

DON BOSCO ARTS & SCIENCE COLLEGE

E

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 – II

ACADEMIC YEAR 2021 – 22

II Semester M Sc Psychology (2021-23)

Sl. No.	Name of Subjects with Code	Name of the Teacher	Duty Hours Per Week
1.	PSY2 C05 PSYCHOLOGICAL PROCESS II	MANJITH R	5
2.	PSY2 C06 ABNORMAL PSYCHOLOGY	LEEMA JACOB	5
3.	PSY2 07 SOCIAL PSYCHOLOGY	SEEMANTH CHANDRAN.P.K	5
4.	PSY2 08 COUNSELLING – THEORIES & APPROACHES	FR. DR. KURIAKOSE PALLIKUNNEL	5
5.	PSY1P01 EXPERIMENTAL PSYCHOLOGY - PRACTICAL	DYNA SCARIA	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	Seemanth	Fr. Kuriakose	Dyna	Sr.Leema	Manjith
2	Seemanth	Sr.Leema	Manjith	Fr. Kuriakose	Dyna
3	Fr. Kuriakose	Sr.Leema	Dyna	Seemanth	Manjith
4	Sr.Leema	Manjith	Dyna	Fr. Kuriakose	Seemanth
5	Manjith	Dyna	Fr. Kuriakose	Sr.Leema	Seemanth

Subject Code:	PSY2 C05
Subject Name:	PSYCHOLOGICAL PROCESS II
No. of Credits:	5
No. of Contact Hours:	90
Hours per Week:	5
Name of the Teacher:	Manjith R

SYLLABUS

Objectives

- To familiarize students with theories of intelligence.
- To develop a broader understanding of the psychological foundations of thought and language, emotion and motivation.
- To provide basic knowledge about the consciousness.

Module 1: Intelligence:

Intelligence- definition, mental age, IQ, Binet-Simon scale, heredity and environment as determinants of intelligence, Intelligence theories: Spearman, Thurstone, Cattell, Guilford, Gardner, Sternberg, Goleman - emotional intelligence. Assessment- individual and group tests.

Module 2: Thought and Language:

Basic elements of thought-concepts, problem solving: types of thinking, general models of problem solving, creativity. Reasoning – types of reasoning, patterns of reasoning performance, three approaches to the study of reasoning. Decision making- basic concepts of probability, cognitive illusions in decision making, utility models, improving the ability of decision making. Language-Structure of language, Theories of language development, language comprehension, language production, language and cognition.

Module 3: Consciousness:

Variation in the level of awareness, evolutionary roots, biological rhythms and sleep, sleep and waking cycle; States of consciousness: Day dreaming, extended states of consciousness, hypnosis, meditation, altered states of consciousness.

Module 4: Emotion:

Concept of emotions, emotion experience, primary emotion, Biological foundation of emotion, components- theories of emotion- James- Lange, Cannon-Bard, Schachter- Singer. Cognitive and social theories- Cognitive appraisal theory, Facial feedback hypothesis, functions of emotions.

Module 5: Motivation:

Basic concepts of Motivation, brain- reward and pleasure center, cognitive factors, theories of motivation: drive theory, incentive theory, opponent process theory, optimal level theory. Goal setting theory. Consistency theory, Cognitive dissonance theory, expectancy theory, attribution theory. Maslow's hierarchy of needs, achievement motivation theory. Biological motives- hunger, thirst, sexual motivation, anger and aggression, pain, fear and stress.

References

- Edwards, D, C. (1999). Motivation and Emotion. USA: Sage publications.
- Weiten, W. (2011). Psychology: themes and variations (8th ed.). USA: Cengage learning.
- Kellogg, R.T. (2003). Cognitive psychology(2nd ed.).India : sage publications.
- Galotti, K.M.(1990). Cognitive psychology in and out of the laboratory (2nd ed.). Bangalore: Wadsworth publishing company.
- Ford, M.E(1992). Motivating humans: goals, emotions and personal agency beliefs. India: Sage publications.

Plotnik, R. & Kouyoumdjian, H (2008). Introduction To Psychology(9th ed.). USA: Cengage learning.

