DONBOSCOARTS&SCIENCECOLLEG E

ANGADIKADAVU

(AffiliatedtoKannur UniversityApproved byGovernment ofKerala) ANGADIKADAVUP.O.,IRITTY,KANNUR–670706



COURSEPLAN

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

SEMESTER-II

ACADEMICYEAR 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 C05PSYCHOLOGICAL 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.	PSY1P01EXPERIMENTAL 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

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, Cattel, 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 (2nded). 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.

11Syllabus Introduction2Module 1: Intelligence:definition,23Mental age, IQ, Binet-Simon scale,3Mental age, IQ, Binet-Simon scale,12-02-202244Heredity and environment as determinants of intelligence,5Intelligence theories: Spearman, Thurstone12-02-2022Second Saturday6Cattel, Guilford,7Gardner, Sternberg,8Goleman - emotional intelligence.19-02-2022College Arts Fest9Assessment- individual and group tests.	
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9 Assessment_individual and group tests	
10 Revision	
11 Unit Test	
21-02-202212Module 2: Thought and Language:Basic element3ToHought-concepts.	ments of
26-02-2022 13 Problem solving: types of thinking	
14 General models of problem solving, creativity	
15 Reasoning – types of reasoning, patterns of reasoning performance,	oning
16Three approaches to the study of reasoning	
01-03-2022 Shivarathri	
28-02-2022 17 Decision making- basic concepts of probability,	
4 To 05-03-2022 18 Cognitive illusions in decision making, utility m improving the ability of decision making.	odels,
19Language-Structure of language,	
20 Theories of language development,	
21 Language comprehension,	
22 Language production, language and cognition.	
07-03-2022 23 Revision	
5 To 24 Unit Test	
12-03-2022 25 Module 3: Consciousness:	
12-03-2022 Second Saturday	
6 14-03-2022 26 Variation in the level of awareness	

	То	27	Evolutionary roots, biological rhythms and sleep,
	19-03-2022	28	Sleep and waking cycle;
		29	States of consciousness: Day dreaming,
		30	Extended states of consciousness,
		31	Hypnosis, meditation,.
		32	Altered states of consciousness
	21-03-2022	33	Revision
7	To	34	Unit Test
/		35	Assignment
	26-03-2022	36	Assignment
		37	Seminar Presentation
		38	Seminar Presentation
	28-03-2022	39	Seminar Presentation
0		40	Seminar Presentation
8	То	41	Seminar Presentation
	02-04-2022	42	Seminar Presentation
		43	Seminar Presentation
		44	Module 4: Emotion: Concept of emotions
	04-04-2022	45	Emotion experience, primary emotion
0	04-04-2022 To	46	Biological foundation of emotion
9	09-04-2022	47	Components- theories of emotion- James- Lange
	09-04-2022	48	Cannon-Bard
		49	Schachter- Singer.
		50	Cognitive and social theories
	11.04.0000	51	Cognitive appraisal theory,
10	11-04-2022	13-04-2022	Easter Holidays
10	То	14-04-2022	Easter Holidays
	16-04-2022	15-04-2022	Easter Holidays
		16-04-2022	Easter Holidays
		18-04-2022	Easter Holidays
	18-04-2022	52	I Internal Examination
11		53	I Internal Examination
11	To	54	I Internal Examination
	23-04-2022	55	I Internal Examination
		56	I Internal Examination
		57	Facial feedback hypothesis
		58	Functions of emotions
	25-04-2022	59	Revision
12	То	60	Unit Test
	30-04-2022	61	Module 5: Motivation: Basic concepts of Motivation
		62	Brain- reward and pleasure center, cognitive factors,
		63	Theories of motivation: drive theory,

