



SOPHIA GIRLS' COLLEGE(AUTONOMOUS), AJMER

SOPHIA GIRLS COLLEGE (*AUTONOMOUS*) AJMER

Department of psychology

Lesson Plan

Mrs. Asha Sharma

Session from 2013-2014 to 2017-2018



SOPHIA GIRLS' COLLEGE(AUTONOMOUS), AJMER

LESSON PLAN FOR THE SESSION 2016-17

B.A. & HONS. SEM I

Paper I : Basic Psychological Processes-I

Month	Duration	Topics	Other Activities
July – August	(Time: 11:30-12:30 pm) One month	Introduction to Psychology: Definition, Nature and Scope of Psychology. Goals of Psychology. Historical Perspectives in Psychology (Structuralism, Functionalism, Gestalt, Psychoanalysis). Modern Perspectives in Psychology: Behavioral, Humanistic, Cognitive, Evolutionary, Socio-cultural and Multi cultural. Methods of psychology: Experiment, Observation, Interview, Questionnaire, Case Study, Survey, Meta analysis.	Presentation, chalk and board method and class test
August-September	One month	Biological Basis of Behavior Genes and behavior. Nervous System – Neuron: Structure, function, synapse, neurotransmitters . The Central Nervous System (The Brain & the Spinal Cord), Peripheral Nervous System, Autonomous Nervous System, Somatic Nervous System. Endocrine glands. Hormones and their effects on behavior. Sensory – Perceptual processes. Eye and Ear: structure and functions	Group discussion, Teaching through diagrams, presentation
September-October	One month	Sensory, Attention and Perceptual Processes: . Attention: Definition, nature & determinants of Attention. Selective Attention, Sustained Attention, resource allocation and atomicity. Perception: Definition, determinants, perceptual constancies (size, shape and brightness) ¹ . Organizing Principles of perception. Form and Depth perception. Thinking and Reasoning ² : Thinking Process (Concepts, Categories and Cognitive Maps). Inductive and Deductive Reasoning. Problem Solving Approaches.	Presentations and Group discussion on concerned topics

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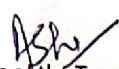


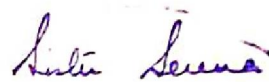
LESSON PLAN FOR THE SESSION 2016-17

B.A. & HONS. SEM I

Paper II : SOCIAL PSYCHOLOGY-I

Month	Duration	Topics	Other activities
July –August	<u>(Time:</u> <u>11:30-</u> <u>12:30 pm)</u> One month	Nature, Goals & Scope of social psychology. Social psychology and its relation with other sciences. Methods of social psychology–Experimental, Correlational approach, Sociometry & Cross cultural. Approaches to social Psychology2: Biological, Learning, Cognitive, Psychoanalytic and Role theory. Social Perception: Perceiving ourselves (Self–concept, Self-esteem, Self-expression). Perceiving others: Forming impressions, Role of non-verbal cues.	Chalk and board, Presentations, notes for important topics
August-September	One month	Prejudices-Nature, components, acquisition and reduction of prejudices. Stereotypes. Attribution of causality – Theories and Biases. Interpersonal attractions and its determinants.	Explanations with the help of experiments and case studies
September-October	One month	Group: Structure and Function Behavior in the presence of others: Social facilitation, Social inhibition, Social loafing, De-individuation Social Influence: Conformity (The Sheriff and the Asch Study), cohesiveness, group size, Social norms, obedience and social modeling.	Group discussion and learning through experiments


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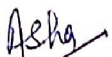



LESSON PLAN FOR THE SESSION 2016-17

B.A. & HONS. SEM I

Paper- Practical

Month	Duration	Topics
September- November	Three months	1. Replication of various psychological phenomena: a. Learning curve b. Curve of forgetting c. Chunking 2. Familiarization with and use of psychological instruments a. Psychometric tests [16 PF/ MMPI/ 5 Factor Personality Test or any other] b. Projective tests [WAT/ SCT or any other] 3. Facilitating understanding of self and others ▪ Use of psychological tools to learn about themselves (eg- Johari window, SWOT Analysis, Psychological tests).