TEACHING SCHEDULE

No of Weeks	Dates	Session	Topic
1	07-02-2022 To 12-02-2022	1	Syllabus Introduction
		2	Module 1: Intelligence:definition,
		3	Mental age, IQ, Binet-Simon scale,
		4	Heredity and environment as determinants of intelligence,
		5	Intelligence theories: Spearman, Thurstone
		12-02-2022	Second Saturday
2	14-02-2022 To 19-02-2022	6	Cattel, Guilford,
		7	Gardner, Sternberg,
		8	Goleman - emotional intelligence.
			College Arts Fest
			College Arts Fest
		9	Assessment- individual and group tests.
3	21-02-2022 To 26-02-2022	10	Revision
		11	Unit Test
		12	Module 2: Thought and Language:Basic elements of thought-concepts.
		13	Problem solving: types of thinking
		14	General models of problem solving, creativity
		15	Reasoning – types of reasoning, patterns of reasoning performance,
4	28-02-2022 To 05-03-2022	16	Three approaches to the study of reasoning
		01-03-2022	Shivarathri
		17	Decision making- basic concepts of probability,
		18	Cognitive illusions in decision making, utility models, improving the ability of decision making.
		19	Language-Structure of language,
		20	Theories of language development,
5	07-03-2022 To 12-03-2022	21	Language comprehension,
		22	Language production, language and cognition.
		23	Revision
		24	Unit Test
		25	Module 3: Consciousness:
		12-03-2022	Second Saturday
6	14-03-2022	26	Variation in the level of awareness

	To 19-03-2022	27	Evolutionary roots, biological rhythms and sleep,
		28	Sleep and waking cycle;
		29	States of consciousness: Day dreaming,
		30	Extended states of consciousness,
		31	Hypnosis, meditation,.
7	21-03-2022 To 26-03-2022	32	Altered states of consciousness
		33	Revision
		34	Unit Test
		35	Assignment
		36	Assignment
		37	Seminar Presentation
8	28-03-2022 To 02-04-2022	38	Seminar Presentation
		39	Seminar Presentation
		40	Seminar Presentation
		41	Seminar Presentation
		42	Seminar Presentation
		43	Seminar Presentation
9	04-04-2022 To 09-04-2022	44	Module 4: Emotion: Concept of emotions
		45	Emotion experience, primary emotion
		46	Biological foundation of emotion
		47	Components- theories of emotion- James- Lange
		48	Cannon-Bard
		49	Schachter- Singer.
10	11-04-2022 To 16-04-2022	50	Cognitive and social theories
		51	Cognitive appraisal theory,
		13-04-2022	Easter Holidays
		14-04-2022	Easter Holidays
		15-04-2022	Easter Holidays
		16-04-2022	Easter Holidays
11	18-04-2022 To 23-04-2022	18-04-2022	Easter Holidays
		52	I Internal Examination
		53	I Internal Examination
		54	I Internal Examination
		55	I Internal Examination
		56	I Internal Examination
12	25-04-2022 To 30-04-2022	57	Facial feedback hypothesis
		58	Functions of emotions
		59	Revision
		60	Unit Test
		61	Module 5: Motivation: Basic concepts of Motivation
		62	Brain- reward and pleasure center, cognitive factors,
		63	Theories of motivation: drive theory,

13	02-05-2022 To 07-05-2022	02-05-2022	RAMZAN
		64	Incentive theory, opponent process theory
		65	Optimal level theory. Goal setting theory
		66	Consistency theory, Cognitive dissonance theory,
		67	Expectancy theory, attribution theory.
14	09-05-2022 To 14-05-2022	68	Maslow's hierarchy of needs,
		69	Achievement motivation theory.
		70	Biological motives- hunger, thirst,
		71	Sexual motivation,
		72	anger and aggression
		73	Pain, fear and stress
15	16-05-2022 To 21-05-2022	14-05-2022	Second Saturday
		74	Revision
		75	Unite Test
		76	Seminar Presentation
		77	Seminar Presentation
		78	Seminar Presentation
16	23-05-2022 To 28-05-2022	79	Revision
		80	II Internal Examination
		81	II Internal Examination
		82	II Internal Examination
		83	II Internal Examination
		84	II Internal Examination
17	30-05-2022 To 04-06-2022	85	II Internal Examination
		86	Seminar Presentation
		87	Seminar Presentation
		88	Seminar Presentation
		89	Seminar Presentation
		90	Seminar Presentation

