Name of the Assistant Professor: Dr. Gobind Singh Subject: Psychology

Class and section: B.A. 1st (2nd sem) Paper: Experimental Psychology

Subject lesson Plan: 18 weeks (from May, 2021 to August 2021)

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| --- | --- |
|  May, 2021   Week 1 | Meaning of attention and its definition Factor affecting attentionCharacteristics of attention |
|  Week 2 | Types of emotionInternal bodily changes in emotionExternal bodily changes occurs in emotionMeaning of psychophysics Meaning of threshold |
|  Week 3  | Problems related psychophysicsMethod of psychophysicsClassical method of psychophysicsTest |
|  Week 4 | Meaning of learning and its definitionFactor affecting learning & Types of learningMeaning of trial and error methodExperiment explanationFactor affecting trial and error method |
|  June, 2021   Week 1 |  |
| Implication of trial and error in life related decisionMeaning of Insight learningExperiment explanation |
|  Week 2 | Factor affecting Insight learninguse of Insight learning n life related problemsMeaning of classical conditioningExperiment detail related classical conditioning |
|  Week 3 | Detailed explanation of classical conditioning experimentFactor affecting classical conditioninguse of classical conditioning and life related problems |
|  Week 4 | Meaning of Operant conditioningExperiment explanationFactor affecting Operant conditioningUse of operant conditioning in lifeDifferences among all four conditioning |
|  July, 2021   Week 1  | Meaning of memory and its definition |
| Types of memory |
| Sensory register and STM explanation  |
| Types of sensory memory  |
|  Week 2 | Stages of memory |
| Retrieval from STM |
| Meaning of Long Term Memory |
| Retrieval from long term memory |
|  Week 3 | Method to study STM & Factor affecting memory |
| Meaning of forgetting & Factor affecting forgettingMnemonics to memory study Meaning of problem solving & Stages  |
| Test |
|  Week 4 | Meaning of convergent thinkingMeaning of divergent thinking.Meaning of statisticsWhat is frequency distribution?Graphical presentation of data |
|  August, 2021   Week 1 | Different measure of central tendencyMeaning of meanCalculation of mean by long methodMeaning of median |
|  Week 2 |  |
|  TestCalculation of median by different methodMeaning of mode Calculation of mode by different methodRevision of syllabus |
| **Practical will be conducted** |  |
| May, 2021 | AL by method of constant stimuli  |
| June, 2021 | DL by method of limits. |
| Muller-Lyre Illusion |
| July, 2021 | Problem Solving |
| Experiment on STM |
| August, 2019 | Experiment on LTM |

Name of the Assistant Professor: Dr. Sunita Subject: Psychology

Class and section: B.A. 2nd year (4nd sem) Paper: Developmental Psychology

Subject lesson Plan: 18 weeks (from May, 2021 to August 2021)

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| --- | --- |
|  May, 2021 Week 1 | Meaning of human developmentConcept of human developmentPrinciple of human developmentIn what manner human development affectedBiological factor affecting human development |
|  Week 2 | Social factor affecting human developmentCultural factor affecting human developmentMeaning of prenatal developmentHow prenatal development determined |
|  Week 3 | Biological determinatesSocial determinatesPsychological determinatesCultural determinates |
|  Week 4 | Stages of prenatal developmentMeaning of infancy Its characteristicsProblems(Hazards) face during infancy |
|  June, 2021  Week 1 | Psychological Problems(Hazards) face during infancySocial Problems(Hazards) face during infancyHow a child learn adjustmentPsychological adjustment & Social adjustment |
|  Week 2 | Meaning of childhood ageDifferent characteristics of childhood ageProblem faced during this childhoodPerceptual develop in childhood  |
|  Week 3 | Motor coordination in childhoodEmotional development during childhood age factor affecting of emotional developmentCognitive development in childhood |
|  Week 4 | Factor affecting cognitive developmentMeaning of adolescent stage Different characteristics of adolescent ageProblem faced during adolescent age |
|  July, 2021  Week 1  | Psychological problem in adolescent ageSocial problem during adolescent ageEmotional development in adolescent ageAdjustment & adolescent ageDifferent factor affecting at this stage |
|  Week 2 | TestPsychological factor & adjustmentSocial factor & adjustmentCultural factor & adjustmentEconomical factor & adjustment |
|  Week 3 | Meaning of adulthood stageWhat is early adulthood ageCharacteristics of early adulthood age Problem of early adulthood ageWhat is late adulthood age |
|  Week 4  | Characteristics of late adulthood age & problemWhat is aging changing patternCharacteristics of aging changing Problem of aging changingTest |
|  August, 2021  Week 1 | Meaning of variability/varianceMeaning of quartile deviation Calculation of Quartile deviation 1Calculation of Quartile deviation 3Practice of Quartile deviation 3 |
|  Week 2 | Meaning of standard deviation & CalculationPractice of standard deviationRevision of syllabus |
| **Practical will be conducted** |  |
| May, 2021 | Emotional Maturity Scale  |
| June, 2021 | Parent-Child Relationship |
| Self Concept |
| July, 2021 | Youth Problem Inventory |
| Self Esteem Inventory |
| August, 2019 | Impulsiveness Scale |

Name of the Assistant Professor: Dr. Gobind Singh Subject: Psychology

 Dr. Sunita

Class and section: B.A. 3rd year (6nd semester) Paper: Applied Psychology

Subject lesson Plan: 18 weeks (from May, 2021 to August 2021)

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|  May, 2021 Week 1 | Meaning of applied psychologyHistory of applied psychologydifferent field of applied psychologyCareer in psychology |
|  Week 2 | Applied psychology and life related problemsNature of organizational psychologyScope of organizational psychologyObjectives of organizational psychologyDevelopment of organizational psychology |
|  Week 3 | Meaning of guidance Types of guidance Objective of guidance & Principle of guidanceHow we Organize guidance programme  |
|  Week 4 | Meaning of counselingTypes of counseling Need of counselingPrinciple of counselingStages of counseling |
|  June, 2021  Week 1 | Factor affecting counselingQualities of counselorWhat time Counseling required Meaning of health psychology |
|  Week 2 | Objective of health psychologyScope of health psychologyConcept of health and illnessHow illness affect our life related adjustment |
|  Week 3 | How healthy life affected positivelyDifferent factor in physical illnessPsychological factor contribution to physical illnessMeaning of life style How life style correlated with health |
|  Week 4 | Positive outcomes of life styleNegative outcome of life styleMeaning of stressFactor affecting stress |
|  July, 2021  Week 1  | Psychological factors and stress & Social factor Cultural and economical factor and stressTestStress and mental illnessStress and physical illness |
|  Week 2 | How stress affect our personal, social and occupational life Meaning of coping & Types of coping mechanismHow we cope with stress |
|  Week 3 | Meaning of forensic psychology & ScopeRelation of psychology and lawWhat is eyewitness memoryEyewitness accuracy |
|  Week 4 | How can we improve itfactor related improvement of eyewitness accuracyMeaning of correlation & Types of correlation |
|  August, 2021  Week 1 | Rank difference correlation explanationCalculation and formula explanationTest Practice of rank difference |
|  Week 2 | Meaning of product correlationCalculation of product moment correlationPractice of rank differenceRevision of syllabus |
| **Practical will be conducted** |  |
|  May, 2021 | Stress Scale |
| Coping Styles |
|  June, 2021 | Life Style Schedule |
| Interest Inventory |
|  July, 2021 | Aptitude Scale |
|  August, 2021 | Adjustment Inventory |