

**DON BOSCO ARTS & SCIENCE
COLLEGE**

ANGADIKADAVU

(Affiliated to Kannur University Approved by Government of Kerala)

ANGADIKADAVU P.O., IRITTY, KANNUR – 670706



COURSE PLAN

**(M.Sc. Counselling
Psychology)**

(2021 - 23)

SEMESTER - I

ACADEMIC YEAR 2021 – 22

I Semester M.Sc.Counselling Psychology (2021 - 23)

SL. No.	Name of Subjects with Code	Name of the Teacher	Duty Hours per week
1.	PSY1 - C01 : PSYCHOLOGICAL PROCESS I	Manjith R	4
2.	PSY1 - C02 : PERSONALITY	Seemanth Chandran.P.K	4
3.	PSY1 - C03 : DEVELOPMENTAL PSYCHOLOGY	Leema Jacob	4
4.	PSY1 - C04 : FUNDAMENTALS OF COUNSELLING	Dr. Fr. Kuriakkose	4
5.	PSY1-P01 : EXPERIMENTAL PSYCHOLOGY-PRACTICAL	Albin Joseph	5
	Name of Class Incharge: Seemanth Chandran.P.K		

Day	09.50 Am - 10.45 Am	10.45 Am -11.40 Am	11.55 Am -12.50 Pm	01.40 Pm - 02.35 Pm	02.35 Pm - 03.30 Pm
1	Albin	Sr. Leema	Fr. Dr, Kuriakkose	Seemanth	Manjith
2	Manjith	Seemanth	Fr. Dr, Kuriakkose	Albin	Sr. Leema
3	Manjith	Seemanth	Fr. Dr, Kuriakkose	Sr. Leema	Albin
4	Seemanth	Sr. Leema	Fr. Dr, Kuriakkose	Albin	Manjith
5	Seemanth	Sr. Leema	Manjith	Fr. Dr, Kuriakkose	Albin
6	Albin	Seemanth	Fr. Dr, Kuriakkose	Sr. Leema	Manjith

Subject Code:	PSY1 - C01
Subject Name:	PSYCHOLOGICAL PROCESS I
No. of Credits:	4
No. of Contact Hours:	90
Hours per Week:	6
Name of the Teacher:	Manjith R

SYLLABUS

Objectives

- To make the students aware about major perspectives, scope and methods in psychology.
- To help the students to understand sensory and perceptual processes
- To make them aware of the different types and theories of attention, memory and learning.

Module 1: Introduction:

Psychology- definition, goals, historical approaches: structuralism, functionalism, gestalt, behaviorism, modern approaches: biological, cognitive, behavioral, psychoanalytic, humanistic, cross cultural, evolutionary, eclectic approaches. Scope and applications. Research methods: experiment, correlational, case study, survey, content analysis.

Module2: Attention:

Definition of Attention, Factors affecting attention, span of attention, distraction of attention, division of attention, selective attention, shifting of attention. Theories of attention: filter theory, attenuation theory, late selection theory, multimode theory, attention- capacity and mental effort; schema theory. Neuropsychological studies of attention, visual attention.

Module3: Perception:

Sensation versus perception- basic differences, changing sensations into perceptions. Psychophysics, Perceptual thresholds: - absolute threshold, difference threshold, Methods- method of limit, method of adjustment, method of constant stimuli. - Weber's law, Fechner's law, Signal detection theory, subliminal perception. Rules of organization: rules of organization, gestalt approach to figure ground segregation. Depth perception- monocular and binocular cues, illusions.

Module 4: Memory:

Encoding, storage and retrieval processes, types of memory -sensory memory – iconic and echonic memory, short term and long term memory, working memory, types of long term memory-declarative Vs procedural, Episodic Vs semantic, implicit and explicit memory, narrative and autobiographical memory. Atkinson and Shiffrin model, neural network model. Forgetting – causes, theories of forgetting. Mnemonics and memory codes, distortion of memory, amnesia – retrograde and anterograde amnesia.

