Govt. College for Women Gurawara

**Lesson Plan Session 2023-2024**

Name of the Assistant/ Associate Professor -: Amit Bhoria

Class and Section: B A- 1st, Semester -2nd

Subject:… (**PSYCHOLOGY**) Experimental Psychology

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| Week | Topic |
| 1. | Nature of attention, Characteristics of attention, Selective Attention, Selective Attention Theories |
| 2. |  Sustained Attention Theories, Psychophysics Nature, Methods of limits, Absolute limens |
| 3. |  Differential limens, Method of average error, Method of constant stimuli , Test, Learning Nature, |
| 4. | Characteristics of Learning, Factor affecting Learning, Types of learning, Methods of learning, |
| 5 | Theories of learning, Trail and error Learning, Insight learning,  |
| 6.  | Conditioning, Classical Conditioning, Instrumental Conditioning, Test |
| 7. | Memory Nature, Stages of Memory, Sensory Memory, Short term memory, Long term memory, Methods of study Memory |
| 8. | Forgetting Nature, Factor Affecting Forgetting, Theories of Forgetting, Mnemonics of memory, Test |
| 9. | Problem solving nature, Steps of problem solving, Factor Affecting problem Solving |
| 10. | Thinking nature, Types of thinking, Debate /Quiz |
| 11. | Creative Thinking, Steps for creative Thinking, Test |
| 12. | Statistics, Characteristics of statistics, Types of statistics, Frequency distribution, Graphical Distribution |
| 13. | Measure of Central tendency , Mean, Median, Mode, Assignment |
| 14. | Test, Revision Unit- I, II |
| 15  | Revision Unit- III |

Govt. College for Women Gurawara Lesson Plan

Lesson Plan Session 2023-24

Name of the Assistant/ Associate Professor : Amit Bhoria

Class and Section: B A- 2nd Semester -4th

Subject:… (**PSYCHOLOGY**) Developmental Psychology

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| Week | Topic |
| 1. | Human Development; Concept of development, Human Growth and Development, Principals of Human Development |
| 2. | Factors in human development; Biological factor, Social and cultural Factor of Development,  |
| 3. |  Unit Test, Prenatal development, Determinants and stages,  |
| 4. | hazards during The prenatal Development, Infancy: Characteristics, Hazards and adjustment |
| 5 | Childhood: Characteristics,  Needs of Childhood, Problems in Childhood, Development: Perceptual |
| 6.  | Motor Development, Emotional Development, Cognitive Development |
| 7. | Test, Adolescents: Characteristics of Adolescent |
| 8. | Problems of adolescents Adjustment in adolescents stage |
| 9. | Adulthood: Early adulthood, Debate,Quiz |
| 10. | Late adulthood Aging: Changing patterns in old age and problems . Test |
| 11. | Measures of variability, Assignment |
| 12. | Quartile deviation,  |
| 13. | Standard deviation , Test |
| 14. | Revision I-II |
| 15 | Revision Unit- III |

Govt. College for Women Gurawara Lesson Plan

Lesson Plan Session 2023-24

Name of the Assistant/ Associate Professor : Amit Bhoria

Class and Section: B A- 3rd Semester -6th

Subject:… (**PSYCHOLOGY**) Applied Psychology

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| Week | Topic |
| 1. | Meaning of Applied psychology, History of Applied Psychology, Field of Applied Psychology, Careers in psychology |
| 2. | Organizational Psychology: Nature, History and Scope, Objective and Development of Applied Psychology organizational Goals. Unit Test |
| 3. | Guidance nature, Characteristics of Guidance, Guidance and related perspectives. |
| 4. | General objectives of Guidance, Types of Guidance, Various Classifications , Educational, need for educational Guidance, Process, Vocational guidance, Personal Guidance, |
| 5 | Socio- Cultural Guidance, Principles of Guidance, organization of Guidance Programme. Form and Characteristics of Guidance Programme. |
| 6.  | Counselling: Counselling and Teaching, Counseling and Psychotherapy, Characteristics , Need of the Counselling, Basic Principles of Counselling, Special Areas Of Counselling: Educational Setting, Counselling in Occupational settings, Personal Setting , |
| 7. | Types of Counselling, Steps in counsellings Unit Test, Health Psychology: Brief History, Meaning and Definition, Need of Health Psychology Determinant of Health Psychology,  |
| 8. | Bio- Psychosocial Model, Division Of Health Psychology, Scope of Health Psychology, Objectives, Concepts of Health and Illness.  |
| 9. | Stress : Meaning and Definition, Dimensions of stressful events, Models of Stress, Psychological Factors in Physical Illness |
| 10. | Coping: Nature, Types of coping, Lifestyle and Health, Psychological Treatment of Physical Disorder. Unit Test , |
| 11. |  Forensic Psychology, Psychology and Law: Police and Law Enforcement, court and legal System, Correction and Prison Practice. |
| 12. | Eyewitness Memory, Factor Influence Accuracy of Eye witness, Techniques to improve the accuracy of eye witness Testimony.  |
| 13. | Statistics: Correlation, types of Correlations , Pearson, Spearman rank Correlation Coefficient,  |
| 14. | Assignment, Unit Test , Revision |
| 15 | Revision Unit- II,III |