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LESSON PLAN FOR THE SESSION 2016-17

B.A. & HONS. SEM III

Paper I : STATISTICS IN PSYCHOLOGY-I

Month	Duration	Topics	Other Activities
July –August	<u>(Time:</u> <u>12:30-1:30</u> <u>pm)</u> One month	Meaning and Purpose of Statistics. Types of statistics: Descriptive and Inferential Statistic,. Application and Importance of statistics in psychology. Drawing of frequency distribution. Graphical representation of grouped data: Histogram, Frequency Polygon, cumulative frequency graph, Ogive.	Computation of questions and Class tests.
August-September	One month	Significance and Types of central tendency – Mean, Median and Mode. (computation and uses) Significance and Types of Variability: Range, Quartile deviation, Standard deviation. (computation and uses).	Class tests.
September-October	One month	Scales of Measurement. Nominal, Ordinal, Interval and Ratio. Parametric and non parametric statistics Properties and characteristics of normal probability curve and Deviations – Skewness and Kurtosis.	Chalk and board method and Class tests.


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B.A. & HONS. SEM III

Paper II : PSYCHOLOGICAL ASSESSEMNT

Month	Duration	Topics	Other Activities
July –August	<u>(Time: 12:30-1:30 pm)</u> One month	Human assessment Nature and scope Principles of Psychological Test Construction: Steps in test construction, Item analysis. Meaning and types: Reliability, Validity, Test norms. Uses, Limitations & Precautions of psychological tests.	Presentations and class tests for important topics.
August-September	One month	Assessment techniques: (Meaning with examples) 1) Types of Tests: Individual and Group, Speed and Power tests. 2) Assessment of Intelligence: Verbal, Non-Verbal, Performance tests 3) Assessment of Personality: Psychometric and Projective Techniques.	Explanations through psychological tests.
September-October	One month	Application of Psychological Testing: Assessment in Educational Setup, Counseling and Guidance and Organizational Setup	Explanations through psychological tests.


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LESSON PLAN FOR THE SESSION 2016-17

B.A. & HONS. SEM III

Paper-Practical

Month	Duration	Topics
September- November	Three months	1. Test construction Development of a test of at least 30 items in a suitable area using following steps- <ul style="list-style-type: none">• Item selection• Population selection• Sampling techniques to administer the test (sample of minimum 50)• Finalization of the test• Determining Reliability and Validity• Writing a report on the test construction
		2. Analysis of psychologically relevant literary text <ul style="list-style-type: none">• Read literary / creative writing – Novel / Story / Book / Poem• Identify and Analyze psychological substance in it (mood, emotion, anxiety, conflicts, stresses.)

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LESSON PLAN FOR THE SESSION 2016-17

B.A. & HONS. PART III

Paper I : PSYCHOPATHOLOGY

Month	No. of periods	Topic	Other Activities
July	22	Introduction of Psychopathology – The concept of normality and abnormality. Signs and Symptoms of mental illness. Classification of Abnormal Behavior according to DSM-IV T&R	Notes on important topics
Aug.	20	Psychological Models of psychopathology: Psychodynamic, Behavioral, Cognitive, Humanistic and Existential. Anxiety Disorders – Generalized Anxiety Disorder, Panic disorder, Phobias, OCAD, Post- traumatic stress disorder (clinical symptoms and treatment)	Explanation with the help of case studies
Sept.	23	Mood Disorder – Unipolar Disorder: Dysthymia, Major Depressive Disorder. Bipolar Disorder: Bipolar I, Bipolar II and Cyclothymic disorder. (clinical symptoms and treatment) Somatoform Disorders and Dissociative Disorder	Group discussion
Oct.	15	Schizophrenia – concept, types, causes, symptoms and treatment Disorder due to psychoactive substance use	PowerPoint Presentations
Nov.	15	Personality Disorder – concept; Cluster A: Paranoid, Schizoid; Cluster B: Borderline, Antisocial; Cluster C: Dependent Personality, OCD. (Clinical picture and treatment)	Assignments on concerned topics
Dec.	20	Stress disorders – Stress due to normal calamities like earthquake, Storm etc. and life events. Mental retardation: concept, types, causes and prevention .	Class test on important topics

