

Govt. College Kheri Gujran Faridabad

Name of Assistant Professor : Dr. Arun Kumar

Class:– M.A 1st semester (2022-23)

Subject: - **EXPERIMENTAL PSYCHOLOGY**

Lesson Plan : 16 weeks

<p>Week 1 UNIT-I</p> <p>Perceptual Processes: Perception of Size and Movement: Depth Cues, Size Constancy and Illusions; Perception of Real movement,</p>
<p>Week 2</p> <p>Types of Apparent Movement. Pattern Recognition: Prototype, Feature and Structural approach.</p> <p>Revision of unit with doubts session and class test</p>
<p>Week 3 UNIT -II</p> <p>Psychophysics: Estimating Sensory Threshold: Classical Methods.</p> <p>Signal Detection Theory: Assumptions, Procedures and Applications.</p>
<p>Week 4</p> <p>Subliminal Perception: Nature and Empirical Evidence.</p> <p>Revision of unit with doubts session and class test</p>

Week 5
UNIT III

Conditioning: Classical Conditioning: Measurement of Conditioned Response; Variables affecting Classical Conditioning;

Applications: Conditioned Emotional Response, Taste Aversion.

Week 6

Instrumental and Operant Conditioning: Appetitive and Aversive; Schedules of Reinforcement; Applications: Shaping and Superstitious Behaviour.

Revision of unit with doubts session and class test

Week 7
UNIT- IV

Verbal Learning: Methods, Organizational Processes; Improving Memory: Imagery and verbal mnemonics,

Preparing for Examination.

Week 8

Memory: Memory Codes and Attributes; Factors affecting forgetting

Revision of unit with doubts session and class test

Week 9

Revision of unit 1 with doubts session and previous year question papers

Week 10

Revision of unit 2 with doubts session and previous year question papers

<p>Week 11</p> <p>Revision of unit 3 with doubts session and previous year question papers</p>
<p>Week 12</p> <p>Revision of unit 4 with doubts session and previous year question papers</p>
<p>Week 13</p> <p>Revision of unit 1 with doubts session and class test(oral)</p>
<p>Week 14</p> <p>Revision of unit2 with previous years question papers</p>
<p>Week15</p> <p>Revision of unit 3with previous years question papers</p>
<p>Week 16</p> <p>Revision of unit 4with previous years question papers</p>

Note: - Assignment will be given to students time to time

Govt. College Kheri Gujran Faridabad

Name of Assistant Professor : Dr. Tanu Shree Dahiya

Class:— M. A 1st semester (2022-23)

Subject: - RESEARCH METHODS AND STATISTICS IN PSYCHOLOGY

Lesson Plan: 16 Weeks

<p>Week 1</p> <p>UNIT I</p> <p>Methods of Enquiry; Scientific Approach; Research: Nature and Types.</p>
<p>Week 2</p> <p>Research Questions; Hypotheses and Variables.</p> <p>Revision of unit with doubts session and class test</p>
<p>Week 3</p> <p>UNIT II</p> <p>Methods of Psychological Research: Experimental; Observation; Interview; Case Study and Questionnaire.</p>
<p>Week 4</p> <p>Normal Probability Curve (NPC): Nature; Characteristics; Applications (Area under NPC) and Measuring</p> <p>Divergence (Skewness & Kurtosis)</p> <p>Revision of unit with doubts session and class test</p>

Week 5

UNIT III

Sampling Procedures: Probability and Non-Probability Techniques.

Week 6

Correlation Methods: Pearson Product Moment; Spearman Rank-order; Kendall Rank Correlation; Biserial and Tetrachoric.

Revision of unit with doubts session and class test

Week 7

UNIT IV

Research Ethics and Report Writing Styles.

Special Correlation Methods: Partial Correlation (First order); Multiple

Week 8

Correlation (Three Variables) and Kendall Method of concordance.

