

TENTATIVE LESSON PLAN (SEMESTERS)

SESSION: 2023-24

Name of the Teacher: Dr. Prem Poonam

Department: Psychology

Subject/Course: - O.E Psychology /Paper- Understanding Behaviour Programme: M.A English ,M.A Hindi &M.Sc. Maths

Semester:2nd

Unit	Name of Topic/Contents	Tentative Dates/Days
1.	Psychology as a scientific discipline, Nature & Scope, Related discipline of Psychology Methods: Naturalistic Observation, Laboratory Observation, Interviews, Case studies, survey and sociometry Learning: Nature, Theories, Trial and Error, Insight, Classical	31 Jan.2024 To 29 Feb.2024
2.	Instrumental Conditioning, Theories of Learning - Tolman, Memory -Types, Techniques of improving Memory, Mnemonic Chunking Personality: Nature, Determinants, Theories: Trait vs Type approach Assessment of Personality, Interview and Psychological Test (Test),(Assignment)	1 March 2024 To 31 March 2024
3.	Intelligence: Nature, Determinants:Theories: Spearman,Thruston, Gardner, Assessment of intelligence:Individual Test, Group Test, Performance Test, Verbal Test,Psychology Applied to modern Life:.,stress- Nature,causes and management, strategies for coping stress	1 April 2024 To 30 April 2024
4.	Health: Physical Health and Mental health: Nature and Ways to improve health. Revision - All Topics	1 May 2024 To 15 May 2024(upto Exam)

TENTATIVE LESSON PLAN (SEMESTERS)

SESSION: 2023-24

Name of the Teacher: Dr. Manjeet Department: Psychology

Subject/Course: - Applied psychology, B.A. 3rd

Semester: 6th

Unit	Name of Topic/Contents	Tentative Dates/Days
5.	Applied Psychology : meaning, history, fields and careers in psychology. Organisational psychology: nature , scope, objectives and development.	31 jan. to 28 feb, 2024
6.	Guidance: types, objectives, principles and process Counselling: needs, principles, areas and types. 1 st assignment	29 feb. to 20 march, 2024
7.	Health psychology: meaning scope and objectives. Health and illness. Psychological factors in physical illness, life style and health , stress and coping. 2 nd assignment. Test	21march to 15 april, 2024
8.	Forensic psychology: psychology and law , eyewitness memory, accuracy and improvememnt. Statistics : correlation: rank difference, product moment method . revision	16 april to 15 may, 2024 or till examination

TENTATIVE LESSON PLAN (SEMESTERS)

SESSION: 2023-24

Name of the Teacher: Dr. Manjeet Department: Psychology

Subject/Course: - psychology & life , M.D.C.

Semester: 2nd

Unit	Name of Topic/Contents	Tentative Dates/Days
1.	Self concept: nature factors. Self Discrepancies : types and their effects. Self esteem: nature and development	31 jan. 15 manch, 2024
2.	Gender and behaviour: gender stereotypes, gender similarities and differences and perspectives. Assisgnment-1	16march 15 april, 2024
3.	Psychological disorders: abnormal behaviour: myths and realities, criteria and causes. Minor test	16 april to 15 may, 2024 or till examination

TENTATIVE LESSON PLAN (SEMESTERS)

SESSION: 2023-24

Name of the Teacher: Rahul

Department: Psychology

Subject/Course: Experimental Psychology
year)

Programme: B.A. (1st

Semester: II

Unit	Name of Topic/Contents	Tentative Dates/Days
1.	Experimental Psychology: Nature and scope, Background of Experimental Psychology. Experimental Method: Characteristics, Steps, Types and relevance for psychology.	31 January – 25 February
2.	Psychophysics: Meaning and features, Problems of Psychophysics. Classical Methods: Method of Limits, Average Error & Constant Stimuli.	26 February – 20 March
3.	Learning: Define Learning Process, Paradigms of Learning: Classical Conditioning, Instrumental and Operant conditioning. Memory: Process of Memory, Types of memory-Sensory, Short Term & Long Term. Factors Affecting Memory. Strategies to Enhance Memory.	21 March – 20 April
4.	Thinking: Nature, Concept Formation. Convergent and Divergent thinking. Problem Solving: Stages of Problem Solving, Strategies, Blocks in Problem Solving.	21 April – 15 May

TENTATIVE LESSON PLAN (SEMESTERS)

SESSION: 2023-24

Name of the Teacher: Rahul

Department: Psychology

Subject/Course: Developmental Psychology
year)

Programme: B.A. (2nd

Semester: IV

Unit	Name of Topic/Contents	Tentative Dates/Days
1.	Human Development; Concept and principles Factors in human development; Biological, Social and Cultural	31 January – 28 February
2.	Prenatal development, determinants and stages. Infancy: Characteristics, Hazards and adjustment.	1 March – 25 March
3.	Childhood: Characteristics, Perceptual, Motor, Emotional, Cognitive Development. Adolescents: Characteristics and problems of adolescents and adjustment.	26 March – 25 April
4.	Adulthood: Early adulthood, late adulthood and aging-Changing patterns and problems. Measures of variability: Quartile deviation, Standard deviation.	26 April – 15 May