		02-05-2022	RAMZAN
	02-05-2022	64	Incentive theory, opponent process theory
13		65	Optimal level theory. Goal setting theory
13	To 07-05-2022	66	Consistency theory, Cognitive dissonance theory,
	07-03-2022	67	Expectancy theory, attribution theory.
		68	Maslow's hierarchy of needs,
		69	Achievement motivation theory.
	09-05-2022	70	Biological motives- hunger, thirst,
14	To	71	Sexual motivation,
14	14-05-2022	72	anger and aggression
	14-03-2022	73	Pain, fear and stress
		14-05-2022	Second Saturday
	16-05-2022 To 21-05-2022	74	Revision
		75	Unite Test
15		76	Seminar Presentation
10		77	Seminar Presentation
		78	Seminar Presentation
		79	Revision
		80	II Internal Examination
	23-05-2022	81	II Internal Examination
16	<u>то</u>	82	II Internal Examination
10	28-05-2022	83	II Internal Examination
	28-03-2022	84	II Internal Examination
		85	II Internal Examination
		86	Seminar Presentation
	30-05-2022	87	Seminar Presentation
17	То	88	Seminar Presentation
	04-06-2022	89	Seminar Presentation
	5. 00 2022	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

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

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

			Dissociative disorders, - Types, course, signs and
		26	symptoms and treatment
	14-03-2022	27	Revision
6	То	28	Class test
	19-03-2022	29	Module 3
		30	Problems of mind and body
		31	Eating disorders
			Substance related disorders
		32	Substance related disorders
		33	Sexual disorders
7	21-03-2022	34	Gender identity disorders
7	To 26-03-2022	35	Gender identity disorders Types, course, signs and symptoms and treatment.
			symptoms and reatment.
		36	Revision
		37	Class test
		38	Module 4
	28-03-2022	39	Problems of the psychosis and cognitive function
8	To 02-04-2022	40	Schizophrenia
		41	Delusional disorders
		42	Mood disorders
		43	Suicide
		44	Suicide - Types, course, signs and symptoms and treatment.
	04-04-2022	45	Revision
9	04-04-2022 To	46	Revision
9	09-04-2022	47	Class test
	09-04-2022	48	Assignment
		49	Assignment
		50	Assignment
	11-04-2022	51	Assignment
10	To	13-04-2022	Easter Holidays
10	16-04-2022	14-04-2022	Easter Holidays
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	18-04-2022	52	I Internal Examination
11	To 23-04-2022	53	I Internal Examination
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12 25-04-2022 To 30-04-2022 58 Seminar presentation 12 To 30-04-2022 60 Seminar presentation 61 Seminar presentation 62 Module 5 63 Personality disorders 02-05-2022 65 02-05-2022 65			57	Seminar presentation
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16To 28-05-202283II Internal Examination28-05-202284II Internal Examination84II Internal Examination85II Internal Examination86Question paper evaluation30-05-20228788Question paper evaluation17To 8994.06.202289		23-05-2022		
28-05-202284II Internal Examination84II Internal Examination85II Internal Examination86Question paper evaluation30-05-20228788Question paper evaluation17To89Question paper evaluation	16	То		
84If Internal Examination85II Internal Examination85II Internal Examination86Question paper evaluation30-05-20228788Question paper evaluation17To88Question paper evaluation89Question paper evaluation		28-05-2022		
1730-05-202286Question paper evaluationTo88Question paper evaluation04.06.202289Question paper evaluation				
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17To88Question paper evaluation04.06.202289Question paper evaluation				
17 10 89 Question paper evaluation				
	17			
		04-06-2022		
		-		

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

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.

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

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

	То	65	Influences on aggression, determinants of aggression,
	07-05-2022	66	Prevention and control of aggression.
		67	UNIT 4 Revision
		68	Note submission and evaluation
		69	UNIT Test
	09-05-2022	70	Module 5: Group and leadership, Leadership: Nature, Types of leadership, Theories of leadership
14	To	71	Leadership styles, Nature of Group, Types of Group
14	14-05-2022	72	Roles, Status, Norms, Cohesiveness, Group polarization,
	14-03-2022	73	Social facilitation, Social loafing, Group think, Cooperation competition and conflict, Group dilemmas
		14-05-2022	Second Saturday
		74	UNIT 5 Revision
		75	Note submission and evaluation
	16-05-2022 To 21-05-2022	76	UNIT Test
15		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,
		80	II Internal Examination
	23-05-2022	81	II Internal Examination
16	To	82	II Internal Examination
10		83	II Internal Examination
	28-05-2022	84	II Internal Examination
		85	II Internal Examination
		86	Seminar Presentation
	30-05-2022	87	Seminar presentation
17	То	88	Seminar presentation
- /	04-06-2022	89	Seminar Presentation
	000-2022	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

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.

