

# PSYCHOLOGY DEPARTMENT

## B.A. 1<sup>st</sup> SEMESTER LESSON PLAN

### THEORY LESSON PLAN

| Week    | Dates                  | Unit | Topics to be Covered                                                                                                    | Teaching Method                     |
|---------|------------------------|------|-------------------------------------------------------------------------------------------------------------------------|-------------------------------------|
| Week 1  | 1–7 August             | I    | Introduction to Psychology: Nature and Scope                                                                            | Lecture and discussion              |
| Week 2  | 8–14 August            | I    | Psychology as a Science and its Present Status                                                                          | Lecture, discussion and examples    |
| Week 3  | 15–21 August           | I    | Psychology in India                                                                                                     | Lecture and presentation            |
| Week 4  | 22–28 August           | I    | Methods to Study Behaviour: Introduction and <b>Interview Method</b>                                                    | Lecture, demonstration and activity |
| Week 5  | 29 August–4 September  | I    | <b>Case Study Method</b> and its Applications                                                                           | Case examples and discussion        |
| Week 6  | 5–11 September         | I    | <b>Experimental Method</b> ; Unit I Revision                                                                            | Demonstration and revision          |
| Week 7  | 12–18 September        | II   | Sensation: Nature, Characteristics and Types                                                                            | Lecture and classroom activities    |
| Week 8  | 19–25 September        | II   | Visual Sensation: Structure and Functions                                                                               | Lecture, diagrams and discussion    |
| Week 9  | 26 September–2 October | II   | Auditory Sensation: Structure and Functions                                                                             | Lecture and demonstration           |
| Week 10 | 3–9 October            | II   | Attention: Nature and Characteristics; Unit II Revision                                                                 | Lecture, activities and revision    |
| Week 11 | 10–16 October          | III  | Emotion: Nature and Factors Affecting Emotion                                                                           | Lecture and discussion              |
| Week 12 | 17–23 October          | III  | Theories of Emotion: James–Lange and Cannon–Bard Theories                                                               | Lecture and comparative discussion  |
| Week 13 | 24–31 October          | III  | Schachter–Singer Theory; Motivation: Needs, Drives and Incentives                                                       | Lecture and examples                |
| —       | 1–11 November          | —    |  <b>DIWALI VACATION – NO CLASSES</b> | <b>Vacation</b>                     |
| Week 14 | 12–15 November         | III  | Motivation: Biological and Social Motives; Unit III Revision                                                            | Lecture and discussion              |
| Week 15 | 16–17 November         | IV   | Personality: Nature and Factors Affecting Personality                                                                   | Lecture and examples                |

| <b>Week</b>    | <b>Dates</b>       | <b>Unit</b> | <b>Topics to be Covered</b>                                                 | <b>Teaching Method</b> |
|----------------|--------------------|-------------|-----------------------------------------------------------------------------|------------------------|
| <b>Week 16</b> | <b>18 November</b> | IV          | Personality Theories: Allport, Cattell and Eysenck                          | Lecture and comparison |
| <b>Week 17</b> | <b>19 November</b> | IV          | Intelligence: Nature and Factors Affecting Intelligence                     | Lecture and discussion |
| <b>Week 18</b> | <b>20 November</b> | IV          | Theories of Intelligence: Spearman, Thurstone and Cattell; Overall Revision | Lecture and revision   |

AFTER COMPLETION OF SYLLABUS REVISION WILL CONTINUE UNTIL THE EXAMINATION BEGINS.

## **PRACTICAL LESSON PLAN**

### **Total Practical Work**

| <b>Practical No.</b> | <b>Practical / Test</b>                        | <b>Tentative Period</b> | <b>Activity</b>                            |
|----------------------|------------------------------------------------|-------------------------|--------------------------------------------|
| 1                    | <b>Retinal Colour Zones / Colour Blindness</b> | August–September        | Demonstration and experimentation          |
| 3                    | <b>Study of Emotions</b>                       | September               | Observation, activity and report writing   |
| 4                    | <b>Verbal Test of Intelligence</b>             | October                 | Administration, scoring and interpretation |
| 5                    | <b>16 PF Questionnaire</b>                     | November                | Administration, scoring and interpretation |

