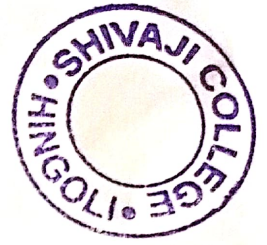


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(Academic year 2021-2022)



TEACHING PLAN

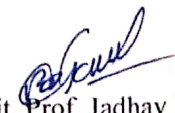
CLASS-BA FIRST YEAR SEM-I

(PAPER I-BASIC CONCEPT IN PSYCHOLOGY)

MONTH	TOPIC/CHAPTERS	PERIODS
SEPTEMBER	UNIT-I-PSYCHOLOGY: SCIENCE AND PERSPECTIVES a. Definition, nature and Goals of Psychology as a Science. b. Types of Psychological Professionals c. Perspectives in Psychology - Structuralism, Functionalism, Gestalt, Psychoanalysis, Behaviorism, Humanistic, Cognitive, Bio-psychosocial- cultural d. Scientific Methods - Steps in Scientific Methods, Descriptive methods:	06
OCTOBER	Naturalistic, Observation, Case Studies, Experimental method: Laboratory experiment and field experiment e. Applications: How to enhance your academic performance? UNIT-II-SENSATION, ATTENTION AND PERCEPTION a. Sensation - Definition, Nature and Process b. Attention - Definition, Types, Determinants, Span of Attention c. Perception-Definition, Gestalt Principles and Perceptual Constancies	15
NOV	d. Perceptual Illusions- Geometrical, movement e. Applications - Thinking about Extra Sensory Perception (ESP) UNIT -III-MOTIVATION a. Definition of Motivation - Concept of homeostasis b. Types of Motives - Biological, Social c. Approaches to Understanding Motivation- Instinct Approaches, Drive-	15
NOV/DEC	Reduction Approaches, Humanistic Approaches. d. Frustration - Sources of Frustration, Types of Conflicts e. Applications - Intrinsic Motivation UNIT-IV-EMOTION a. Emotion - Nature and Definition b. Elements of Emotion- The Physiology of Emotion, The Behavior of Emotion, Subjective Experience.	15
DEC.	c. Theories of emotion: James-Lange, Canon Bard, Schechter-Singer and Lazarus d. The facial feedback hypothesis e. Applications - Being Happy	04
	TOTAL PERIOD	55


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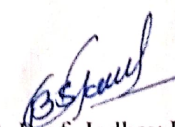
TEACHING PLAN

CLASS-BA FIRST YEAR SEM-II

(PAPER I- GENERAL PSYCHOLOGY)

MONTHS	TOPIC/CHAPTERS	PERIOD
FEBRUARY	UNIT-I-LEARNING a. Definition of learning b. Classical conditioning c. Operant conditioning d. Theories of Learning - Thorndike's laws of learning, Cognitive learning theories - Tolman, Kohler, Observational learning theory (Bandura) e. Application of Classical and Operant Conditioning	16
MARCH	UNIT-II-PERSONALITY a. Nature, Definition and Misconceptions b. Freud's Psychoanalytical Theory of Personality c. Trait Approaches to Personality: Allport's approach, Cattell's 16PF, McCrae and Costa Big-5 d. Assessment Techniques-Behavioral, Projective and Self Report Inventories i) MMPI ii) CPI iii) Neo PI e. Applications: SWOT Analysis	16
APR	UNIT-III- MEMORY a. Definition and process b. Types of memory - Sensory memory, c. Types of long-term memory- Procedural, Declarative (Episodic, Semantic), Explicit and Implicit d. Forgetting - Definition, Course of forgetting (Ebbinghaus' forgetting curve) Cause of forgetting. e. Application: Improving memory	16
MAY	UNIT-IV-INTELLIGENCE a. Definition of intelligence b. Measurement of intelligence- Concept in measurement of intelligence c. Test of Intelligence-Binet, Stanford Binet, Wechsler d. Theories of intelligence - Spearman, Gardner, Sternberg e. Application: Early childhood intervention	07
	TOTAL PERIOD	55