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

No of Weeks	Dates	Session	Торіс
	07-02-2022	1	Syllabus introduction
		2	Module 1: Psychoanalytic Counselling: An overview of Freud
1	То	3	Adler and Jung
	12-02-2022	4	Freud's Psychoanalytic theory- Background information, View of Human nature
		5	Syllabus introduction
		12-02-2022	Second Saturday
		6	Analysis of Transference
	14-02-2022	7	Analysis of resistance, Interpretation.
2	То	8	Contemporary issues
4	19-02-2022		College Arts Fest
	19-02-2022		College Arts Fest
		9	Freudian Brief approaches to counseling.
	21-02-2022 To 26-02-2022	10	Adler's Individual Psychology- Background information, View of Human nature,
		11	Theory of counseling
3		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
		16	Jungian Brief approaches to counseling.
	28-02-2022 To 05-03-2022	01-03-2022	Shivarathri
4		17	Psycho analytic counselling overview
-		18	Psycho analytic counselling overview
		19	UNIT Test
		20	Module 2: Experiential Theories and Approaches
		21	The art and science of experiential counseling,
	07-03-2022	22	experiential theories- Person Centered Counselling- Background information, View of Human nature
5	То	23	Theory and process of counseling.
	12-03-2022	24	Gestalt Counselling- Background information, View of Human nature
		25	Theory of counseling,
		12-03-2022	Second Saturday
	14-03-2022	26	Experiments and exercises used in gestalt counseling.
6	To To	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
		32	Cognitive-Behavioral theories
	21.02.2022	33	Behavioral Counselling- Background information
-	21-03-2022	34	View of Human nature
7	То 26-03-2022	35	Theory and process of counseling.
		36	Theory and process of counseling.
		37	Theory and process of counseling.
		38	Rational Emotive Behavior Therapy- Background
			information, View of Human nature
	28-03-2022	39	Rational Emotive Behavior Therapy
8	То	40	Theory and process of counseling.
	02-04-2022	41	Transactional Analysis
		42	Background information, View of Human nature,
		43	Theory and process of counseling
		44	Theory and process of counseling
	04-04-2022	45	Theory and process of counseling
9	То	46	Revision
	09-04-2022	47	Revision
		48	UNIT Test
		49	Module 4: Brief Counselling Approaches:
	11-04-2022 To 16-04-2022	50	Solution Focused Counselling
		51	Founders and Developers
10		13-04-2022	Easter Holidays
		14-04-2022	Easter Holidays
		15-04-2022	Easter Holidays
		16-04-2022	Easter Holidays
		18-04-2022	Easter Holidays
	18-04-2022	52	I Internal Examination
11	То	53	I Internal Examination
	23-04-2022	54	I Internal Examination
		55	I Internal Examination
		56	I Internal Examination
		57	View of Human Nature
	25-04-2022	58	Role of the Counselor
10		59	Goals of counselling
12	To	60	Techniques used- miracle question and scaling,
	30-04-2022	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

	То	65	Role of the Counselor
	07-05-2022	66	Goals of counselling
		67	The process of counselling
		68	Strength and contributions
		69	Limitation
	09-05-2022	70	Revision
14	То	71	Unit Test
14	14-05-2022	72	Assignment Presentation
	14-03-2022	73	Assignment Presentation
		14-05-2022	Second Saturday
		74	Assignment Presentation
	16-05-2022	75	Assignment Presentation
15	To 21-05-2022	76	Assignment Presentation
15		77	Seminar Presentation
		78	Seminar Presentation
		79	Seminar Presentation
		80	II Internal Examination
	23-05-2022	81	II Internal Examination
16	23 03 2022 To	82	II Internal Examination
10	28-05-2022	83	II Internal Examination
		84	II Internal Examination
		85	II Internal Examination
		86	REVISION
	30-05-2022	87	REVISION
17	То	88	REVISION
	04-06-2022	89	REVISION
	01 00 2022	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