# B.A. 3<sup>rd</sup> SEMESTER

## COMPLETE LESSON PLAN

| Week    | Dates                  | Unit          | Topics to be Covered                                                                          | Teaching Method / Activity                 |
|---------|------------------------|---------------|-----------------------------------------------------------------------------------------------|--------------------------------------------|
| Week 1  | 1–7 August             | Unit I        | Introduction to <b>Experimental Psychology</b> : Nature, Meaning and Scope                    | Lecture and discussion                     |
| Week 2  | 8–14 August            | Unit I        | Historical Development of Experimental Psychology                                             | Lecture, discussion and examples           |
| Week 3  | 15–21 August           | Unit I        | <b>Experimental Method</b> : Meaning, Characteristics and Basic Procedure                     | Lecture and demonstration                  |
| Week 4  | 22–28 August           | Unit I        | Experimental Method: Variables, Control and Experimental Procedure                            | Lecture and classroom activity             |
| Week 5  | 29 August–4 September  | Unit I        | <b>Perception</b> : Nature and Characteristics of Perception                                  | Lecture and discussion                     |
| Week 6  | 5–11 September         | Unit I        | Perception of Form                                                                            | Lecture and illustrative activities        |
| Week 7  | 12–18 September        | Unit I        | Depth Perception and Movement Perception                                                      | Lecture and demonstrations                 |
| Week 8  | 19–25 September        | Unit I        | Unit I Revision, Discussion and Class Test                                                    | Revision and assessment                    |
| Week 9  | 26 September–2 October | Unit II       | <b>Psychophysics</b> : Nature, Concept of Continuum and Problems                              | Lecture and discussion                     |
| Week 10 | 3–9 October            | Unit II       | Methods of Classical Psychophysics: <b>Method of Limits</b>                                   | Lecture and demonstration                  |
| Week 11 | 10–16 October          | Unit II       | <b>Method of Constant Stimuli</b>                                                             | Lecture and practical examples             |
| Week 12 | 17–23 October          | Unit II       | <b>Average Error</b> and its Application in Psychophysics                                     | Lecture, numerical examples and discussion |
| Week 13 | 24–31 October          | Unit II / III | Unit II Revision; Introduction to <b>Learning</b> : Definition and Factors Affecting Learning | Revision and lecture                       |
| —       | 1–11 November          | —             | <b>DIWALI VACATION – NO CLASSES</b>                                                           | <b>Diwali Vacation</b>                     |
| Week 14 | 12–16 November         | Unit III      | Theories of Learning: <b>Trial and Error, Insight and Classical Conditioning</b>              | Lecture and discussion                     |
| Week 15 | 17–18 November         | Unit III      | <b>Memory</b> : Process and Types                                                             | Lecture and examples                       |
| Week 16 | 19 November            | Unit III / IV | Methods to Study Memory; Introduction to <b>Thinking</b> : Nature and Types                   | Lecture and discussion                     |

| Week    | Dates       | Unit    | Topics to be Covered                                                                                                                                  | Teaching Method / Activity |
|---------|-------------|---------|-------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|
| Week 17 | 20 November | Unit IV | <b>Problem Solving:</b> Nature and Stages;<br>Introduction to Verbal Learning: Nature, Material, Method and Organisational Processes; Course Revision | Lecture and revision       |

AFTER COMPLETION OF SYLLABUS REVISION, WILL CONTINUE UNTIL THE EXAMINATION BEGINS.

## PRACTICAL LESSON PLAN

**Total Practical Contact Hours: 32**

| Practical No. | Experiment                                          | Tentative Period  | Activity                                                        |
|---------------|-----------------------------------------------------|-------------------|-----------------------------------------------------------------|
| 1             | <b>Absolute Limen by Method of Constant Stimuli</b> | August            | Introduction, demonstration, experimentation and report writing |
| 2             | <b>Differential Limen by Method of Limits</b>       | August–September  | Demonstration, experimentation and interpretation               |
| 3             | <b>Müller-Lyer Illusion</b>                         | September         | Experimentation, recording and interpretation                   |
| 4             | <b>Bilateral Transfer of Training</b>               | September–October | Demonstration and practical performance                         |
| 5             | <b>Problem Solving</b>                              | November          | Practical activity and report writing                           |