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Teaching Plan

CLASS:- B.A. FIRST

Paper
V


Psychology Practicum's: Experiments &
Test

YEAR

SEM -I & II

Months	Topic / chapters	Period
SEPTEMBER	<ul style="list-style-type: none">➤ To create interest in psychological phenomenon.➤ To develop awareness of psychological tools, techniques and tests.<ul style="list-style-type: none">❖ Facial Expression	15
DECEMBER	<ul style="list-style-type: none">➤ Test of Emotional Intelligence➤ Illusion	15
JANUARY	<ul style="list-style-type: none">➤ Span of Attention➤ Aggression Scale: G.C. Pati	20
FEBRUARY	<ul style="list-style-type: none">➤ Habit Interference➤ Recall and Recognition	20
MARCH	<ul style="list-style-type: none">➤ Pass along Test➤ Verbal Test of Intelligence	15
APR	<ul style="list-style-type: none">➤ Introversion-Extroversion Test➤ Adjustment Test	20
MAY/JUN	<ul style="list-style-type: none">❖ Anxiety Test➤ PRACTICAL EXAMINATION (University Level)	15
TOTAL PERIOD		120


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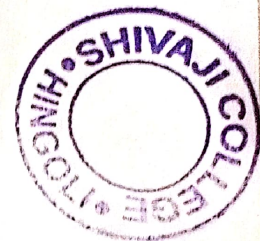

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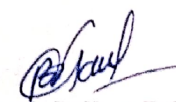
CLASS:- B.A. SECOND YEAR

(Paper VII -Psychological Testing & Statistics Part-1)

SEM - III

Months	Topic / chapters	PERIOD
SEPTEMBER	UNIT-I- USES AND IMPLICATIONS OF PSYCHOLOGICAL TESTING ➤ Functions of psychological tests ➤ Nature of a psychological test ➤ Controlling the Use of tests ➤ Test administration ➤ Examiner and situational variables	08
OCTOBER	➤ Effect of training on test performance ➤ Social and ethical implication of testing ➤ Test anxiety and rapport ➤ Types of psychological tests UNIT-II- ITEM ANALYSIS ➤ Item difficulty ➤ Item discrimination ➤ Indices of item discrimination	14
NOV	➤ Item response theory ➤ Item analysis of speeded tests ➤ Cross validation ➤ Item-by-group interaction UNIT -III- FREQUENCY DISTRIBUTIONS ➤ Measurement in general ➤ Need for grouping	14
NOV/DEC.	➤ Preparation of a frequency table ➤ Graphic representations of the frequency distribution (A)Histogram (B) Frequency Polygon ➤ Smoothing a polygon UNIT -IV- MEASURES OF CENTRAL TENDENCY ➤ Mean & How Computation of the mean? (A)The long method and (B)The short or assumed mean method ➤ Median and its computation	12
DEC	➤ Mode ➤ Uses of various measures of central tendency ➤ PRACTICE EXAMINATION	07
TOTAL PERIOD		55


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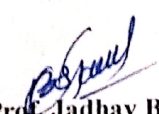
(Academic year 2021-2022)

Teaching Plan

CLASS:- B.A. SECOND YEAR (Paper IX – Psychological Testing & Statistics Part-2) SEM - IV

Months	Topic / chapters	PERIOD
FEBRUARY	UNIT- I- RELIABILITY OF PSYCHOLOGICAL TEST ➤ Definition ➤ The correlation coefficient ➤ Types of reliability: ➤ Test-retest reliability	12
MARCH	➤ Scorer reliability ➤ Reliability of speeded tests ➤ Factors affecting reliability coefficients Standard error of measurement UNIT -II- VALIDITY OF PSYCHOLOGICAL TESTS ➤ Meaning of validity ➤ Types of validity ➤ Comparison of validation procedures ➤ Validity	13
APR	UNIT -III - MEASURES OF VARIABILITY ➤ Range ➤ Quartile deviation ➤ Average deviation ➤ Standard deviation ➤ Uses of the various measures of variability	13
MAY	UNIT-IV- MEASURES OF ASSOCIATION ➤ Meaning and types of coefficients of correlation. ➤ Rank Difference Correlation.	10
JUN	➤ Product Moment Correlation (Ungrouped) ➤ PRACTICE EXAMINATION	07
TOTAL PERIOD		55


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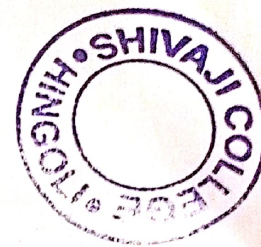

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CLASS:- B.A. THIRD YEAR

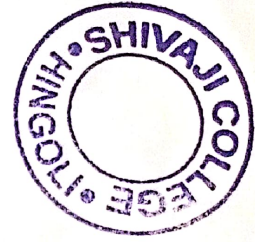
(Paper XI – Abnormal Psychology)