Subject Code:	PSY2 C06
Subject Name:	ABNORMAL PSYCHOLOGY
No. of Credits:	4
No. of Contact Hours:	90
Hours per Week:	5
Name of the Teacher:	SR.LEEMA JACOB

SYLLABUS

Module 1: Abnormal psychology

Abnormal psychology- past and present: history and current trends in Abnormal psychology; perspectives and models of abnormal behavior- biological, psychodynamic, behavioral, cognitive behavioral, humanistic, socio-cultural. Causal factors of abnormality; Classification of abnormal behavior: DSM and ICD.

Module 2: Problems of Anxiety

Anxiety disorders; Stress disorders, somatoform disorders, dissociative disorders, - Types, course, signs and symptoms and treatment.

Module 3: Problems of mind and body

Eating disorders, Substance related disorders, sexual disorders and gender identity disorders - Types, course, signs and symptoms and treatment.

Module 4: Problems of the psychosis and cognitive function

Schizophrenia, delusional disorders, mood disorders and suicide - Types, course, signs and symptoms and treatment.

Module 5: Lifespan Problems

Personality disorders, disorders of childhood & adolescence, disorders of aging and cognition -Types, course, signs and symptoms and treatment.

References

- Comer, R.J. (2005) Fundamentals of Abnormal psychology (4th ed.). New York: Worth Publishers
- Barlow, D. H & Durand, V, M(2009). Abnormal psychology- an integrative approach (5th ed.) USA: Wadsworth Cengage learning
- Carson, R.C; Butcher, N. & Mineka, S. (2007), Abnormal Psychology and Modern th Life (13 ed). Delhi: Pearson Education
- Hoeksema, S.N(2004). Abnormal psychology (3th ed).NewYork: McGraw Hill

TEACHING SCHEDULE

No of Weeks	Dates	Session	Topic
1	07-02-2022 To 12-02-2022	1	Syllabus introduction
		2	Module 1: Abnormal psychology
		3	Abnormal psychology- past and present
		4	History of abnormal psychology
		5	History of abnormal psychology 1
		12-02-2022	Second Saturday
2	14-02-2022 To 19-02-2022	6	Current trends in Abnormal psychology
		7	Perspectives and models of abnormal behavior
		8	Biological model
			College Arts Fest
			College Arts Fest
		9	Psychodynamic model
3	21-02-2022 To 26-02-2022	10	Behavioural model
		11	Cognitive behavioural model
		12	Humanistic Model
		13	Socio-cultural model
		14	Causal factors of abnormality
		15	Classification of abnormal behavior
4	28-02-2022 To 05-03-2022	16	DSM and ICD.
		01-03-2022	Shivarathri
		17	DSM criteria
		18	ICD criteria
		19	Revision
		20	Class test
5	07-03-2022 To 12-03-2022	21	Module 2
		22	Problems of Anxiety
		23	Anxiety disorders
		24	Stress disorders
		25	Somatoform disorders
		12-03-2022	Second Saturday