Module 5: Learning:

Definition and concept of learning, Classical conditioning- Basic experiment, basic terms, steps, Pavlovian conditioning procedures- delayed, backward, trace conditioning and applications. Operant conditioning- Basic experiment, basic terms and applications. Observational learning, Social learning theory, Cognitive learning processes, cognitive theory, cognitive information processing theory, constructivist theory,

REFERENCES

- Goldstein, E, B. (2002). Sensation and Perception. (6th ed.). USA: Wadsworth
- Riegler, B.R, & Riegler, G.R. (2012). Cognitive Psychology: Applying the science of the mind (2nded.). India: Dorling Kindersely.
- Gardner, R.A& Gardner, B.T(1998). The structure of learning: from sign stimuli to sign language. USA: Lawrence Erlbaum association
- Kellogg, R.T. (2003). Cognitive psychology(2nd ed.). India: sage publications
- Galotti, K.M.(1990). Cognitive psychology in and out of the laboratory (2nded). Bangalore: Wadsworth publishing company.
- Schunk, D.H. (2011). Learning theories- An educational perspective (5th ed.). India: Dorling Kindersley India Pvt Ltd.

TEACHING SCHEDULE

No of Weeks	Dates	Session	Topic
1	06-10-2021 To 09-10-2021	1	Introduction to syllabus
		2	Module 1: Introduction
		3	Psychology- definition, goals
		09 October	Second Saturday
2	11-10-2021 To 16-10-2021	4	Historical approaches: structuralism, functionalism
		5	Gestalt
		6	Behaviorism
		14 October	Mahanavami
		15 October	Vijayadashami
		7	Modern approaches: biological, cognitive
3	18-10-2021 To 23-10-2021	8	Behavioral, psychoanalytic
		19 October	Nabidinam
		9	Humanistic, cross cultural
		10	Evolutionary, eclectic approaches
		11	Scope and applications
		12	Research methods: experimental, co relational,
4	25-10-2021 To 30-10-2021	13	Case study, survey, content analysis.
		14	Revision
		15	Unit test
		16	Module2: Attention: Definition of Attention,
		17	Factors affecting attention, span of attention,
		18	Distraction of attention, division of attention,
5	01-11-2021 To 06-11-2021	19	Selective attention, shifting of attention
		20	Theories of attention: filter theory, attenuation theory,.
		21	Late selection theory, multimode theory,
		04 November	Diwali
		22	Attention- capacity and mental effort
		23	Schema theory.
6	08-11-2021 To 13-11-2021	24	Neuropsychological studies of attention, visual attention
		25	Revision
		26	Unit test
		27	Module3: Perception:
		28	Sensation versus perception- basic differences
		13 November	Second Saturday
7	15-11-2021	29	Changing sensations in to perceptions
		30	Psycho physics, Perceptual thresholds

	To 20-11-2021	31	Absolute threshold, difference threshold
		32	Methods- method of limit, method of adjustment
		33	Method of constant stimuli.
		34	Weber's law, Fechner's law
8	22-11-2021 To 27-11-2021	35	Signal detection theory
		36	Subliminal perception
		37	Rules of organization: rules of organization,
		38	Gestalt approach to figure ground segregation.
		39	Depth perception- monocular and binocular cues,
		40	Illusions.
9	29-11-2021 To 04-12-2021	41	Revision
		42	Unite test
		43	Seminar
		44	Seminar
		45	Seminar
		46	Seminar
10	06-12-2021 To 11-12-2021	47	Seminar
		48	Seminar
		49	Seminar
		50	Seminar
		51	Seminar
		11 December	Second Saturday
11	13-12-2021 To 18-12-2021	52	Module 4: Memory: Encoding, storage and retrieval processes
		53	Types of memory -sensory memory – iconic and echoic memory
		54	Short term and long term memory, working memory
		55	Types of long term memory-declarative Vs procedural,
		56	Episodic Vs semantic,
		57	Implicit and explicit memory,
12	20-12-2021 To 25-12-2021	58	Narrative and autobiographical memory.
		59	Atkinson and Shiffrin model, neural network model.
		60	Forgetting
		61	Causes, theories of forgetting.
		62	Mnemonics and memory codes,
		24 December	Distortion of memory
		25 December	Amnesia – retrograde and anterograde amnesia
13	27-12-2021 To 01-01-2022	27 December	Revision
		28 December	Unite test
		29 December	Revision
		30 December	Revision