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

No of Weeks	Dates	Session	Торіс
		1	Syllabus introduction
	07-02-2022	2	Perception- Introduction
1	To	3	Depth Perception- Demonstration
T	12-02-2022	4	Administration
	12-02-2022	5	Administration
		12-02-2022	Second Saturday
		6	Report Writing & Correction
	14-02-2022	7	Muller Lyer illusion-Demonstration
2	То	8	Administration
2	19-02-2022		College Arts Fest
	19-02-2022		College Arts Fest
		9	Administration
	21-02-2022 To 26-02-2022	10	Report Writing & Correction
		11	Attention
3		12	Division of attention-Demonstration
0		13	Administration
		14	Administration
		15	Report Writing & Correction
		16	Span of attention- Demonstration
	28-02-2022 To 05-03-2022	01-03-2022	Shivarathri
4		17	Administration
-		18	Administration
		19	Administration
		20	Report Writing & Correction
	07-03-2022	21	Distraction of attention-Demonstration
5	To 12-03-2022	22	Administration
5		23	Administration
		24	Administration

		25	Report Writing & Correction
		12-03-2022	Second Saturday
		26	Learning
	14-03-2022	27	Trial and error learning-Demonstration
6	To	28	Administration
U	-	29	Administration
	19-03-2022	30	Administration
		31	Report Writing & correction
		32	Transfer of learning-Demonstration
	21-03-2022	33	Administration
7	21 05 2022 To	34	Administration
/	26-03-2022	35	Report Writing & correction
	20-05-2022	36	Massed versus spaced learning-Demonstration
		37	Administration
		38	Administration
	28-03-2022	39	Administration
8	20 05 2022 To	40	Report Writing & correction
o		41	Memory
	02-04-2022	42	Immediate Memory Span-Demonstration
		43	Administration
	04-04-2022 To 09-04-2022	44	Administration
		45	Report Writing & correction
9		46	Retention as a function of meaning- Demonstration
y		47	Administration
		48	Administration
		49	Administration
	11-04-2022 To 16-04-2022	50	Report Writing & correction
		51	Motivation
10		13-04-2022	Easter Holidays
10		14-04-2022	Easter Holidays
		15-04-2022	Easter Holidays
		16-04-2022	Easter Holidays
		18-04-2022	Easter Holidays
	18-04-2022	52	I Internal Examination
11	То	53	I Internal Examination
11	23-04-2022	54	I Internal Examination
	23-04-2022	55	I Internal Examination
		56	I Internal Examination
		57	Level of Aspiration- Demonstration
	25-04-2022	58	Administration
12	То	59	Administration
	30-04-2022	60	Report writing & correction
		61	Knowledge of result- Demonstration

		62	Administration
		63	Administration
		02-05-2022	RAMZAN
	02-05-2022	64	Report writing & Correction
13	To	65	Bilateral transfer- Demonstration
13	07-05-2022	66	Administration
	07-03-2022	67	Administration
		68	Report writing & Correction
		69	Colour blindness- Demonstration
	09-05-2022	70	Administration
14	То	71	Administration
14	14-05-2022	72	Report writing & Correction
	14-03-2022	73	Emotion
		14-05-2022	Second Saturday
		74	Judging Emotions using photographs-Demonstration
	16-05-2022 To 21-05-2022	75	Administration
15		76	Administration
10		77	Report writing & Correction
		78	Revision- Module 1 Experiment
		79	Revision- Module 2 Experiment
		80	II Internal Examination
	23-05-2022 To 28-05-2022	81	II Internal Examination
16		82	II Internal Examination
10		83	II Internal Examination
	28-03-2022	84	II Internal Examination
		85	II Internal Examination
		86	Revision- Module 3 Experiment
	30-05-2022 To 04-06-2022	87	Revision- Module 4 Experiment
17		88	Revision- Module 5 Experiment
		89	Revision- Module 6 Experiment
		90	Mock viva