# B.A. 5<sup>th</sup> SEMESTER

## COMPLETE THEORY LESSON PLAN

1 August to 20 November

| Week    | Dates                  | Unit     | Topics to be Covered                                                                                                          | Teaching Method                                 |
|---------|------------------------|----------|-------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------|
| Week 1  | 1–7 August             | I        | Introduction to <b>Psychological Testing</b> : Nature and Meaning                                                             | Lecture and discussion                          |
| Week 2  | 8–14 August            | I        | Historical Background and Development of Psychological Testing                                                                | Lecture and presentation                        |
| Week 3  | 15–21 August           | I        | Characteristics of a Good Psychological Test                                                                                  | Lecture and examples                            |
| Week 4  | 22–28 August           | I        | Limitations and Uses of Psychological Tests                                                                                   | Lecture and classroom discussion                |
| Week 5  | 29 August–4 September  | I        | Measurement: Meaning and <b>Levels of Measurement</b>                                                                         | Lecture, examples and exercises                 |
| Week 6  | 5–11 September         | I        | Unit I Revision and Class Discussion                                                                                          | Revision and assessment                         |
| Week 7  | 12–18 September        | II       | Reliability: Meaning and Importance                                                                                           | Lecture and discussion                          |
| Week 8  | 19–25 September        | II       | Methods of Estimating Reliability                                                                                             | Lecture and numerical/examples-based discussion |
| Week 9  | 26 September–2 October | II       | Factors Affecting Reliability                                                                                                 | Lecture and case examples                       |
| Week 10 | 3–9 October            | II       | Validity: Meaning and Types of Validity                                                                                       | Lecture and comparative discussion              |
| Week 11 | 10–16 October          | II       | Factors Affecting Validity; Norms: Meaning and Types                                                                          | Lecture and examples                            |
| Week 12 | 17–23 October          | II / III | Unit II Revision; Introduction to <b>Test Construction</b> and Steps of Test Construction                                     | Lecture and revision                            |
| Week 13 | 24–31 October          | III      | Intelligence Testing: Meaning, Historical Development and Uses of Intelligence Tests                                          | Lecture and discussion                          |
| —       | 1–11 November          | —        | <br><b>DIWALI VACATION</b><br>– NO CLASSES | <b>Vacation</b>                                 |

| <b>Week</b>    | <b>Dates</b>          | <b>Unit</b> | <b>Topics to be Covered</b>                                                              | <b>Teaching Method</b>           |
|----------------|-----------------------|-------------|------------------------------------------------------------------------------------------|----------------------------------|
| <b>Week 14</b> | <b>12–15 November</b> | III         | Types of Intelligence Tests; Pass Along Test; Raven's Progressive Matrices               | Lecture and demonstration        |
| <b>Week 15</b> | <b>16–17 November</b> | III         | General Mental Ability Test; Unit III Revision                                           | Lecture and test demonstration   |
| <b>Week 16</b> | <b>18 November</b>    | IV          | Assessment of Personality: Introduction to Projective Tests, Meaning and Characteristics | Lecture and discussion           |
| <b>Week 17</b> | <b>19 November</b>    | IV          | Limitations of Projective Tests; Word Association Test and Thematic Apperception Test    | Lecture and activity             |
| <b>Week 18</b> | <b>20 November</b>    | IV          | Personality Inventories; 16 PF Questionnaire; NEO Personality Inventory; Course Revision | Lecture, discussion and revision |

AFTER COMPLETION OF SYLLABUS REVISION WILL CONTINUE UNTIL THE EXAMINATION BEGINS.

## **PRACTICAL LESSON PLAN**

**Total Practical Contact Hours: 30 Hours**

Students will perform **at least five practicals** from the prescribed list.

| <b>Practical No.</b> | <b>Practical / Test</b>                    | <b>Tentative Period</b> | <b>Activity</b>                            |
|----------------------|--------------------------------------------|-------------------------|--------------------------------------------|
| <b>1</b>             | <b>Any Verbal Test of Intelligence</b>     | August                  | Administration, scoring and interpretation |
| <b>2</b>             | <b>Any Non-Verbal Test of Intelligence</b> | August–September        | Administration, scoring and interpretation |
| <b>3</b>             | <b>Word Association Test (WAT)</b>         | September–October       | Administration and interpretation          |
| <b>4</b>             | <b>16 PF Questionnaire</b>                 | October                 | Administration, scoring and interpretation |
| <b>5</b>             | <b>Thematic Apperception Test (TAT)</b>    | October                 | Administration and interpretation          |