		31 December	Revision
		01 January	Revision
14	03-01-2022 To 08-01-2022	63	I Internal Examination
		64	I Internal Examination
		65	I Internal Examination
		66	Module 5: Learning
		67	Definition and concept of learning
		68	Classical conditioning- Basic experiment, basic terms, steps,
15	10-01-2022 To 15-01-2022	69	Pavlovian conditioning procedures- delayed, backward, trace conditioning and applications.
		70	Operant conditioning- Basic experiment
		71	Operant conditioning - basic terms and applications.
		72	Observational learning, ,
		73	Social learning theory,
		74	Cognitive learning processes,
16	17-01-2022 To 22-01-2022	75	Cognitive theory,
		76	Cognitive information processing theory,
		77	Constructivist theory
		78	Revision
		79	Unit test
		80	Assignment
17	24-01-2022 To 29-01-2022	81	Assignment
		82	Assignment
		26 January	Republic Day
		83	Revision
		84	Revision
		85	Revision
18	31-01-2022 To 05-02-2022	86	II Internal Examination
		87	II Internal Examination
		88	II Internal Examination
		89	II Internal Examination
		90	II Internal Examination

Subject Code:	PSY1 - C02
Subject Name:	PERSONALITY
No. of Credits:	4
No. of Contact Hours:	74
Hours per Week:	4
Name of the Teacher:	Seemanth Chandran.P.K

CORE COURSE: PERSONALITY

Semester	Course Code	Hours per week	Credit	Exam Hrs
1	PSY1 - C02	4	4	3

COURSE OUTCOMES

To give the students an in-depth knowledge of the field of Personality Psychology

To develop an understanding on the contribution of different theorists to the studies on personality

Module 1: Introduction to Personality

Definition, History, Modern theories of Personality, Characteristics of a good personality theory, Testing the theories- Research methods, The eight perspectives.

Module 2: Psychoanalytic and Neo-analytic Perspectives

Sigmund Freud and Psychoanalysis, Developments in Psychoanalysis, Carl Gustav Jung & Analytical Psychology, Alfred Adler & Individual Psychology, Karen Horney & Psychoanalysis.

Module 3: Type and Trait Perspectives

Allport's trait theory, Cattell's Structure based systems theory, Eysenck's biological typology

Module 4: Behaviorist and Learning perspectives

Origin of behaviorists approaches, The classical conditioning of personality, Watson's Behaviorism, The Radical Behaviorism of B.F. Skinner, Other learning approaches to personality.

Module 5: Cognitive and Social Cognitive perspectives

Roots of cognitive approaches, Cognitive and perceptual mechanisms, George Kelly's Personal Construct Theory, Julian Rotter's Locus of Control approach, Albert Bandura's Social Cognitive Learning theory.

Module 6: Humanistic and Existential perspectives

Carl Rogers and Person Centered Perspective, Abraham Maslow and Transpersonal Psychology.

Module 7: Ancient Indian perspectives

The Upanishadic view, The Gita on self, Buddha's doctrine of Anatma, The NyayaVaisesika views, The Samkhya yoga view, The Mimamsa view, Types of Personality.

References:

Frager, R., & Fadiman, J. (2009). Personality and Personal Growth (6th ed.). New Delhi: Pearson Education, Inc.

Friedman, H.S., & Schustack, M. W. (2004). Personality-Classic Theories and Modern Research (2nd ed.). Singapore: Pearson Education, Inc.

Kuppuswamy, B. (2001). Elements of Ancient Indian Psychology. New Delhi: Konark Publishers Ltd.

Pervin, L.A., & John, O.P. (2006). Handbook of Personality(2nd ed.). New Delhi: Guilford Publications

Ryckman, R. M. (2000). Theories of Personality (7th ed.). USA: Wadsworth/Thomson Learning.

TEACHING SCHEDULE

No of Weeks	Dates	Session	Topic
1	06-10-2021 To 09-10-2021	1	Module 1 Introduction to Personality Definition and history of personality
		2	Modern theories of Personality
		3	Characteristics of a good personality theory
		09 October	Second Saturday
2	11-10-2021 To 16-10-2021	4	Testing the theories- Research methods
		5	The eight perspectives of personality theories
		6	Module 2: Psychoanalytic and Neo-analytic Perspectives Introduction
		14 October	Mahanavami
		15 October	Vijayadashami
		7	Sigmund Freud and Psychoanalysis
3	18-10-2021 To 23-10-2021	8	Psychoanalytic personality, Developments in Psychoanalysis
		19 October	Nabidinam
		9	Carl Gustav Jung & Analytical Psychology