6	14-03-2022 To 19-03-2022	26	Dissociative disorders, - Types, course, signs and symptoms and treatment
		27	Revision
		28	Class test
		29	Module 3
		30	Problems of mind and body
		31	Eating disorders
7	21-03-2022 To 26-03-2022	32	Substance related disorders
		33	Sexual disorders
		34	Gender identity disorders
		35	Gender identity disorders Types, course, signs and symptoms and treatment.
		36	Revision
		37	Class test
8	28-03-2022 To 02-04-2022	38	Module 4
		39	Problems of the psychosis and cognitive function
		40	Schizophrenia
		41	Delusional disorders
		42	Mood disorders
		43	Suicide
9	04-04-2022 To 09-04-2022	44	Suicide - Types, course, signs and symptoms and treatment.
		45	Revision
		46	Revision
		47	Class test
		48	Assignment
		49	Assignment
10	11-04-2022 To 16-04-2022	50	Assignment
		51	Assignment
		13-04-2022	Easter Holidays
		14-04-2022	Easter Holidays
		15-04-2022	Easter Holidays
		16-04-2022	Easter Holidays
11	18-04-2022 To 23-04-2022	18-04-2022	Easter Holidays
		52	I Internal Examination
		53	I Internal Examination
		54	I Internal Examination
		55	I Internal Examination
		56	I Internal Examination

12	25-04-2022 To 30-04-2022	57	Seminar presentation
		58	Seminar presentation
		59	Seminar presentation
		60	Seminar presentation
		61	Seminar presentation
		62	Module 5
		63	Personality disorders
13	02-05-2022 To 07-05-2022	02-05-2022	RAMZAN
		64	Disorders of childhood
		65	Disorders of adolescence
		66	Disorders of aging and cognition -Types, course, signs and symptoms and treatment.
		67	Disorders of aging
		68	Cognition -Types, course, signs and symptoms and treatment.
14	09-05-2022 To 14-05-2022	69	Dementia
		70	Parkinson
		71	Amnesia
		72	Huntington disorder
		73	Alzheimer's disorder
		14-05-2022	Second Saturday
15	16-05-2022 To 21-05-2022	74	Revision
		75	Revision
		76	Revision
		77	Revision
		78	Revision
		79	Class test
16	23-05-2022 To 28-05-2022	80	II Internal Examination
		81	II Internal Examination
		82	II Internal Examination
		83	II Internal Examination
		84	II Internal Examination
		85	II Internal Examination
17	30-05-2022 To 04-06-2022	86	Question paper evaluation
		87	Question paper evaluation
		88	Question paper evaluation
		89	Question paper evaluation
		90	Question paper evaluation

Subject Code:	PSY2 C07
Subject Name:	SOCIAL PSYCHOLOGY
No. of Credits:	4
No. of Contact Hours:	90
Hours per Week:	5
Name of the Teacher:	SEEMANTH CHNADRAN.P.K

SYLLABUS

Module 1: Introduction:

Definition- social psychology as a science, Origins and development of social psychology, Related disciplines and scope, Theoretical perspectives in social psychology, Research methods in social psychology, Socialization- definition, perspectives, agents & process of socialization.

Module 2: Social Perception and Cognition

What is self, Self concept, Self control, Self esteem, Self presentation; Person Perception: forming impressions of others, use of information, integrating impressions; Social perception: non verbal communication, Attribution- theories, biases, and cultural influence of attribution; Social cognition- schemas, biases, stereotypes, prejudice, discrimination, reducing stereotype prejudice and discrimination.

Module 3: Social Influence

What is attitude? Components of attitude, attitude formation, attitude and behavior, Persuasion by communication, persuasion by our own actions, conformity, compliance, obedience.

Module 4: Social Relations

Interpersonal attraction: internal, external and interactive determinants of attraction, Intimate and close relationship, Helping others & Prosocial behavior: factors effecting prosocial behavior- evolutionary and motivational influence, situation personal and interpersonal influence, theories and steps, ways to increase prosocial behavior, Conflict and peacemaking, Aggression: theories of aggression, influences on aggression, determinants of aggression, prevention and control of aggression.

Module 5: Group and leadership

Nature of Group, Types of Group, Roles, Status, Norms, Cohesiveness, Group polarization, Group think, Cooperation competition and conflict, Social facilitation, Social loafing, Group dilemmas, Leadership: Nature, Types, Theories. Leadership styles and effectiveness.

Module 6: Applications of Social Psychology

Social Psychology and health, Social psychology and law, Applying social psychology in business, Application in media, Application in sports teams, Application in clinical and counseling psychology.

REFERENCES

Kassin, S., Fein, S., & Markus, H. R. (2008). *Social Psychology*. (7th ed.). New York: Houghton Mifflin company.

