Extrinsic vs intrinsic motivation factors. Measurement methods. Emotional competence.

Intelligence & Aptitude

Theories: Spearman, Thurstone, Guilford, Vernon, Sternberg, J.P. Das. Emotional & Social Intelligence. IQ, deviation IQ, multiple intelligence. Fluid vs. crystallized intelligence.

Test 4: Identity, Communication & Modern Perspectives

Personality Architecture

Psychoanalytical, socio-cultural, humanistic, behaviouristic, trait/type approaches. Projective/pencil-paper tests. Indian approach, Big 5 factor theory, Notion of self.

Attitudes, Values & Interests

Formation and maintenance. Stereotypes, prejudices, attribution theories. Changing behaviour and fostering values.

Language & Communication

Linguistic hierarchy, predisposition, critical period. Theories: Skinner and Chomsky. Effective communication training.

Modern Contemporary Issues

AI, psych cybernetics, sleep-wake schedules, dreams, meditation, stimulus deprivation, hypnotic states, intersensory/extrasensory perception, simulation studies.

Test 5: Clinical Measurement, Therapy & Organizational Behavior

Individual Differences

Standardization of psychological tests. Use, misuse, limitations, and ethical issues of testing.

Well-being & Mental Disorders

Health-ill health continuum. Causal factors in Anxiety, Mood, Schizophrenia, Personality, and Substance abuse disorders. Happiness disposition.

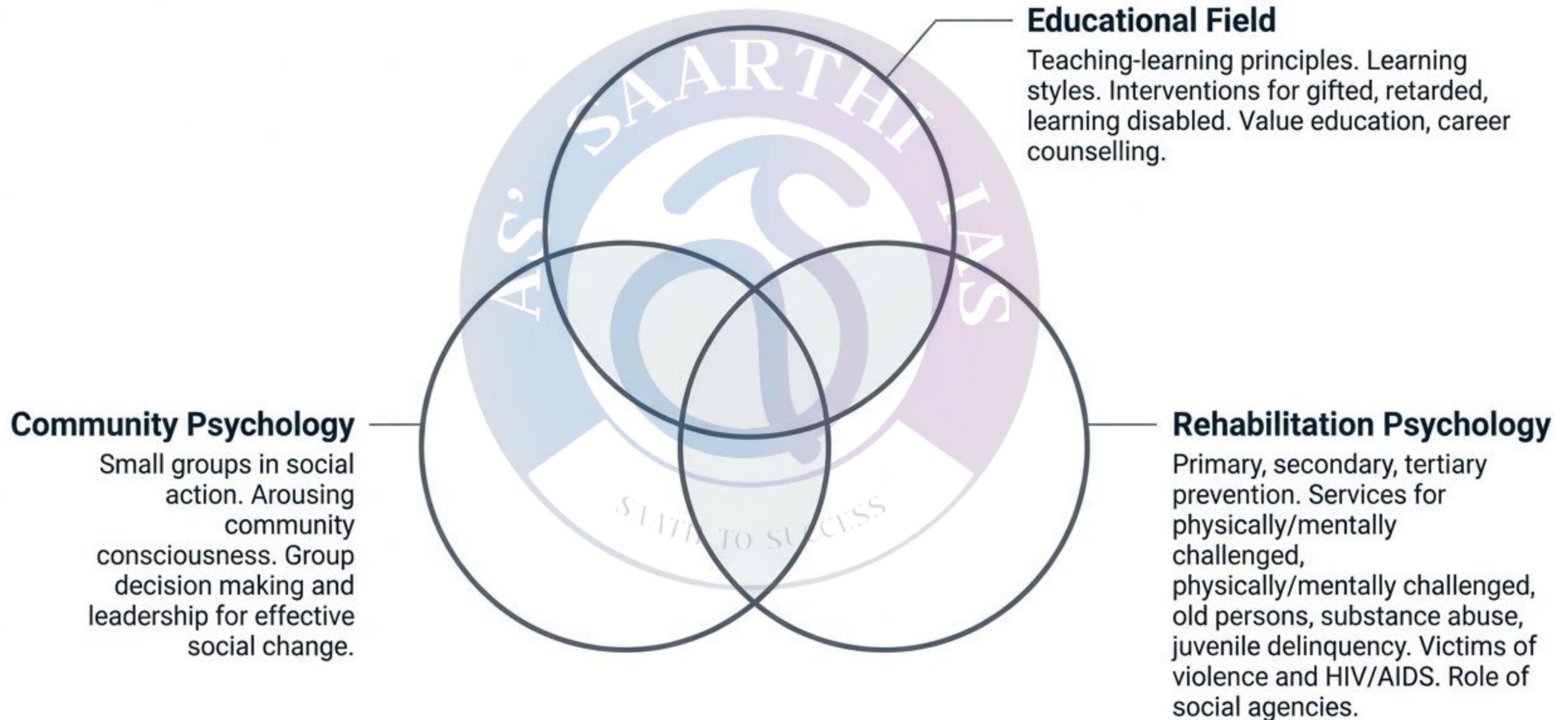
Therapeutic Interventions

Psychodynamic, Behaviour, Client-centered, Cognitive. Indigenous therapies (Yoga, Meditation). Biofeedback. Rehabilitation.

Work Psychology & O.B.