		10	Alfred Adler & Individual Psychology,
		11	Karen Horney & Psychoanalysis.
		12	CLASS TEST
4	25-10-2021 To 30-10-2021	13	Module 3: Type and Trait Perspectives Introduction
		14	Alport's trait theory
		15	Cattell's Structure based systems theory
		16	Eysenck's biological typology
		17	ASSIGNMENT PRESENTATION
		18	Module 4: Behaviorist and Learning perspectives Introduction
5	01-11-2021 To 06-11-2021	19	Origin of behaviorists approaches
		20	The classical conditioning of personality
		21	Watson's Behaviorism
		04 November	Diwali
		22	The Radical Behaviorism of B.F. Skinner
		23	Other learning approaches to personality.
6	08-11-2021 To 13-11-2021	24	CLASS TEST
		25	Module 5: Cognitive and Social Cognitive perspectives
		26	Roots of cognitive approaches
		27	Cognitive and perceptual mechanisms
		28	George Kelly's personal construct theory
		13 November	Second Saturday
7	15-11-2021 To 20-11-2021	29	Julian Rotter's Locus of Control approach
		30	Albert Bandura's Social Cognitive Learning theory
		31	CLASS TEST
		32	Module 6: Humanistic and Existential perspectives Introduction
		33	Carl Rogers and Person Centered Perspective
		34	Abraham Maslow and Transpersonal Psychology
8	22-11-2021 To 27-11-2021	35	Module 7: Ancient Indian perspectives Introduction
		36	Ancient Indian Philosophy
		37	The Upanishadic view
		38	The Gita on self
		39	Buddha's doctrine of Anatma
		40	The Nyaya system
9	29-11-2021 To 04-12-2021	41	The Vysheshika System
		42	The Samkhya System
		43	The Yoga view
		44	The Mimamsa view
		45	CLASS TEST

		46	CHAPTER DISCUSSION
10	06-12-2021 To 11-12-2021	47	SEMINAR PRESENTATION
		48	SEMINAR PRESENTATION
		49	SEMINAR PRESENTATION
		50	SEMINAR PRESENTATION
		51	SEMINAR PRESENTATION
		11 December	Second Saturday
11	13-12-2021 To 18-12-2021	52	SEMINAR PRESENTATION
		53	SEMINAR PRESENTATION
		54	REVISION UNIT 1
		55	REVISION UNIT 1
		56	REVISION UNIT 1
		57	REVISION UNIT 1
12	20-12-2021 To 25-12-2021	58	REVISION UNIT 2
		59	REVISION UNIT 2
		60	REVISION UNIT 2
		61	REVISION UNIT 2
		62	REVISION UNIT 3
		24 December	Christamas Vacation
		25 December	Christamas Vacation
13	27-12-2021 To 01-01-2022	27 December	Christamas Vacation
		28 December	Christamas Vacation
		29 December	Christamas Vacation
		30 December	Christamas Vacation
		31 December	Christamas Vacation
		01 January	Christamas Vacation
14	03-01-2022 To 08-01-2022	63	I Internal Examination
		64	I Internal Examination
		65	I Internal Examination
		66	REVISION UNIT 3
		67	REVISION UNIT 3
		68	REVISION UNIT 3
15	10-01-2022 To 15-01-2022	69	REVISION UNIT 3
		70	REVISION UNIT 4
		71	REVISION UNIT 4
		72	REVISION UNIT 4
		73	REVISION UNIT 4
		74	REVISION UNIT 5
16	17-01-2022 To	75	REVISION UNIT 5
		76	REVISION UNIT 5
		77	REVISION UNIT 5

	22-01-2022	78	REVISION UNIT 6
		79	REVISION UNIT 6
		80	REVISION UNIT 6
17	24-01-2022 To 29-01-2022	81	REVISION UNIT 6
		82	REVISION UNIT 6
		26 January	Republic Day
		83	REVISION UNIT 7
		84	REVISION UNIT 7
		85	REVISION UNIT 7
18	31-01-2022 To 05-02-2022	86	II Internal Examination
		87	II Internal Examination
		88	II Internal Examination
		89	II Internal Examination
		90	II Internal Examination

Subject Code:	PSY1 - C03
Subject Name:	DEVELOPMENTAL PSYCHOLOGY
No. of Credits:	4
No. of Contact Hours:	90
Hours per Week:	4
Name of the Teacher:	LEEMA JACOB

Objectives:

To make the students aware of the importance of learning human development
To give the students detailed idea regarding physical, cognitive and socio-emotional development during the life span

Module 1: Introduction to Lifespan Psychology

Studying changes with age, Concepts of human development, Ways of studying development, Developmental functions: Growing and changing, Theories of development, The Nature-Nurture issue.