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LESSON PLAN FOR THE SESSION 2016-17

B.A. & HONS. PART III

Paper II : ORGANIZATIONAL BEHAVIOR

Month	No.of Periods	Topics	Other Activities
July	24	Introduction: Definition, Challenges, Scope and Significance of Organizational Behavior, Contributions of Taylor, Weber, Hawthorn studies. Perspectives of organizational Behavior	Class test on important topics
Aug.	20	Organizational Culture: definition, functions, creating & sustaining culture, learning organizational culture, ethical organizational culture. Job satisfaction: Meaning, factors influencing, measurement and ways to improve job satisfaction.	Assignments on concerned topics
Sept.	24	Motivation – Theories and skills involved in motivating workers. MBO (Management by Objectives): theoretical explanation and employee involvement programs.	Explanation through case studies
Oct.	15	Training – Importance and improving effectiveness of training. Leadership – concept, types of leadership, Trait, Behavioral and Contingency theories of leadership. Leader effectiveness.	Group discussion
Nov.	10	Organizational change – Forces, approaches to change management, resistance to change. Organizational development: Meaning and OD Intervention techniques,	Power Point presentation
Dec.	20	Conflict – concept, process and sources. Negotiation – strategies, process and issues. Work stress – concept, sources, consequences and management.	Group discussion


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LESSON PLAN FOR THE SESSION 2016-17

B.A. & HONS. PART III

Paper- Practical

Month	No.of Periods	Topics
July- Sept.	30	1. Developing case account (three) <ul style="list-style-type: none">• Study, making relevant observation, reporting his speech (verbal/non-verbal) and conduct interviews, obtain background information of factors leading to present problem• Analysis & drawing valid inferences.
Oct.	10	2. Field visit to psychologically relevant settings e.g. <ul style="list-style-type: none">• Hospitals b. Schools c. Old age homes• d. Clinics e. N.G.O. f. Industries
Nov.- Jan.	25	3. Research Project: <ul style="list-style-type: none">• Take up a short project (individually or jointly) on the issue of their interest under the supervision of the teacher.• The research done can be either empirical or data based.• Follow a methodological approach (experimental / survey / observation / use of secondary data).• Write a report.


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LESSON PLAN FOR THE SESSION 2016-17

B.A. & HONS. SEM II

Paper I : Basic Psychological Processes-II

Month	Duration	Topics	Other activities
Mid of Dec.	<u>(Time: 11:30-12:30 pm)</u> One month	Learning, Forgetting and Memory Learning: Classical & Operant conditioning. Basic processes (experiment, generalization, discrimination, extinction, spontaneous recovery). Trial and error method of learning. Laws and Curves of learning. Cognitive learning, Observational learning, Memory – Definition and process (Encoding, Storage and Retrieval). Short term and Long term Memory. Mnemonic Methods of retention. Forgetting – Decay, Interference, Retrieval failure, Motivated forgetting and Amnesia.	Laboratory experiments and presentations
Mid of Jan.	One month	Motivation: Indicators of motivated behavior. Nature and classification of motives – Biogenic, sociogenic, Intrinsic and Extrinsic. Maslow's need hierarchy and other theories of motivation. Conflict and Frustration. Emotion – Nature, Development & Physiology of emotions. Expression and Control of emotions. Theories of emotion (Cannon-Bard, James-Lange, Schacter-Singer, Opponent process).	Group discussion and notes for important topics
Mid of Feb.	One month	Intelligence – Definition, nature, determinants, measurement and theories of intelligence (Guilford, Thurstone, Spearman, Gardner, Robert Sternberg). Personality – Meaning and Nature. Trait (Allport's Theory, Cattell's Theory). and Type theories. Psycho-analytical theory by Freud, (Biological and Socio-cultural determinants). Assessment of personality: Interviews, <u>Personality Inventories (16 PF and MMPI)</u> , Projective techniques.	Explanation through experiments

