

Annual Teaching Plan
(Academic Year 2021-22)



Date: - 14/09/21

To
The principal
Shivaji College, Hingoli

Subject:- To Accept the Annual Teaching Planning of Academic Year 2021-22

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 2021-22 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

(Recd)
For I.T.A.E.
T.S.
PRINCIPAL
Shivaji College
Hingoli, Dist. Hingoli

SHIVAJI COLLEGE HINGOLI

Deptt. Of Psychology

Teaching Plan:- 2021-22

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

Semi - I



Months	Topic / chapters	Periods	Remark
Sept	Unit – I- SOCIAL PSYCHOLOGY a) Social psychology: What it is and what it does? b) Social psychology: its cutting edge	06	
OCT	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. Taking assignment	15	
Nov	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	
Dec	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	
Jan	e) Cognitive Dissonance: What it is and how do we manage it? <p style="text-align: right;">Total periods - 55</p>		

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Teaching Plan:- 2021-2022

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



Months	Topic / chapters	Periods	Remark
Feb	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	
March	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	
April	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	
May	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	
May	Annual examination Total periods - 55		

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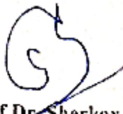
Teaching Plan:- 2021-2022

Class: - B.A. S.Y.

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



Months	Topic / chapters	Periods	Remark
Sept & Oct	Unit - I - INTERPERSONAL COMMUNICATION i) The process of interpersonal communication. ii) Nonverbal communication.	06	
Nov	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	
Dec	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	
Jan	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	
Jan	iii) The changing world of work. iv) coping with occupational hazards	04	
		Total periods - 55	


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Teaching Plan:- 2021-2022

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



Months	Topic / chapters	Periods	
Feb	Unit – I – THE SELF i) SELF – CONCEPT. ii) SELF – ESTEEM	06	
Feb	iii) BASIC PRINCIPLES OF SELF- PERCEPTION. (iv) SELF- REGULATION Taking assignment for 10 Marks	06	
March	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.	12	
April	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-FACUSED CONSTRUCTIVE COPIN	12	
May	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 - 45	

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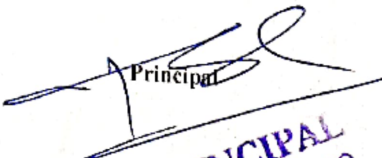
SHIVAJI COLLEGE HINGOLI
Teaching Plan:- 2021-2022



Class :- B.A.S.Y.(Paper X -Psychology Practical)

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

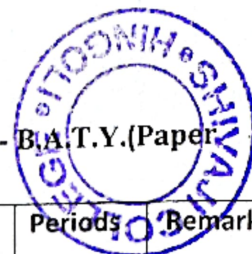

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Teaching Plan:- 2021-2022

Class:- B.A.T.Y.(Paper



XIII - Introduction to Counseling) Semi - V

Months	Topic / chapters	Periods	Remark
Sep	Unit - I - Definition and Trends in Counseling Psychology Definition of guidance -Psychotherapy-counseling. Historical development in counseling	04	
Oct	Current trends in counseling. Unit - II - The Counseling Process: Building Counseling Relationship Factors influencing the counseling process. Client qualities. Counselor qualities. Types of initial interview.	09	
Nov	Unit - III- Counseling Skills-Changing Perceptions - Leading Multi focused responding-accurate empathy-self disclosure immediacy human confrontation -contracting -rehearsal transference and counter transference-Termination of counseling relationship - functions of termination - timing of termination - issues of termination: termination of Individual sessions. Termination of counseling relationship-Resistance to termination client resistance-counselor resistance-premature termination Counselor initiated termination.Termination: follow up and referral.	06	
Dec	Unit - IV - Theories of Counseling Psychoanalytical - Adlerian- Humanistic: person-centered counseling existentialcounseling-Gestalt therapy-behavioral counseling: RationalEmotive Behavior Therapy-reality therapy - cognitive therapy - Systemstherapy: Bowen systems therapy - structural family counseling strategic orbrief counseling-Brief cognitive approaches: solution focused counseling -narrative counseling - crises counseling	09	
Jan	cognitive approaches: solution focused counseling - Narrative counseling - crises counseling. Total period - 30	02	

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Teaching Plan:- 2021-2022



Class :- B.A.T.Y.(Paper XVI-Counseling in Action)Semi-VI

Months	Topic / chapters	Periods	Remark
Feb	Unit - I - Groups in Counseling: Brief History of Groups: Psychodrama T groups-encounter group-group marathon-self help or support Groups -places of groups in counseling-benefits and drawbacks of groups-	04	
March	Types of groups: psycho educational counseling group psychotherapy groups-task or work groups-stages in group issues in groups: selection and preparations of members-groups size and duration-open versus closed groups.	09	
April	Unit - II - Career Counseling: Importance Career information-career development theories and counseling; Trait and Factor theory- Developmental Theory-Social cognitive career theory-Career counseling with diverse populations: with children -wit adolescents-with college students-with adults-with women-with minority groups-with sexual deviates. Visit of Mental Health Center/M.R. School/Field work. 20 Marks	06	
May	Unit -III- Marriage, Couple and Family Counselling; Changing of Family Life Family life and family life cycles-marriage/family counseling versus individual/groups counseling-overview of Marriage, Couple and Family counseling-the process of marriage, Couple and Family counseling termination of counseling.	09	
May	Unit - IV - College Counseling and Student Life Counseling: College Counseling Emphases and roles-activities-student life professionals: emphases and roles-activists- counseling with nontraditional students-older students part time students-first generation students-minority culture students athletes. Total period - 30	02	

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Teaching Plan: - 2021-2022

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

Months	Psychological Tests	Periods	Remark
Sept	Life satisfaction scale	8	
OCT	Depression Scale. Mental health.	16	
Nov	Frustration Scale. Leadership Scale.	16	
Dec	Locus of control. Leadership Scale.	16	
Jan	Examination	--	
Feb	Loneliness Scale. Obedient - disobedient scale.	16	
March	Career decision Scale.	16	
April	Social Maturity Scale	16	
May	Socio- Economic Status Scale	16	
	Practical Examination (University Level)	--	
	University Examination	Total period - 120	

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