Delmater, J. D. & Myers, D. L. (2007). *Social Psychology* (6th ed.). USA: Thomson learning, Inc.

Myers, D. G. (2005). *Social psychology* (8th ed.). New York : Mc Graw Hill, Inc.

Brown, J.D. (2006). *Social Psychology*. New York : Mc Graw- Hill companies, Inc.

Baron, R.A., Byrne, D., Branscombe, N.R., & Bhardwaj, G. (2010). *SocialPsychology* (12th ed.). New Delhi: Pearson education, Inc
Schneider, F. W., Gruman,

J. A., Coutts, L. M. (2012). Applied social psychology understanding and addressing social and practical problems (2nd ed.). New Delhi: Sage publication India Pvt Ltd.

TEACHING SCHEDULE

No of Weeks	Dates	Session	Topic
1	07-02-2022 To 12-02-2022	1	Syllabus introduction
		2	UNIT 1 – Introduction
		3	Definition- social psychology as a science
		4	Origins and development of social psychology
		5	Related disciplines and scope, Theoretical perspectives in social psychology
		12-02-2022	Second Saturday
2	14-02-2022 To 19-02-2022	6	Research methods in social psychology
		7	Socialization- definition, perspectives
		8	agents of Socialization.
			College Arts Fest
			College Arts Fest
		9	Process of Socialization
3	21-02-2022 To 26-02-2022	10	Revision UNIT 1
		11	Class note submission
		12	Viva
		13	UNIT 2 – Social Perception and Cognition
		14	What is self: Definition
		15	Self concept
4	28-02-2022 To 05-03-2022	16	Self control
		01-03-2022	Shivarathri
		17	Self esteem
		18	Self presentation
		19	Person Perception
		20	Forming impressions of others
5	07-03-2022 To 12-03-2022	21	Use of information
		22	Integrating impressions
		23	Social perception
		24	Non verbal communication
		25	Attribution- theories
		12-03-2022	Second Saturday
6	14-03-2022 To 19-03-2022	26	Biases, and cultural influence of attribution
		27	Social cognition
		28	Schemas
		29	Biases
		30	stereotypes

		31	prejudice
7	21-03-2022 To 26-03-2022	32	Discrimination
		33	Reducing stereotype prejudice and discrimination
		34	UNIT 2 Revision
		35	UNIT 2 Revision
		36	Note submission and evaluation
		37	UNIT Test
8	28-03-2022 To 02-04-2022	38	Module 3: Social Influence
		39	Attitude
		40	Components of attitude
		41	attitude formation
		42	attitude and behavior
		43	Persuasion by communication
9	04-04-2022 To 09-04-2022	44	Persuasion by our own actions
		45	conformity
		46	compliance
		47	obedience
		48	UNIT 3 Revision
		49	Note submission and evaluation
10	11-04-2022 To 16-04-2022	50	UNIT Test
		51	Module 4: Social Relations
		13-04-2022	Easter Holidays
		14-04-2022	Easter Holidays
		15-04-2022	Easter Holidays
		16-04-2022	Easter Holidays
11	18-04-2022 To 23-04-2022	18-04-2022	Easter Holidays
		52	I Internal Examination
		53	I Internal Examination
		54	I Internal Examination
		55	I Internal Examination
		56	I Internal Examination
12	25-04-2022 To 30-04-2022	57	Interpersonal attraction
		58	Internal, external and interactive determinants of attraction
		59	Intimate and close relationship,
		60	Helping others & Prosocial behavior: factors effecting prosocial behavior- evolutionary and motivational influence, situation personal and interpersonal influence.
		61	Theories and steps of PB
		62	Ways to increase prosocial behavior
		63	Conflict and peacemaking
		63	Conflict and peacemaking
13	02-05-2022	02-05-2022	RAMZAN
		64	Aggression: theories of aggression