Module 2: Infancy

Prenatal development, Influences of teratogens on pre-natal development. The birth process Stages of birth and birth complications, Premature birth, Perception, knowledge and action in infancy, Emotional development and formation of relationship, social interaction and the beginning of communication, the development of self and gender.

Module 3: Childhood

Physical development in early, middle and late childhood, Cognitive development and development of language, Memory development and Eyewitness testimony, The beginnings of peer relationships, Moral development in childhood.

Module 4: Adolescence

Cognitive development in adolescence- Perception, attention, memory, intelligence, reasoning, formal operational thinking. Social development – G.Stanley Hall's view, Kurt Lewin's View, The work of Anna Freud, The family and adolescence, peer relations, Identity development in adolescence.

Module 5: Adulthood

Physical, Cognitive, Social and emotional development in early, middle and late adulthood, Theories of ageing, Defining death and life/death issues, Death and cultural contexts, A developmental perspective on death, Facing one's death.

References

Dacey, J.S., & Travers, J.F. (2002). Human Development across the Lifespan (5th ed.). New York: Mc. Graw Hill publishers.
Sarason, I.G., & Sarason, B.R. (2002). Abnormal Psychology- The problem of Maladaptive Behavior. USA: Prentice Hall.
Santrock, J.W. (2006). Lifespan Development(10th ed.). New York: Mc-Graw Hill publishers.

Sigelman, C. K., & Rider, E. A. (2009). Human Development . New Delhi: Wadsworth publishers.

Slater, A., & Bremner, G. (2011). An Introduction to Developmental Psychology. UK: Blackwell Publishing Ltd.

TEACHING SCHEDULE

No of Weeks	Dates	Session	Topic
1	06-10-2021 To 09-10-2021	1	Syllabus introduction
		2	Introduction to Lifespan Psychology
		3	Studying changes with age
		09 October	Second Saturday
2	11-10-2021 To 16-10-2021	4	Concepts of human development
		5	Ways of studying development
		6	Developmental functions:
		14 October	Mahanavami
		15 October	Vijayadashami
		7	Growing and changing,
3	18-10-2021 To 23-10-2021	8	Theories of development,
		19 October	Nabidinam
		9	The Nature-Nurture issue.
		10	Revision
		11	Class test
		12	Infancy
4	25-10-2021 To 30-10-2021	13	Prenatal development
		14	Influences of teratogens on pre-natal development.
		15	The birth process
		16	Stages of birth
		17	Birth complications

		18	Premature birth
5	01-11-2021 To 06-11-2021	19	Perception, knowledge and action in infancy
		20	Emotional development and formation of relationship,
		21	Social interaction
		04 November	Diwali
		22	Beginning of communication,
		23	The development of self and gender.
6	08-11-2021 To 13-11-2021	24	Revision
		25	Class test
		26	Childhood
		27	Physical development in early childhood
		28	Physical development in late childhood
		13 November	Second Saturday
7	15-11-2021 To 20-11-2021	29	Cognitive development
		30	Development of language.
		31	Memory development
		32	Eyewitness testimony
		33	The beginnings peer relationships,
		34	Moral development in childhood
8	22-11-2021 To 27-11-2021	35	Revision
		36	Class test
		37	Adolescence
		38	Cognitive development in adolescence
		39	Perception in adolescence
		40	Attention in adolescents
9	29-11-2021 To 04-12-2021	41	Memory, intelligence and reasoning
		42	Formal operational thinking.
		43	Adolescence
		44	Cognitive development in adolescence
		45	Perception in adolescence
		46	Attention in adolescents
10	06-12-2021 To 11-12-2021	47	Memory, intelligence and reasoning
		48	Formal operational thinking.
		49	Social development
		50	Kurt Lewin's View

