

Annual Teaching Plan
(Academic Year 2020-21)



Date: - 01/11/2020

To
The principal
Shivaji College, Hingoli

Subject:- To Accept the **Annual Planning** of Academic Year 2020-21

Dear Sir,

As per the subject and reference I herewith submit the tentative plan of the annual activities going to be undertaken for the **Academic year 2020-21** as per direction received. With the above planner I expect economic assistance from you whenever needed. The other concerned activities for inclusion of stakeholders will be added if possible in the same academic year. I request you to accept the annual planning and oblige.

Thank you.

Regards

Dr. Sherkar S.T.
Assistant Professor
Head, Department of Psychology

Enclosures

1. Annual activities Planning of Psychology department
2. Annual activities Planning of Debate and Elocution Committee

forwarded to - T.A. S.

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Shivaji College
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SHIVAJI COLLEGE HINGOLI

Deptt. Of Psychology

Teaching Plan:- 2020 -21

Class :- B.A.F.Y.(Paper II- Basic Concept social Psychology)

Semi - I



Months	Topic / chapters	Periods	Remark
Nov	Unit – I- SOCIAL PSYCHOLOGY a) Social psychology: What it is and what it does? b) Social psychology: its cutting edge	06	
Dec	c) A Brief look at history : The origins and early development of social psychology d) How social psychologist answer the fascinating questions they Raise: Research as the route to increased UNIT-II-SOCIAL PERCEPTION a) Non- verbal communication : The unspoken language of expression gazes and gestures b) Attribution : Understanding the causes of others Behavior c) Impression formation and impression management: Combining information about others.	15	
Jan	Taking assignment UNIT-III – THE SELF a) Self Perception : Managing the self in different social contexts b) Self- knowledge- How do we know who we are? c) Thinking about the self: Personal versus social identity d) Self- Esteem-: Attitudes towards ourselves e) Social comparison : How we evaluate ourselves	15	
Feb	UNIT-IV –ATTITUDES a) Attitude formation : How attitude develop b) When and why do attitude influence behavior? c) How do attitude guide behavior d) Change in attitudes towards the environment: The unique case of the chipko Movement	15	
Feb	e) Cognitive Dissonance: What it is and how do we manage it?	04	
Total periods - 55			

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Teaching Plan:- 2020-2021

Class :- B.A.F.Y.(Paper IV)- Social Psychology) Semi-II



Months	Topic / chapters	Periods	Remark
March	UNIT- I- STEROTYPING, PREJUDICE AND DISCRINATION a) How members of different groups perceive inequality b) The nature and origins of stereotyping c) The nature and power of prejudice d) Prejudice and discrimination : Feeling and actions towards social groups e) Why prejudice is not inevitable: Techniques for countering its effects.	10	
Arial	Unit-I AGGRESSION a. What is aggression? b. Perspective on aggression : In search of the roots of violence c. Causes of human aggression: Social, cultural, personal and situational d. Aggression in ongoing relationship : Bullying and aggression at work e. The prevention and control of aggression : Some of useful techniques	15	
May	Unit- III- INTERPERSONAL ATTRACTION AND COLOSE RELATIONSHIP a. Internal determination of attraction: The need to affiliate and the basic role of affect. b. External determination of attraction: Proximity and others: observable characteristics c. Factors based on interacting with others: Similarity and mutual linking d. Close relationship : Family, friends, lovers and spouses e. Interdependent relationships: Family and friends.	15	
June	UNIT-IV- APPLICATION OF SOCIAL PSYCHOLOGY a. Social psychology and the legal system b. Social psychology and health c. Social psychology and the world of work	15	
June	Annual examination		
Total periods - 55			

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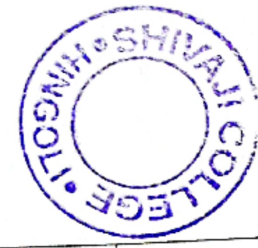
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Teaching Plan:- 2020-20221

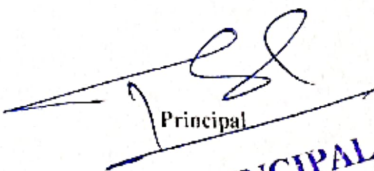


Class: - B.A. S.Y.