	To 07-05-2022	65	Influences on aggression, determinants of aggression,
		66	Prevention and control of aggression.
		67	UNIT 4 Revision
		68	Note submission and evaluation
14	09-05-2022 To 14-05-2022	69	UNIT Test
		70	Module 5: Group and leadership, Leadership: Nature, Types of leadership, Theories of leadership
		71	Leadership styles, Nature of Group, Types of Group
		72	Roles, Status, Norms, Cohesiveness, Group polarization,
		73	Social facilitation, Social loafing, Group think, Cooperation competition and conflict, Group dilemmas
		14-05-2022	Second Saturday
15	16-05-2022 To 21-05-2022	74	UNIT 5 Revision
		75	Note submission and evaluation
		76	UNIT Test
		77	Module 6 : Applications of Social Psychology, Social psychology and law
		78	Social Psychology and health, Application in media
		79	Applying social psychology in Business, Application in sports teams,
16	23-05-2022 To 28-05-2022	80	II Internal Examination
		81	II Internal Examination
		82	II Internal Examination
		83	II Internal Examination
		84	II Internal Examination
		85	II Internal Examination
17	30-05-2022 To 04-06-2022	86	Seminar Presentation
		87	Seminar presentation
		88	Seminar presentation
		89	Seminar Presentation
		90	Previous question paper discussion

Subject Code:	PSY2 C08
Subject Name:	COUNSELLING – THEORIES & APPROACHES
No. of Credits:	4
No. of Contact Hours:	90
Hours per Week:	4
Name of the Teacher:	FR.DR.KURIAKOSE PALLIKUNNEL

SYLLABUS

COUNSELLING – THEORIES & APPROACHES

Module 1: Psychoanalytic Counselling:

An overview of Freud, Adler and Jung, Freud’s Psychoanalytic theory- Background information, View of Human nature, Theory of counseling, Techniques used- Free association, Dream analysis, Analysis of Transference, Analysis of resistance, Interpretation. Contemporary issues, Freudian Brief approaches to counseling. Adler’s Individual Psychology- Background information, View of Human nature, Theory of counseling, Techniques used- Confrontation, Asking the “question”, Encouragement, Acting “as if”, Spitting in the client’s soup, Catching oneself, Task Setting, Push button. Contemporary issues, Adlerian Brief approaches to counseling, Postmodern trends and Adlerian Psychology. Jung’s Analytic Psychology- Background information, View of Human nature, Theory and process of counseling, Contemporary issues, Jungian Brief approaches to counseling.

Module 2: Experiential Theories and Approaches

The art and science of experiential counseling, experiential theories- Person Centered Counselling- Background information, View of Human nature, Theory and process of counseling. Gestalt Counselling- Background information, View of Human nature, Theory of counseling, Experiments and exercises used in gestalt counseling.

Module 3: Cognitive-Behavioral Counselling

Cognitive-Behavioral theories, Behavioral Counselling- Background information, View of Human nature, Theory and process of counseling. Rational Emotive Behavior Therapy- Background information, View of Human nature, Theory and process of counseling. Transactional Analysis- Background information, View of Human nature, Theory and process of counseling.²⁵

Module 4: Brief Counselling Approaches:

Solution Focused Counselling- Founders and Developers, View of Human Nature, Role of the Counselor, Goals, Techniques used- miracle question, scaling, compliments, clues and skeleton keys. Strength and contributions, Limitations. Narrative Counselling- Founders and Developers, View of Human Nature, Role of the Counselor, Goals, The process of counselling, strength and contributions, Limitations

References

- Gladding, S.T. (2011). *Counselling- A Comprehensive Profession* (6th ed.). New Delhi: Pearson Education
Nystul, M.S (2011). *Introduction to Counselling- An Art and Science perspective* (4th ed.). USA: Pearson Education.
Patterson, L. E. (1999). *Counselling Process* (5th ed.). USA: Thomson Asia Pvt Ltd