Revision of unit with doubts session and class test

Week 9

Revision of unit 1 with doubts session and previous year question papers

Week 10

Revision of unit 2 with doubts session and previous year question papers

Week 11

Revision of unit 3 with doubts session and previous year question papers

Week 12

Revision of unit 4 with doubts session and previous year question papers

<p>Week 13</p> <p>Revision of unit 1 with doubts session and class test(oral)</p>
<p>Week 14</p> <p>Revision of unit 2 with doubts session and class test(oral)</p>
<p>Week 15</p> <p>Revision of unit 3 with doubts session and class test(oral)</p>
<p>Week16</p> <p>Revision of unit 4 with doubts session and class test(oral)</p>

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Govt. College Kheri Gujran Faridabad

Name of Assistant Professor : Dr. Arun kumar

Class:— M.A 1st semester (2022-23)

Subject: - Historical and Theoretical Foundations of Psychology

Lesson Plan: 16 Weeks

<p>Week 1 UNIT-I</p> <p>Need for study of History in Psychology; Problems in Historiography; Philosophical Issues: Mind-Body Problem, Free Will vs. Determinism.</p>
<p>Week 2</p> <p>Schools: Structuralism- Contributions of Wundt and Titchener, Methodology and Tenets; Functionalism- Antecedents, Pioneers, Methodology and Tenets.</p> <p>Revision of unit with doubts session and class test</p>
<p>Week 3 UNIT -II</p> <p>Classical Psychoanalysis: Freud; Neo-Freudians: Fromm, Sullivan, Horney. Analytic Psychology: Jung</p>
<p>Week 4</p> <p>Behaviorism: Watson; Gestalt psychology.</p> <p>Revision of unit with doubts session and class test</p>
<p>Week 5 UNIT III</p> <p>Learning Theories: Guthrie, Tolman, Hull, Bandura.</p>
<p>Week 6</p> <p>Personality Theories: Adler, Erikson, Eysenck, Rogers.</p> <p>Revision of unit with doubts session and class test</p>

<p>Week 7</p> <p>UNIT- IV</p> <p>Motivational and Emotion Theories: Lewin, Maslow, James-Lange Theory, Cannon-Bard Theory, Schachter & Singer Theory.</p>
<p>Week 8</p> <p>Intelligence Theories: Cattell, Guilford, Goleman</p> <p>Revision of unit with doubts session and class test</p>
<p>Week 9</p> <p>Revision of unit 1 with doubts session and previous year question papers</p>
<p>Week 10</p> <p>Revision of unit 2 with doubts session and previous year question papers</p>
<p>Week 11</p> <p>Revision of unit 3 with doubts session and previous year question papers</p>
<p>Week 12</p> <p>Revision of unit 4 with doubts session and previous year question papers</p>
<p>Week 13</p> <p>Revision of unit 1 with doubts session and class test(oral)</p>
<p>Week 14</p> <p>Revision of unit 1 with previous years question papers</p>
<p>Week 15</p> <p>Revision of unit2 with previous years question papers</p>
<p>Week16</p> <p>Revision of unit 3 &4 with previous years question papers</p>

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Govt. College Kheri Gujran Faridabad

Name of Assistant Professor : Dr. Tanu Shree Dahiya

Class:– M. A 1st semester (2022-23)

Subject: - Social Psychology

Lesson Plan: 16 Weeks

<p>Week 1</p> <p>UNIT I</p> <p>Introducing Social Psychology:</p> <p>Social Psychology: Nature, Origins and Development; Subject matter: Social Psychology yesterday and today.</p>
<p>Week 2</p> <p>Methods in Social Psychology: Experimental, Observation, Co-relational, Survey, Field study, Cross- Cultural, Sociometry</p> <p>Revision of unit with doubts session and class test</p>
<p>Week 3</p> <p>UNIT II</p> <p>Understanding Social World:</p> <p>Social Perception: Impression Formation and Management; Attribution Theories and Attribution Biases.</p>
<p>Week 4</p> <p>Social Cognition: Social Schema & its impact; Heuristics, Prototypes and Social Representations.</p> <p>Revision of unit with doubts session and class test</p>

Week 5

UNIT III

Influencing others:

Attitude: Nature, Formation ,Measurement and Attitude Change: Persuasion and Cognitive Dissonance.

Social Influence:

Week 6

Unintended Social Influence, Conformity: Asch and Sheriff's approach; Compliance: Principles and Tactics; Obedience and Disobedience

Revision of unit with doubts session and class test

Week 7

UNIT IV

Social Processes:

Co-operation and Conflict: Social exchange theory; Factors affecting conflict, Inter group Conflict and Resolution techniques.