		51	The work of Anna Freud
		11 December	Second Saturday
			The family and adolescence
			Peer relations
			Identity development in adolescence.
			G.Stanley Hall's view
			Revision
			Revision
			Group discussion
			Class test
			Adulthood
			Physical, development in early adulthood
			Cognitive, development in early adulthood
		24 December	Christmas Vacation
		25 December	Christmas Vacation
13	27-12-2021 To 01-01-2022	27 December	Christmas Vacation
		28 December	Christmas Vacation
		29 December	Christmas Vacation
		30 December	Christmas Vacation
		31 December	Christmas Vacation
		01 January	Christmas Vacation
14	03-01-2022 To 08-01-2022	63	I Internal Examination
		64	I Internal Examination
		65	I Internal Examination
		66	Social development in early adulthood
		67	Emotional development in early adulthood
		68	Middle adulthood
15	10-01-2022 To 15-01-2022	69	Physical, development in middle adulthood
		70	Cognitive, development in middle adulthood
		71	Social development in middle adulthood
		72	Emotional development in middle adulthood
		73	Late adulthood
		74	Physical, development in late adulthood
16	17-01-2022 To 22-01-2022	75	Cognitive, development in late adulthood
		76	Social development in late adulthood
		77	Emotional development in late adulthood
		78	Theories of ageing,

		79	Defining death
		80	Life/death issues,
17	24-01-2022 To 29-01-2022	81	Death and cultural contexts,
		82	A developmental perspective on death,
		26 January	Republic Day
		83	Facing one's death
		84	Assignment
		85	Revision
18	31-01-2022 To 05-02-2022	86	Revision
		87	II Internal Examination
		88	II Internal Examination
		89	II Internal Examination
		90	II Internal Examination

Subject Code:	PSY1 - C04
Subject Name:	Fundamentals of Counselling
No. of Credits:	4
No. of Contact Hours:	74
Hours per Week:	4
Name of the Teacher:	Dr.Fr. Kuriakose Augustine

CORE COURSE: Fundamentals of Counselling

COURSE OUTCOMES

CO1: To give the students an in-depth knowledge on the counseling process.

CO2: To equip the students with skills required to make the counseling process fruitful.

Module 1: Introduction to counseling:

Counselling- Definition, history of counseling, fundamental precepts, goals of the counseling process, skills of an efficient counselor, stages- initial disclosure, in-depth exploration, Commitment to action and termination. Current trends in the new millennium.

Module 2: Skills and tasks for engaging a client

Types of initial interviews, Role of personal appearance, The counselling workspace, Getting started, finding a good supervisor, Planning for the first meeting, The first contact, The importance of non-verbal behavior, using questions for fact finding and engagement, other simple supportive tools for engagement

Module 3: Skills for developing and deepening the relationship

Skills for developing relationship- The empathic foundation, Effectively listening to the client, Effectively responding to the client using reflection skills, Working with the client's feelings. Skills for deepening relationship- Focusing, Personalizing to promote responsibility, Immediacy, Using hunches, Affirming and validating, Using challenges, Tracking the themes of client's material, Danger areas in responding to new clients

Module 4: Assessment, Goal setting and action planning

The importance of good assessment, Assessment of the whole person, Choosing strategies for action based on theoretical orientation, Assessing overall level of functioning, Goal setting and action planning.

Module 5: Termination of Counselling relationships

Function of termination, Timing of Termination, Issues of Termination,

Resistance to Termination, Premature Termination, Counselor-Initiated Termination, Ending on a positive date, Follow-up and Referral.

TEACHING SCHEDULE

No of Weeks	Dates	Session	Topic
1	06-10-2021 To 09-10-2021	1	Unit 1: Introduction to counseling:
		2	Counselling- Definition,
		3	History of counseling
		09 October	Second Saturday
2	11-10-2021 To 16-10-2021	4	Fundamental precepts
		5	Goals of the counseling process
		6	Skills of an efficient counselor
		14 October	Mahanavami
		15 October	Vijayadashami
3	18-10-2021 To 23-10-2021	7	Stages- initial disclosure
		8	In-depth exploration Commitment to action and termination.
		19 October	Nabidinam
		9	Current trends in the new millennium.
		10	REVISION
		11	REVISION
4	25-10-2021 To 30-10-2021	12	Submission and correction of individual note on Unit 1
		13	CLASS TEST
		14	Unit 2: Skills and tasks for engaging a client
		15	Types of initial interviews
		16	Role of personal appearance
		17	The counselling workspace
5	01-11-2021 To 06-11-2021	18	The counselling workspace
		19	Getting started
		20	Finding a good supervisor
		21	Planning for the first meeting
		04 November	Diwali
		22	The first contact
6	08-11-2021 To	23	The importance of non-verbal behavior
		24	Using questions for fact finding and engagement
		25	Other simple supportive tools for engagement
		26	REVISION