TEACHING SCHEDULE

No of Weeks	Dates	Session	Topic
1	07-02-2022 To 12-02-2022	1	Syllabus introduction
		2	Module 1: Psychoanalytic Counselling: An overview of Freud
		3	Adler and Jung
		4	Freud's Psychoanalytic theory- Background information, View of Human nature
		5	Syllabus introduction
		12-02-2022	Second Saturday
2	14-02-2022 To 19-02-2022	6	Analysis of Transference
		7	Analysis of resistance, Interpretation.
		8	Contemporary issues
			College Arts Fest
			College Arts Fest
		9	Freudian Brief approaches to counseling.
3	21-02-2022 To 26-02-2022	10	Adler's Individual Psychology- Background information, View of Human nature,
		11	Theory of counseling
		12	Techniques used- Confrontation, Asking the "question", hology.
		13	Jung's Analytic Psychology- Background information, View of Human nature
		14	Theory and process of counseling
		15	Contemporary issues
4	28-02-2022 To 05-03-2022	16	Jungian Brief approaches to counseling.
		01-03-2022	Shivarathri
		17	Psycho analytic counselling overview
		18	Psycho analytic counselling overview
		19	UNIT Test
		20	Module 2: Experiential Theories and Approaches
5	07-03-2022 To 12-03-2022	21	The art and science of experiential counseling,
		22	experiential theories- Person Centered Counselling- Background information, View of Human nature
		23	Theory and process of counseling.
		24	Gestalt Counselling- Background information, View of Human nature
		25	Theory of counseling,
		12-03-2022	Second Saturday
6	14-03-2022 To	26	Experiments and exercises used in gestalt counseling.
		27	Experiments and exercises used in gestalt counseling.
		28	Experiments and exercises used in gestalt counseling.

	19-03-2022	29	Revision
		30	Unit Test
		31	Module 3: Cognitive-Behavioral Counselling
7	21-03-2022 To 26-03-2022	32	Cognitive-Behavioral theories
		33	Behavioral Counselling- Background information
		34	View of Human nature
		35	Theory and process of counseling.
		36	Theory and process of counseling.
8	28-03-2022 To 02-04-2022	37	Theory and process of counseling.
		38	Rational Emotive Behavior Therapy- Background information, View of Human nature
		39	Rational Emotive Behavior Therapy
		40	Theory and process of counseling.
		41	Transactional Analysis
9	04-04-2022 To 09-04-2022	42	Background information, View of Human nature,
		43	Theory and process of counseling
		44	Theory and process of counseling
		45	Theory and process of counseling
		46	Revision
10	11-04-2022 To 16-04-2022	47	Revision
		48	UNIT Test
		49	Module 4: Brief Counselling Approaches:
		50	Solution Focused Counselling
		51	Founders and Developers
		13-04-2022	Easter Holidays
14-04-2022	Easter Holidays		
15-04-2022	Easter Holidays		
16-04-2022	Easter Holidays		
11	18-04-2022 To 23-04-2022	18-04-2022	Easter Holidays
		52	I Internal Examination
		53	I Internal Examination
		54	I Internal Examination
		55	I Internal Examination
12	25-04-2022 To 30-04-2022	56	I Internal Examination
		57	View of Human Nature
		58	Role of the Counselor
		59	Goals of counselling
		60	Techniques used- miracle question and scaling,
		61	Compliments, clues and skeleton keys.
		62	Strength and contributions: Limitations.
63	Narrative Counselling- Founders and Developers		
13	02-05-2022	02-05-2022	RAMZAN
		64	View of Human Nature

	To 07-05-2022	65	Role of the Counselor
		66	Goals of counselling
		67	The process of counselling
		68	Strength and contributions
14	09-05-2022 To 14-05-2022	69	Limitation
		70	Revision
		71	Unit Test
		72	Assignment Presentation
		73	Assignment Presentation
		14-05-2022	Second Saturday
15	16-05-2022 To 21-05-2022	74	Assignment Presentation
		75	Assignment Presentation
		76	Assignment Presentation
		77	Seminar Presentation
		78	Seminar Presentation
		79	Seminar Presentation
16	23-05-2022 To 28-05-2022	80	II Internal Examination
		81	II Internal Examination
		82	II Internal Examination
		83	II Internal Examination
		84	II Internal Examination
		85	II Internal Examination
17	30-05-2022 To 04-06-2022	86	REVISION
		87	REVISION
		88	REVISION
		89	REVISION
		90	REVISION

