

# TEACHING PLAN

**Academic Year 2015-2016**

**Class: B.A . (Psychology) Second Year**

**Semester: Third**

**Subject: Psychology of Adjustment**

**Paper no: 107**

**Periods per week: 04**

**Weeks: (Total):15**

Week	Topic to be covered
1.	<b>1. INTERPERSONAL COMMUNICATION: -</b> i. THE PROCESS OF INTERPERSONAL COMMUNICATION a. Components of the communication process b. Communication and adjustment ii. NONVERBAL COMMUNICATION a. General principles b. Elements of nonverbal communication
2.	C. Detecting deception D. The significance of nonverbal; communication iii. COMMUNICAITON PROBLEMS a. Communication apprehension Barriers to effective communication
3.	iv. INTERPERSONAL CONFLICT a. Beliefs about conflict b. Types of conflict c. Styles of managing conflict d. Dealing constructively with conflict e. Public communication in an adversarial culture
4.	v. APPLICATION: DEVELOPING AN ASSERTIVE COMMUNICATION a. The nature of assertiveness b. Steps in assertiveness training <b>2. FRIENDSHIP AND LOVE: -</b> i. PERSPECTIVES ON CLOSE RELATIONSHIPS a. The ingredients of close relationships b. Culture and relationships c. The internet and relationships
5	ii. INITIAL ATTRACTION AND RELATIONSHIP DEVELOPMENT a. encounters b. Getting acquainted c. Established relationships Initial
6	iii. FRIENDSHIP a. What makes a good friend? b. Gender differences in friendship iv. ROMANTIC LOVE a. Myths about love b. Gender differences regarding love c. Theories of love d. The course of romantic love
7	v. APPLICATION: OVERCOMING LONELINESS a. The nature of loneliness b. Prevalence of loneliness c. The roots of loneliness d. Correlates of loneliness e. Conquering loneliness <b>3. MARRIGE AND INTIMATE RELATIONSHIP: -</b> i. CHALLENGES TO THE TRADIATIONAL MODEL OF MARRIGE

8	<ul style="list-style-type: none"> <li>ii. MOVING TOWARD MARRIAGE <ul style="list-style-type: none"> <li>a. The motivation to marry</li> <li>b. Selecting to mate</li> <li>c. Predictors of marital success</li> </ul> </li> <li>iii. MARITAL ADJUSTMENT ACROSS THE FAMILY LIFE CYCLE <ul style="list-style-type: none"> <li>a. Between families: The unattached young adult</li> <li>b. Joining together: The newly married couple</li> </ul> </li> </ul>
9	<ul style="list-style-type: none"> <li>c. Launching children into the adult world</li> <li>d. The family in later life</li> <li>iv. VULNERABLE AREAS IN MARITAL ADJUSTMENT <ul style="list-style-type: none"> <li>a. Gaps in role expectations</li> <li>b. Work and career issues</li> <li>c. Financial difficulties</li> <li>d. Inadequate communication</li> </ul> </li> </ul>
10	<ul style="list-style-type: none"> <li>v. DIVORCE <ul style="list-style-type: none"> <li>a. Increasing rate of divorce</li> <li>b. Deciding on a divorce</li> <li>c. Adjusting to divorce</li> <li>d. Remarriage</li> </ul> </li> <li>vi. APPLICATION: UNDERSTANDING INTIMATE VIOLENCE <ul style="list-style-type: none"> <li>a. Partner abuse</li> <li>b. Child abuse</li> </ul> </li> </ul>
11	<p><b>4. CAREERS AND WORK: -</b></p> <ul style="list-style-type: none"> <li>i. CHOOSING A CAREER <ul style="list-style-type: none"> <li>a. Examining personal characteristics and influences</li> <li>b. Researching job characteristics</li> <li>c. Using psychological tests for career decisions</li> <li>d. Taking important considerations into account</li> </ul> </li> <li>ii. MODELS OF CAREER CHOICE AND DEVELOPMENT <ul style="list-style-type: none"> <li>a. Holland's trait measurement and matching Model</li> </ul> </li> </ul>
12	<ul style="list-style-type: none"> <li>b. Super's developmental model</li> <li>c. Women's career development</li> <li>iii. THE CHANGING WORLD OF WORK <ul style="list-style-type: none"> <li>a. Workplace trends</li> <li>b. Education and earnings</li> <li>c. The changing workforce</li> </ul> </li> </ul>
13	<ul style="list-style-type: none"> <li>iv. COPING WITH OCCUPATIONAL HAZARDS <ul style="list-style-type: none"> <li>a. Job stress</li> <li>b. Sexual harassment</li> <li>c. Unemployment</li> </ul> </li> <li>v. BALANCING WORK AND OTHER SPHERES OF LIFE <ul style="list-style-type: none"> <li>a. Workaholics</li> <li>b. Work and family roles</li> </ul> </li> </ul>
14	<ul style="list-style-type: none"> <li>c. Leisure and recreation</li> <li>vi. APPLICATION: GETTING AHEAD IN THE JOB GAME <ul style="list-style-type: none"> <li>a. Putting together a resume</li> </ul> </li> </ul>
15	<ul style="list-style-type: none"> <li>a. Finding companies you want to work for</li> <li>b. Landing an interview</li> <li>c. Polishing your interview technique</li> <li>Revision</li> </ul>