(Paper -VI- Psychology of Adjustment) Semi- III

Months	Topic / chapters	Periods	Remark
Non	Unit - I - INTERPERSONAL COMMUNICATION i) The process of interpersonal communication. ii) Nonverbal communication.	06	
Dec	iii) Communication problems. iv) Interpersonal conflict. Unit -II - FRIENDSHIP AND LOVE i) perspectives on close relationships. ii) initial attraction and relationship development Taking assignment for 10 Marks	16	
Jan	iii) Friendship. iv) romantic love Unit - III - MARRIGE AND INTIMATE RELATIONSHIP i) Challenges to the traditional model of marriage. ii) Moving toward marriage. iii) Marital adjustment across the family life cycle.	14	
Feb	iv) Vulnerable areas in marital adjustment. v) Divorce. Unit - IV - CAREERS AND WORK i) Choosing a career. ii) models of career choice and development	15	
Feb	iii) The changing world of work. iv) coping with occupational hazards	04	
Total periods - 55			


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Teaching Plan:- 2020-2021

Class: - B.A.S.Y.(Paper VIII -Psychology For Living -) Semi-IV



Months	Topic / chapters	Periods	
March	unit – i – the self i) Self – concept. ii) self – esteem	08	
March	iii) Basic principles of self-perception. (iv) self- regulation taking assignment for 10 marks	08	
April	unit – ii – stress and it's effects i) The nature of stress. ii) Major types of stress. iii) Responding to stress. iv) the potential effects of stress v) Factors influencing stress tolerance.	15	
May	unit – iii– coping processes i) common coping patterns of limited value ii) The nature of constructive coping. iii) appraisal-focused constructive coping. iv) problem-focused constructive coping. v) emotion-focused constructive coping.	15	
June	unit – iv – psychology and physical health i) stress, personality and illness. ii) Habits, lifestyles, and health. iii) Reactions to illness.	09	
June	Examination		
Total periods - 55			


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SHIVAJI COLLEGE HINGOLI
Teaching Plan:- 2020-2021
(Paper -I- SEC-Applied Psychology)

Class: - B.A. S.Y.



Months	Topic / chapters	Periods	Remark
Nov	Unit – I- Developing an assertive communication (a) The nature of assertiveness (b) Steps in assertiveness training (C)Application:-Measurement of Assertiveness	10	
Dec	Unit -II-Overcoming loneliness. (a) The nature of loneliness (b) Prevalence of loneliness (c) The roots of loneliness (d) Correlates of loneliness (e) Application :- Measurement of Loneness	13	
Jan	Unit –III-Understanding intimate violence (a) Partner abuse (b) Child abuse (c) Application :- Measurement of Aggression Taking <u>First</u> Psychological test	10	
Feb	Unit – II -Getting ahead in the job game (a) Putting together a resume (b) Finding companies you want to work for (c) Landing an interview (d) Polishing your interview technique (e) Application :- Measurement of Job Satisfaction Taking <u>Second</u> Psychological test and Taking seminar	12	
Total periods - 45			

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SHIVAJI COLLEGE HINGOLI
Teaching Plan:- 2020-2021
(Paper -II- SEC-Applied Psychology)

Class: - B.A. S.Y.