Week 8

Aggression: Nature and Theories: Biological, Social learning and cognitive; Causes of aggression: Social and

personal; Techniques and Prevention to control aggression.

Revision of unit with doubts session and class test

Week 9

Revision of unit 1 with doubts session and previous year question papers

Week 10

Revision of unit 2 with doubts session and previous year question papers

<p>Week 11</p> <p>Revision of unit 3 with doubts session and previous year question papers</p>
<p>Week 12</p> <p>Revision of unit 4 with doubts session and previous year question papers</p>
<p>Week 13</p> <p>Revision of unit 1 with doubts session and class test(oral)</p>
<p>Week 14</p> <p>Revision of unit 2 with doubts session and class test(oral)</p>
<p>Week 15</p> <p>Revision of unit 3 with doubts session and class test(oral)</p>
<p>Week16</p> <p>Revision of unit 4 with doubts session and class test(oral)</p>

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Govt. College Kheri Gujran Faridabad

Name of Assistant Professor : Dr. Arun Kumar

Class:— M. A 1st semester (2022-23)

Subject: - Practical

Lesson Plan: 16 Weeks

Week 1	Experiment 1 : Perception
Week 2	Experiment 2 : Conditioning
Week 3	Experiment 3 : Memory
Week 4	Experiment 4 : Forgetting
Week 5	Experiment 5 : Social Conformity
Week 6	Experiment 6 : Psychophysics
Week 7	Test 1: Self
Week 8	Test 2 : Intelligence
Week 9	Test 3 : Sociometry

Week 10	Test 4 : Attitude
Week 11	Test 5 : Aggression
Week 12	Test 6 : Personality (objective)
Week 13	Computer Applications in Research : Introduction and Graphical Representation
week 14	Central Tendencies & Variability.
Week15	Mean Comparison
Week 16	Correlation

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Govt. College Kheri Gujran Faridabad

Name of Assistant Professor : Dr. Arun Kumar

Class:— M. A 3rd semester (2022-23)

Subject: - Sports And Exercise Psychology

Lesson Plan: 16 Weeks

<p>Week 1</p> <p>Sports and Exercise Psychology: Nature; Distinguishing between two specialties; Understanding present and future trends; Issues for special populations in Sports; Barriers for women in sports.</p>
<p>Week 2</p> <p>Competition and Cooperation: Concept Enhancing Competition and Cooperation; Approaches to Influencing Behavior; Guidelines for using positive reinforcement and punishment.</p>
<p>Week 3</p> <p>Personality and Sports: Major perspectives of Personality; Personality and Sports performance; Examining cognitive strategies and success.</p>
<p>Week 4</p> <p>Motivation: Nature; Major approaches to Motivation; Achievement Motivation in Professional Practice; Psychological Momentum in Sports.</p>
<p>Week 5</p> <p>Revision of Unit 1 and 2 and doubts</p>
<p>Week 6</p> <p>Leadership and Coaching: Components of effective Leadership; Sports oriented interactional approaches to Leadership; Recognizing Breakdowns and Communication, Dealing with Confrontation.</p>
<p>Week 7</p> <p>Team cohesion: Nature; Relationship between Cohesion and Performance, Strategies for enhancing Cohesion; Building Self-confidence; Effectiveness of Goal-setting.</p>
<p>Week 8</p> <p>Exercise and Psychological Well-Being: Reducing Anxiety and Depression with Exercise, Enhancing Quality of Life with Exercise; Relationship between Stress and Injury, Role of Sports Psychology in Injury Rehabilitation.</p>

<p>Week 9</p> <p>Overtraining and Burnout: Factors leading to Athlete Overtraining and Burnout; Relaxation strategies for Sports: Progressive Relaxation, Autogenic Training, Yoga, Meditation and Biofeedback Training.</p>
<p>Week 10</p> <p>Revision and doubts of Unit 3 and 4</p>
<p>Week 11</p> <p>Unit 1 Test, doubt clearing, group discussion and presentations</p>
<p>Week 12</p> <p>Unit 2 Test, doubt clearing, group discussion and presentations</p>
<p>Week 13</p> <p>Unit 3 Test, doubt clearing, group discussion and presentations</p>
<p>week 4 Unit 1 Test, doubt clearing, group discussion and presentations</p>
<p>Week15</p> <p>Complete syllabus : Test and doubts</p>
<p>Week 16</p> <p>Complete syllabus : Test and doubts</p>