Personnel selection. Motivation theories (Herzberg, Maslow, Adam Equity, Porter/Lawler, Vroom). Leadership, marketing, stress management, ergonomics, Transformational leadership.

Test 6: Education, Community & Rehabilitation Systems



Test 7: Society, Technology & Economic Development

TEST 7 | PAPER 2 | FLEXIBLE DATE

Economic Development

Achievement motivation. Motivating **entrepreneurship** (youth/women). **Consumer rights** and awareness.

IT & Mass Media

IT boom consequences. Distance learning, **e-commerce** entrepreneurship. **TV impact** and fostering **values** through media.

Social Integration

Caste, class, religion, language **conflicts**. In-group vs out-group **prejudice**. Psychological strategies for **conflict resolution**.

Disadvantaged Groups

Social, physical, cultural, economic consequences of **deprivation**. Relative and prolonged deprivation. Educating/motivating towards development.

Test 8: Environment, Gender & Specialized Applications

Environmental & Population

Effects of noise, pollution, crowding, population explosion. Motivating small family norms. Technological degradation of environment.

Psychology of Gender

Issues of discrimination. Diversity management. The Glass Ceiling effect, Self-fulfilling prophesy. Women in Indian society.

Specialized Applications

Military & Terrorism

Psychological tests for defense selection. Promoting positive health, human engineering. Psychology of Terrorism.

Sports & Media

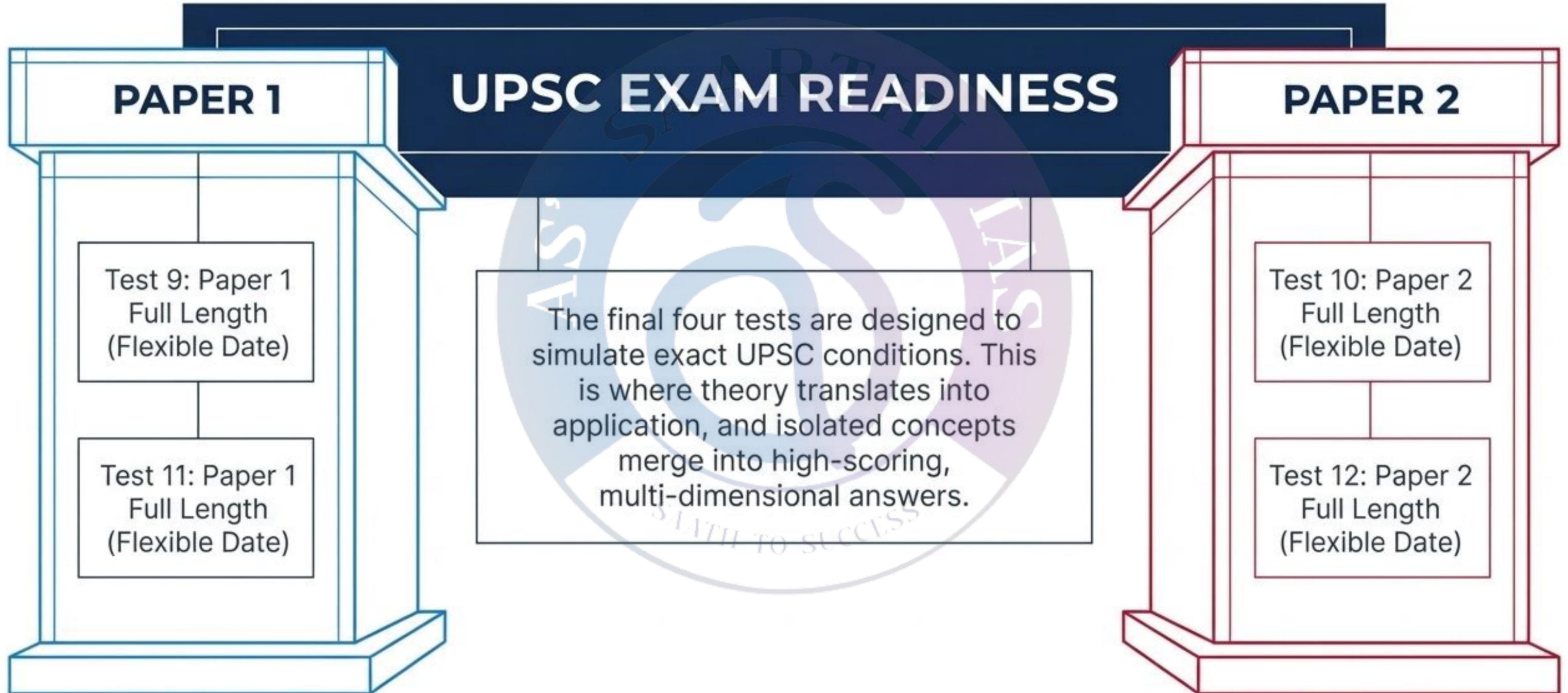
Interventions for athletes (individual/team). Media influences on pro and anti-social behavior.

The Culmination: Full-Length Synthesis



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The Blueprint is Set.

“A vast syllabus requires more than a rigid schedule; it requires architectural precision. Through Micro-Mentoring, Examable focus, and unparalleled scheduling Flexibility, SAATHI transforms the overwhelming into the achievable.”

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