Subject Code:	PSY1-P01
Subject Name:	EXPERIMENTAL PSYCHOLOGY - PRACTICAL
No. of Credits:	4
No. of Contact Hours:	90
Hours per Week:	6
Name of the Teacher:	DYNA SCARIA

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. Muller Lyer 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	07-02-2022 To 12-02-2022	1	Syllabus introduction
		2	Perception- Introduction
		3	Depth Perception- Demonstration
		4	Administration
		5	Administration
		12-02-2022	Second Saturday
2	14-02-2022 To 19-02-2022	6	Report Writing & Correction
		7	Muller Lyer illusion-Demonstration
		8	Administration
			College Arts Fest
			College Arts Fest
		9	Administration
3	21-02-2022 To 26-02-2022	10	Report Writing & Correction
		11	Attention
		12	Division of attention-Demonstration
		13	Administration
		14	Administration
		15	Report Writing & Correction
4	28-02-2022 To 05-03-2022	16	Span of attention- Demonstration
		01-03-2022	Shivarathri
		17	Administration
		18	Administration
		19	Administration
		20	Report Writing & Correction
5	07-03-2022 To 12-03-2022	21	Distraction of attention-Demonstration
		22	Administration
		23	Administration
		24	Administration

		25	Report Writing & Correction
		12-03-2022	Second Saturday
6	14-03-2022 To 19-03-2022	26	Learning
		27	Trial and error learning-Demonstration
		28	Administration
		29	Administration
		30	Administration
		31	Report Writing & correction
7	21-03-2022 To 26-03-2022	32	Transfer of learning-Demonstration
		33	Administration
		34	Administration
		35	Report Writing & correction
		36	Massed versus spaced learning-Demonstration
		37	Administration
8	28-03-2022 To 02-04-2022	38	Administration
		39	Administration
		40	Report Writing & correction
		41	Memory
		42	Immediate Memory Span-Demonstration
		43	Administration
9	04-04-2022 To 09-04-2022	44	Administration
		45	Report Writing & correction
		46	Retention as a function of meaning- Demonstration
		47	Administration
		48	Administration
		49	Administration
10	11-04-2022 To 16-04-2022	50	Report Writing & correction
		51	Motivation
		13-04-2022	Easter Holidays
		14-04-2022	Easter Holidays
		15-04-2022	Easter Holidays
		16-04-2022	Easter Holidays
11	18-04-2022 To 23-04-2022	18-04-2022	Easter Holidays
		52	I Internal Examination
		53	I Internal Examination
		54	I Internal Examination
		55	I Internal Examination
		56	I Internal Examination
12	25-04-2022 To 30-04-2022	57	Level of Aspiration- Demonstration
		58	Administration
		59	Administration
		60	Report writing & correction
		61	Knowledge of result- Demonstration

		62	Administration
		63	Administration
13	02-05-2022 To 07-05-2022	02-05-2022	RAMZAN
		64	Report writing & Correction
		65	Bilateral transfer- Demonstration
		66	Administration
		67	Administration
		68	Report writing & Correction
14	09-05-2022 To 14-05-2022	69	Colour blindness- Demonstration
		70	Administration
		71	Administration
		72	Report writing & Correction
		73	Emotion
		14-05-2022	Second Saturday
15	16-05-2022 To 21-05-2022	74	Judging Emotions using photographs-Demonstration
		75	Administration
		76	Administration
		77	Report writing & Correction
		78	Revision- Module 1 Experiment
		79	Revision- Module 2 Experiment
16	23-05-2022 To 28-05-2022	80	II Internal Examination
		81	II Internal Examination
		82	II Internal Examination
		83	II Internal Examination
		84	II Internal Examination
		85	II Internal Examination
17	30-05-2022 To 04-06-2022	86	Revision- Module 3 Experiment
		87	Revision- Module 4 Experiment
		88	Revision- Module 5 Experiment
		89	Revision- Module 6 Experiment
		90	Mock viva