	13-11-2021	27	REVISION
		28	Submission and correction of individual note on Unit 2
		13 November	Second Saturday
7	15-11-2021 To 20-11-2021	29	CLASS TEST
		30	UNIT 3: Skills for developing and deepening the relationship
		31	Skills for developing relationship- The empathic foundation
		32	Effectively listening to the client
		33	Effectively responding to the client using reflection skills hunches
		34	Working with the client's feelings Skills for deepening relationship- Focusing
8	22-11-2021 To 27-11-2021	35	Skills for developing relationship- The empathic foundation
		36	Effectively listening to the client
		37	Effectively responding to the client using reflection skills hunches
		38	Working with the client's feelings Skills for deepening relationship- Focusing
		39	Personalizing to promote responsibility Immediacy
		40	Using hunches, Affirming and validating, validating
9	29-11-2021 To 04-12-2021	41	Using challenges Tracking the themes of client
		42	Effectively listening to the client
		43	Effectively responding to the client using reflection skills
		44	Affirming and validating, Using challenges, Tracking the themes of client's material, Danger areas in responding to new clients
		45	REVISION
		46	Submission and correction of individual notes on Unit 3
10	06-12-2021 To 11-12-2021	47	CLASS TEST
		48	UNIT 4: Assessment
		49	Goal setting and action planning
		50	The importance of good assessment
		51	Assessment of the whole person
		11 December	Second Saturday
			Choosing strategies for action based on theoretical orientation
			Assessing overall level of functioning
			Goal setting and action planning
			REVISION
			REVISION
			Submission and correction of Individual notes on Unit 4
			CLASS TEST
			UNIT 5: Termination of Counselling relationships

			Function of termination
			Timing of Termination
			Issues of Termination
		24 December	Christamas Vacation
		25 December	Christamas Vacation
13	27-12-2021 To 01-01-2022	27 December	Christamas Vacation
		28 December	Christamas Vacation
		29 December	Christamas Vacation
		30 December	Christamas Vacation
		31 December	Christamas Vacation
		01 January	Christamas Vacation
14	03-01-2022 To 08-01-2022	63	Resistance to Termination
		64	Premature Termination
		65	Counselor-Initiated Termination
		66	Client initiated termination
		67	Preparation for termination
		68	Termination procedure
15	10-01-2022 To 15-01-2022	69	Ending on a positive date
		70	Follow-up
		71	Referral
		72	REVISION
		73	REVISION
		74	Submission and correction of individual note on Unit 5
16	17-01-2022 To 22-01-2022	75	CLASS TEST
		76	Evaluation of overall units
		77	Doubts clearing consultation session
		78	Doubts clearing consultation session
		79	Revision
		80	Revision,
17	24-01-2022 To 29-01-2022	81	Revision
		82	Revision
		26 January	Republic Day
		83	Revision
		84	Revision
		85	Revision
18	31-01-2022 To 05-02-2022	86	Revision
		87	II Internal Examination
		88	II Internal Examination
		89	II Internal Examination
		90	II Internal Examination

Subject Code:	PSY1-P01
Subject Name:	EXPERIMENTAL PSYCHOLOGY PRACTICAL -1
No. of Credits:	4
No. of Contact Hours:	90
Hours per Week:	5
Name of the Teacher:	ALBIN JOSEPH

SYLLABUS

Objective:

To apply theoretical knowledge in practical application

To enable learners to design experiments in different areas of psychology

To develop various skills of conducting experiments in psychology

To acquaint the students with the administration of psychological experiments,

Interpretation of scores and report writing

1. PERCEPTION

- a. Time perception
- b. Phi-phenomenon.
- c. Depth perception
- d. MullerLyer illusion.
- e. Two point threshold
- f. Difference threshold

2. ATTENTION

- a. Division of attention
- b. Span of attention
- c. Distraction of attention

3. LEARNING

- a. Trial and error learning
- b. Transfer of learning
- c. Massed versus spaced learning
- d. Maze learning