Govt. College Kheri Gujran Faridabad

Name of Assistant Professor : Dr. Tanu Shree Dahiya

Class:— M. A 3rd semester (2022-23)

Subject: - Psychological Assessment

Lesson Plan: 16 Weeks

<p>Week 1</p> <p>Psychological Measurement: History of Psychological Measurement, Levels of Measurement (Scales), Measurement theory, Errors and Sources of Error in Measurement.</p>
<p>Week 2</p> <p>Psychological Testing: Nature, Uses of Psychological testing, Characteristics of a good test, Types of Tests.</p>
<p>Week 3</p> <p>Test Administration: Effect of Examiner and Situational variables; Examinee's perspective; Effect of training on test performance.</p>
<p>Week 4</p> <p>Unit 1 : Test, revision, presentation, group discussion, doubt clearing</p>
<p>Week 5</p> <p>Test Construction: Steps of test construction, Item Writing, Design of Ability tests, Design of Performance tests.</p>
<p>Week 6</p> <p>Item Analysis: Item – Difficulty, Item Discrimination, Distractor Power, Item Characteristic curves.</p>
<p>Week 7</p> <p>Unit 2 : Test, revision, presentation, group discussion, doubt clearing</p>

<p>Week 8</p> <p>Reliability: Meaning, Types of Reliability Analysis (Methods), Factors affecting Reliability.</p>
<p>Week 9</p> <p>Validity: Meaning, Methods for Calculating Validity, Factors affecting Validity.</p>
<p>Week 10</p> <p>Unit 3 : Test, revision, presentation, group discussion, doubt clearing</p>
<p>Week 11</p> <p>Norms: Raw Scores, Raw Scores transformations, Types of Norms.</p>
<p>Week 12</p> <p>Legal, Ethical & Social Issues in Psychological Testing</p>
<p>Week 13</p> <p>Computer- Aided Psychological Assessment</p>
<p>Week 14</p> <p>Unit 4 : Test, revision, presentation, group discussion, doubt clearing</p>
<p>Week15</p> <p>Unit 1&2 : test, revision, presentation, group discussion, doubt clearing</p>
<p>Week 16</p> <p>Unit 3&4 : test, revision, presentation, group discussion, doubt clearing</p>

Govt. College Kheri Gujran Faridabad

Name of Assistant Professor : Dr. Tanu Shree Dahiya

Class:– M. A 3rd semester (2022-23)

Subject: - Psychology of Individual Differences

Lesson Plan: 16 Weeks

<p>Week 1</p> <p>Individual Differences: Differential Psychology, Nature, History, Subject matter, Current Trends and Future Directions.</p>
<p>Week 2</p> <p>Methodological Advances in Differential Psychology : Methods of Data Collection</p>
<p>Week 3</p> <p>Types of Design; Experimental Approaches; Observational Approaches; Methods of Analysis</p>
<p>Week 4</p> <p>Unit 1 : Test, revision, presentation, group discussion, doubt clearing</p>
<p>Week 5</p> <p>Personality: Overview of Theoretical Perspectives: Psychoanalytical, Neo-Analytic, Biological, Social,</p>
<p>Week 6</p> <p>Theoretical Perspective: Behaviourist, Cognitive, Trait, Humanistic.</p>
<p>Week 7</p> <p>Cognitive: Overview of Theoretical Perspectives: Cattell–Horn–Carroll (CHC), Gardner, Sternberg.</p>
<p>Week 8</p> <p>Unit 2 : Test, revision, presentation, group discussion, doubt clearing</p>
<p>Week 9</p> <p>Applications to Individual Differences- Personality Biological Bases of Personality; Theoretical Perspectives to Gender Differences in Personality;</p>