SEM -V

Months	Topic / chapters	PERIOD
SPT	Unit – I – Abnormal Behaviour in our Times ➤ What do we mean by abnormal behaviour? ➤ Dilemmas of Definition – ➤ Mental Disorders as Maladaptive behaviors. ➤ Classifying abnormal behavior – DSM. ➤ The problem of Labeling – Unresolved issues on classification.	09
OCT	Unit –II – Causal Factors and Viewpoints in Abnormal Psychology ➤ What causes Abnormal Behavior? Necessary, sufficient and contributory Causes Diathesis – Stress Models. ➤ The Biological Viewpoints -Biological Causal factors. ➤ The Psychosocial viewpoints – Psychosocial causal factors. ➤ The Socio-cultural viewpoint -Socio-cultural causal factors.	12
NOV	Unit – III – Panic, Anxiety and their Disorders ➤ The Fear and Anxiety Response Patterns. ➤ Anxiety Disorders – Phobic Disorders. ➤ Obsessive – Compulsive Disorders. ➤ Treatment and Outcomes.	12
DEC	Unit – IV – Somatoform and Dissociative Disorders ➤ Somatoform Disorder, Hypochondriacs. ➤ Conversion Disorder. ➤ Dissociative Disorder. ➤ Casual Factors in Somatoform and Dissociative Disorder. ➤ Treatment and Outcomes. ➤ PRACTICE EXAMINATION	12
TOTAL PERIOD		45


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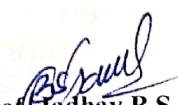
CLASS:- B.A. THIRD YEAR

(Paper XIII – Psychopathology)

SEM -VI

Months	Topic / chapters	PERIOD
FEB	UNIT- I- Mood Disorders ➤ Unipolar Mood Disorders – Normal Depression-Mild, Moderate, Major ➤ Depressive Disorder-bipolar disorder – schizoaffective disorder ➤ Causal Factors in Mood Disorders ➤ Treatment and outcomes.	07
MAR	UNIT -II- Personality Disorders ➤ Clinical Features of Personality Disorders ➤ Causal Factors in Personality Disorders ➤ Antisocial personality and Psychology Causal Factors ➤ Treatment and outcomes	12
APR	UNIT -III - Schizophrenias and Delusional Disorders ➤ The Schizophrenias, the clinical picture in schizophrenia ➤ subtypes of Schizophrenia – Causal Factors and Treatment ➤ Delusional Disorder – The Clinical picture and Causal factors ➤ Treatment and outcomes	12
MAY	UNIT-IV- Mental Retardation ➤ Level of mental Retardation – Brain Defects in Mental Retardation – ➤ organic Retardation syndrome Cultural ➤ Familiar Mental Retardation ➤ Treatment outcome and prevention.	12
	➤ PRACTICE EXAMINATION	02
TOTAL PERIOD		45


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SEC Teaching Plan



Class: - B.A. THIRD YEAR

SEM -V

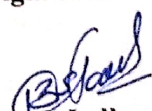
(Skills in Psychology-I)

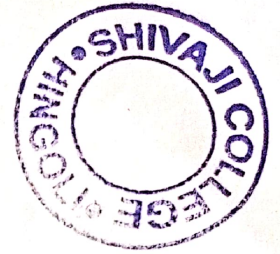
SKILL ENHANCEMENT COURSE-III

Months	Topic / chapters	PERIODS
SEPTEMBER	UNIT- I- UNDERSTANDING MOTIVATION a) Understanding Your Needs b) Psychosocial Motives c) Achievement Motivation	12
OCTOBER	d) Measurement of Achievement Motivation UNIT- II- IMPROVING ACADEMIC PERFORMANCE a) Developing Sound Study Habits b) Improving Your Reading – SQ3R Method	15
NOV	c) Getting More Out of Lectures d) Measurement of Study habit UNIT- III- ASSESSING YOUR PERSONALITY a) Key Concepts in Psychological Testing b) Self Report Inventories	15
DEC	c) Projective Tests d) Measurement of Personality	03
TOTAL PERIODS		45


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SEC - Teaching Plan

Class: - B.A. THIRD YEAR


(Paper **Skills in Psychology-II**)

SEM -VI

SKILL ENHANCEMENT COURSE-IV

Months	Topic / chapters	PERIODS
FEBRUARY	UNIT- I- ANXIETY DISORDER a) Generalized Anxiety Disorder b) Types of Anxiety Disorder c) Etiology of Anxiety Disorder	12
MARCH	d) Measurement of Anxiety UNIT- II- BECOMING AN EFFECTIVE PARENT a) Parenting Styles b) Towards Effective Parenting	15
APR	c) Using Punishment Effectively d) Measurement of parenting/parent-child relationship UNIT- III- MEETING PEOPLE a) First Impression b) Mistaken Impression	15
MAY	c) Shyness d) Measurement of Shyness - How Shy is you?	03
TOTAL PERIODS		45


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