4. MEMORY

- a. Immediate Memory Span
- b. Retention as a function of meaning

5. MOTIVATION

- a. Level of Aspiration
- b. Knowledge of result

6. EMOTION

- a. Judging Emotions using photographs

TEACHING SCHEDULE

No of Weeks	Dates	Session	Topic
1	06-10-2021 To 09-10-2021	1	Introduction to experimental psychology
		2	Rapport establishment Training
		3	Difference between tests and measurement
		09 October	Second Saturday
2	11-10-2021 To 16-10-2021	4	Unit 1 -Idea of perception
		5	Depth perception introduction
		6	Depth perception :Administration
		14 October	Mahanavami
		15 October	Vijayadashami
3	18-10-2021 To 23-10-2021	8	Depth Perception- Scoring and interpretation
		19 October	Nabidinam
		9	Depth perception – Report writing and correction
		10	Instructions for writing report in APA
		11	Time perception introduction
		12	Time perception Administration
4	25-10-2021 To 30-10-2021	13	Time perception scoring and interpretation
		14	Report writing and correction
		15	Muller Lyer illusion Introduction
		16	Muller Lyer illusion Administration

		17	Muller Lyer illusion scoring and interpretation
		18	Muller Lyer illusion report writing and submission
5	01-11-2021 To 06-11-2021	19	Unit-2-Attention
		20	Concept of attention theories of attention
		21	Division of attention Introduction
		04 November	Diwali
		22	Division of attention Administration
		23	Division of attention scoring and interpretation
		24	Division of attention report writing and correction
6	08-11-2021 To 13-11-2021	25	Span of attention Introduction
		26	Span of attention Administration
		27	Span of attention scoring and interpretation
		28	Span of attention report writing and correction
		13 November	Second Saturday
		29	Distraction of attention Introduction
7	15-11-2021 To 20-11-2021	30	Distraction of attention Administration
		31	Distraction of attention scoring and interpretation
		32	Distraction of attention report writing and correction
		33	Unit 3 learning
		34	Learning Theories
		35	Trial and error learning Introduction
8	22-11-2021 To 27-11-2021	36	Trial and error learning Administration
		37	Trial and error learning scoring and interpretation
		38	Trial and error learning report writing and correction
		39	Transfer of learning Introduction
		40	Transfer of learning Administration
		41	Transfer of learning scoring and interpretation
9	29-11-2021 To 04-12-2021	42	Transfer of learning report writing and correction
		43	Massed versus spaced learning Introduction
		44	Massed versus spaced learning Administration
		45	Massed versus spaced learning scoring and interpretation
		46	Massed versus spaced learning report writing and correction
		47	Maze learning Introduction
10	06-12-2021 To 11-12-2021	48	Maze learning Administration
		49	Maze learning scoring and interpretation
		50	Maze learning report writing and correction
		51	REVISION
		11 December	Second Saturday
		52	REVISION
11	13-12-2021	53	MODEL TEST

	To 18-12-2021	54	Unit 4 Memory
		55	Theories of memory
		56	Types of memory
		57	Immediate Memory SpanIntroduction
12	20-12-2021 To 25-12-2021	58	Immediate Memory SpanAdministration
		59	Immediate Memory Spanscoring and interpretation
		60	Immediate Memory Spanreport writing and correction
		61	Doubt clearing regarding APA format
		62	Retention as a function of meaningIntroduction
		24 December	Retention as a function of meaningAdministration
		25 December	Retention as a function of meaningscoreing and interpretation
13	27-12-2021 To 01-01-2022	27 December	Retention as a function of meaningreport writing and correction
		28 December	Unit 5 Motivation
		29 December	Concept of motivation
		30 December	Motivation theories
		31 December	Level of Aspiration Introduction
		01 January	Level of Aspiration Administration
14	03-01-2022 To 08-01-2022	63	I Internal Examination
		64	I Internal Examination
		65	I Internal Examination
		66	Level of Aspiration Scoring and interpretation
		67	Level of Aspiration report writing and correction
		68	Knowledge of resultIntroduction
15	10-01-2022 To 15-01-2022	69	Knowledge of resultAdministration
		70	Knowledge of result Scoring and interpretation
		71	Knowledge of resultreport writing and correction
		72	REVISION
		73	REVISION
		74	MODEL TEST
16	17-01-2022 To 22-01-2022	75	MODEL VIVA
		76	Unit 6 Emotions
		77	Concept of Emotion
		78	Theories of emotion
		79	Judging Emotions using photographsIntroduction
		80	Judging Emotions using Photographs Administration
17	24-01-2022 To 29-01-2022	81	Judging Emotions using photographsScoring and interpretation
		82	Judging Emotions using photographsreport writing and correction
		26 January	Republic Day

		83	REVISION
		84	REVISION
		85	REVISION
18	31-01-2022 To 05-02-2022	86	II Internal Examination
		87	II Internal Examination
		88	II Internal Examination
		89	II Internal Examination
		90	II Internal Examination