<p>Week 10</p> <p>Genetic and Environmental Influences on Personality; Cultural and Ethnic Differences; Evolutionary Function of Personality.</p>
<p>Week 11</p> <p>Unit 3 : Test, revision, presentation, group discussion, doubt clearing</p>
<p>Week 12</p> <p>Applications to Individual Differences- Cognition Biological Bases of Mental Abilities; Individual differences in Cognitive Abilities and Style;</p>
<p>Week 13</p> <p>Gender Differences in Cognition; Empirical evidences of Cross Cultural Differences in Cognition; Effect of Schooling and Literacy.</p>
<p>Week 14</p> <p>Unit 4 : Test, revision, presentation, group discussion, doubt clearing</p>
<p>Week15</p> <p>Unit 1&2 : test, revision, presentation, group discussion, doubt clearing</p>
<p>Week 16</p> <p>Unit 3&4 : test, revision, presentation, group discussion, doubt clearing</p>

Govt. College Kheri Gujran Faridabad

Name of Assistant Professor : Dr. Arun Kumar

Class:— M. A 3rd semester (2022-23)

Subject: - Developmental Psychology

Lesson Plan: 16 Weeks

<p>Week 1</p> <p>Developmental Psychology: Nature and Principles; Life-Span Perspectives: Psychoanalysis, Behaviourism,</p>
<p>Week 2</p> <p>Social Learning, Cognitive and Recent theoretical perspectives.</p>
<p>Week 3</p> <p>Research Methods and Designs: Observation, Interview, Questionnaire, Case Study and Clinical; Crosssectional, Longitudinal and Sequential.</p>
<p>Week 4</p> <p>Unit 1 : Test, revision, presentation, group discussion, doubt clearing</p>
<p>Week 5</p> <p>Perspectives of Nature and Nurture: Preformationism, Genetic Determinism, Eugenics;</p>
<p>Week 6</p> <p>Human Diversity: Genetic code, Genotypes & Phenotypes; Interplay between Genes and Context; Bronfenbrenner's Ecological Perspective on development.</p>
<p>Week 7</p> <p>Physical Development & Aging: Prenatal, Infancy, Childhood, Adolescence, Adult and Old Age.</p>
<p>Week 8</p> <p>Unit 2 : Test, revision, presentation, group discussion, doubt clearing</p>

<p>Week 9</p> <p>Cognitive and Language Development: Cognitive Development in infancy and childhood; Theories of Cognitive Development: Piaget's stage theory, Vygotsky's Socio-Culture theory;</p>
<p>Week 10</p> <p>Language Development: Theories of Language Acquisition: Behavioural Learning, Nativist, Cognitivist.</p>
<p>Week 11</p> <p>Unit 3 : Test, revision, presentation, group discussion, doubt clearing</p>
<p>Week 12</p> <p>Social Development: Social Processes: Family, School and Work, Social Aspects of Aging; Erikson's theory of Psychosocial Development.</p>
<p>Week 13</p> <p>Moral Development: Nature, Process; Theories of Moral Development: Psychoanalytic, Social Learning, Piaget and Kohlberg's theory.</p>
<p>Week 14</p> <p>Unit 4 : Test, revision, presentation, group discussion, doubt clearing</p>
<p>Week15</p> <p>Unit 1&2 : test, revision, presentation, group discussion, doubt clearing</p>
<p>Week 16</p> <p>Unit 3&4 : test, revision, presentation, group discussion, doubt clearing</p>

Govt. College Kheri Gujran Faridabad

Name of Assistant Professor : Dr. Tanu Shree Dahiya

Class:— M. A 3rd semester (2022-23)

Subject: - Practicals

Lesson Plan: 16 Weeks

Week 1 Test construction/Translation
Week 2 Item-difficulty
Week 3 Item-distraction index
Week 4 Age/Gender and Cognitive Speed
Week 5 Gender and Personality
Week 6 Literacy and Intelligence
Week 7 Moral Development/ Reasoning
Week 8 Intelligence

<p>Week 9</p> <p>Social maturity</p>
<p>Week 10</p> <p>Achievement Motivation</p>
<p>Week 11</p> <p>Well being</p>
<p>Week 12</p> <p>Personality Assessment</p>
<p>Week 13</p> <p>Revision, correction and doubts</p>
<p>week 14</p> <p>Revision, correction and doubts</p>
<p>Week15</p> <p>Revision, correction and doubts</p>
<p>Week 16</p> <p>Revision, correction and doubts</p>