Months	Topic / chapters	Periods	Remark
March	Unit – I- Building self esteem a. Recognize that you control yours self- image b. Don't let others set your goals c. Recognize unrealistic goals d. Modify negative self-talk e. Emphasize your strengths f. Application Measurement of self- esteem	10	
April	Unit – II- Monitoring your self a. Problem with the SRRS b. The life experiences survey c. A cautionary note d. Application: Measurement of stress	13	
May	Unit – III-Achievement self- control a. Specifying your target behavior b. Gathering baseline data c. Designing your program d. Executing and evaluation your program e. Ending your program f. Application: Measurement of self- concept Taking <u>First</u> Psychological test	10	
June	Unit – IV- Understanding the effects of drugs a. Drug- related concepts b. Narcotics c. Stimulants d. Hallucinogens e. Application: Measurement of Anxiety Taking <u>Second</u> Psychological test and Taking seminar	12	
Total periods - 45			

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SHIVAJI COLLEGE HINGOLI
Teaching Plan:- 2020-2021
Class: - B.A.S.Y.(Paper X - Psychology Practical)



Months	Psychological tests	Periods	Remark
Nov	Verbal Test of intelligence.	08	
Dec	Performance Test of intelligence. Vocational Interest record.	16	
Jan	Vocational Interest record.	16	
Feb	Study Habit Inventory. Test study habits and Attitudes. Taking Seminar for Practical internal 10 Marks.	16	
March	Educational Interest Record.	16	
April	Dimensional Personality Inventory. Vocational Interest Record.	16	
May	Self concept questioner. Self actualization Inventory.	16	
June	Taking Group Discussion for Practical internal 10 Marks. Attitude scale towards education. A New Test of values.	16	
June	Practical Examination	Total period - 120	


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Teaching Plan:- 2020-2021

Class: - B.A.T.Y.(Paper XI- Introduction to Counseling)



Semi - V

Months	Topic / chapters	Periods	Remark
Nov	Unit - I - Introduction Definition of counseling. Difference between guidance and Counseling	08	
Dec	Goals of counseling, Professional and ethical issues. Unit - II -Counseling Process Preparation for counseling Counseling relationship Counseling content and process Seeps in the counseling process	12	
Jan	Unit - III- Counseling Interaction Counseling interaction Variables affecting the counseling Process Counseling skills and portrait of an effective counselor	11	
Feb	Unit - IV - Counseling Interview Essential aspects of interview Non - verbal communication in interview Counselee - counselor relationship	11	
Feb	Interviewing techniques in counseling Sharing experience	03	
	Total period - 45		

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SHIVAJI COLLEGE HINGOLI


Teaching Plan:- 2020-2021

Class: - B.A.T.Y.(Paper XIV-Counseling Techniques) Semi-VI



Months	Topic / chapters	Periods	Remark
March	Unit - I - Theories and techniques counseling Psychodynamic approach- Freud Humanistic approach- client centered Cognitive approach- Rational emotive therapy Behavioral approach- Behavior Modification Yoga and Meditation	11	
April	Unit - I- Psychological Testing and Diagnosis Type of psychological tests Test use in counseling situation Test interpretation in counseling Non -test appraisal techniques	11	
May	Unit - III - Educational Counseling Counseling the elementary school- child Counseling at high school Counseling at college The role of teachers in counseling Educational counseling and curriculum Visit of Mental Health Center/M.R. School/Field work.	11	
June	Unit -IV- Counseling Application Family counseling Counseling with parents Pre-marital and marital counseling Seminar and group Discussion	10	
June	Career counseling Counseling drug addicts Total period - 45	02	


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Teaching Plan: - 2020-2021

Class: - B.A.T.Y.(Paper XV -Psychology Practical)



Months	Psychological Tests	Periods	Remark
Nov	Life satisfaction scale	8	
Dec t	Depression Scale. Mental health.	16	
Jan	Frustration Scale. Leadership Scale.	16	
Feb	Locus of control. Leadership Scale.	16	
March	Examination	--	
April	Loneliness Scale. Obedient - disobedient scale.	16	
May	Career decision Scale.	16	
June	Social Maturity Scale Visit to mental hospital or MR school/ Field work	16	
June	Socio- Economic Status Scale	16	
	Practical Examination (University Level)	--	
May	University Examination	Total period - 120	

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