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B.A. & HONS. SEM II

Paper II : SOCIAL PSYCHOLOGY-II

Month	Duration	Topics	Other activities
Mid of Dec.	(Time: 11:30-12:30 pm) One month	Attitude - Nature, Functions, Measurement, Formation & Change of attitude (Balance and cognitive dissonance theories). Theories of reasoned and planned behavior. Pro-social behavior - Theoretical explanation. Co-operation and Helping behavior. Personal Situational and Bystander effects.	Presentation and discussion on concerned topics
Mid of Jan.	One month	Communication – Definition, Types, Process, Barriers of communication. Aggression – Theoretical perspective, Trait, Situational and Social learning approaches. Personal and social determinants of aggression. Control and Prevention of aggression.	Explanation through self exploration activities
Mid of Feb.	One month	Current social issues - Factors in birth control, Meeting the challenges of health of women and children, Personal space and Territoriality, Density and Crowding, Influence of environmental conditions on behavior (noise and pollution).	Group discussions

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LESSON PLAN FOR THE SESSION 2016-17


B.A. & HONS. SEM II

Paper-Practical

Month	Duration	Topics
Mid of Dec.- March	Three months	<ol style="list-style-type: none">1. Replication of various psychological phenomena<ul style="list-style-type: none">▪ Serial position effect▪ Level of aspiration (individual differences)2. Familrization with and use of psychological instruments<ul style="list-style-type: none">▪ Verbal tests [Anxiety test or any other]▪ Non-verbal tests [SPM or any other]3. Bhatia Battery Performance test of Intelligence


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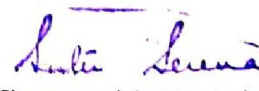
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B.A. & HONS. SEM IV

Paper I : STATISTICS IN PSYCHOLOGY-II

Month	Duration	Topics	Other Activities
Mid of Dec.	<u>(Time: 12:30-1:30 pm)</u> One month	Correlations – Concept and types; Pearson's Product Moment Correlation and Spearman's Rank Order Correlation; (computation) Familiarity with other correlation methods – Biserial & Point biserial correlation (only theory)	Class tests.
Mid of Jan.	One month	Hypothesis testing and making inferences. Concept of Levels of significance, Degree of Freedom. Standard Error of Mean, Nature and Assumption of 't' distribution; Computation of 't' value for Dependent & Independent, Large & Small samples; Interpretation of 't' values.	Class tests.
Mid of Feb.	One month	Anova – Purpose and Assumptions(Only theory). Non-parametric tests – Nature and Assumptions, Chi-square, (meaning and computation) Uses of SPSS in Psychological Statistics.	Class tests.

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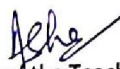
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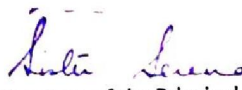
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B.A. & HONS. SEM IV

Paper II : RESEARCH METHODOLOGY

Month	Duration	Topics	Other Activities
Mid of Dec.	<u>(Time: 12:30-1:30 pm)</u> One month	Characteristics of scientific method. Nature of psychological research – Quantitative and Qualitative. Variables, Controls & Hypothesis in experiments.	Presentation and discussion on concerned topics
Mid of Jan.	One month	Tools of Data Collection – Observation, interview, questionnaire, survey, schedule. Types of Research: Applied, Fundamental, Quantitative, Qualitative, Experimental, Ex-post facto, Longitudinal, Cross sectional.	Explanation through self exploration activities
Mid of Feb.	One month	Basic Principles of Experimental designs: Experimental designs: Pre – Post test design, Factorial design and randomized design and randomized block design. Sampling – Probability & Non-probability sampling, Sample size and Sample errors. Analysis of data and report writing.	Group discussions


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B.A. & HONS. SEM IV

Paper-Practical

Month	Duration	Topics
Mid of Dec.- March	Three months	<ol style="list-style-type: none">1. Analysis of published research and planning a study<ul style="list-style-type: none">• Review of an article from a journal for methodology• Propose plan of research by taking into consideration<ol style="list-style-type: none">i. The variable to be studiedii. Sampling proceduresiii. Instruments to be used / constructediv. Statistical analysis to be conducted.
		<ol style="list-style-type: none">2. Assignment/activity related to Psychological Testing in consultation with the Teacher.3. Personality Assessment using 16 P.F.


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