# TEACHING PLAN

Academic Year 2015-2016

**Class: B.A (Psychology) Second Year**

**Subject: Psychology Testing**

**Periods per week:04**

**Semester: Third**

**Paper no: 108**

**Weeks: (Total):15**

Week	Topic to be covered
1.	<b>1. USES AND IMPLICATIONS OF PSYCHOLOGICAL TESTING</b> i. Functions of psychological tests ii. Nature of a psychological test
2.	iii. Controlling the Use of tests iv. Test administration v. Examiner and situational variables
3.	vi. Effect of training on test performance vii. Social and ethical implication of testing
4.	viii. Test anxiety and rapport ix. Types of psychological tests
5.	<b>2. ITEM ANALYSIS</b> i. Item difficulty
6.	ii. Item discrimination iii. Indices of item discrimination
7.	iv. Item response theory v. Item analysis of speeded tests
8.	vi. Cross validation Item-by-group interaction
9.	<b>3. RELIABILITY OF PSYCHOLOGICAL TEST</b> i. Definition ii. The correlation coefficient Types of reliability:
10.	a. Test-retest reliability b. Parallel form reliability,
11.	c. Split-half reliability d. Inter-item consistency

12.	<ul style="list-style-type: none"> <li>iii. Scorer reliability</li> <li>iv. Reliability of speeded tests</li> <li>v. Factors affecting reliability coefficients</li> </ul>
13.	<ul style="list-style-type: none"> <li>vi. Standard error of measurement</li> <li>vii. Reliability of criterion-referenced tests</li> </ul>
14.	<p><b>4. VALIDITY OF PSYCHOLOGICAL TESTS</b></p> <ul style="list-style-type: none"> <li>i. Meaning of validity</li> <li>ii. Types of validity <ul style="list-style-type: none"> <li>Content validation <ul style="list-style-type: none"> <li>a. Criterion-related validation</li> </ul> </li> </ul> </li> </ul>
15.	<ul style="list-style-type: none"> <li>b. Construct validation</li> <li>iii. Comparison of validation procedures Validity Revision</li> </ul>

# TEACHING PLAN

Academic Year 2015-2016

Class: B.A .Second Year

Subject: Psychology For Living

Periods per week:04

Semester: Fourth

Paper no: 110

Weeks: (Total):

Week	Topic to be covered
1.	<b>1. THE SELF: -</b> i. SELF – CONCEPT a. The Nature Of The Self – Concept b. Self-discrepancies c. Factors shaping the self-concept ii. SELF – ESTEEM a. The importance of self-esteem b. Determinants of self – esteem c. Ethnicity, gender, and self-esteem
2.	iii. BASIC PRINCIPLES OF SELF-PERCEPTION a. Cognitive processes a. Self-attributions b. Attribution style c. Motives guiding self-understanding d. Methods of self-enhancement iv. SELF-REGULATION a. Self-efficacy b. Self-defeating behavior v. SELF-PRESENTATION a. Impression management b. Self- monitoring APPLICATION: BUILDING SELF-ESTEEM
3.	<b>2. STRESS AND IT'S EFFECTS: -</b> i. THE NATURE OF STRESS a. Stress is an everyday event b. Stress lies in the eye of the beholder c. Stress may be embedded in the environment d. Stress may be self-imposed e. Stress is influenced by culture
4.	ii. MAJOR TYPES OF STRESS a) Frustration, b) Conflict c) Change d) Pressure iii. RESPONDING TO STRESS c. Emotional response d. Physiological responses e. Behavioral response
5.	iv. THE POTENTIAL EFFECTS OF STRESS Impaired task performance a. Disruption of cognitive functioning b. Burnout c. Posttraumatic stress disorders d. Psychological problems and disorders e. Physical illness Positive effects

6.	<p>v. FACTORS INFLUENCING STRESS TOLERANCE</p> <ul style="list-style-type: none"> <li>a. Social support</li> <li>b. Hardiness</li> <li>c. Optimism and conscientiousness</li> </ul> <p>APPLICATION: MONITORING YOUR STRESS</p>
7.	<p><b>3. COPING PROCESSES: -</b></p> <p>i. COMMON COPING PATTERNS OF LIMITED VALUE</p> <ul style="list-style-type: none"> <li>a) Giving up b) Striking out at others C) Indulging yourself</li> <li>d) Blaming yourself e) Using defensive coping</li> </ul>
8.	<p>ii. THE NATURE OF CONSTRUCTIVE COPING</p> <p>iii. APPRAISAL-FOCUSED CONSTRUCTIVE COPING</p> <ul style="list-style-type: none"> <li>a. Ellis's rational thinking</li> <li>b. Humor as a stress reducer</li> </ul> <p>Positive reinterpretation</p>
9.	<p>iv. PROBLEM-FOCUSED CONSTRUCTIVE COPING</p> <ul style="list-style-type: none"> <li>a. Using systematic problem solving</li> <li>b. Seeking help</li> <li>c. Using time more effectively</li> <li>d. Improving self-control</li> </ul>
10.	<p>v. EMOTION-FACUSED CONSTRUCTIVE COPING]</p> <ul style="list-style-type: none"> <li>a. Releasing pent-up emotions</li> <li>b. Distracting yourself</li> <li>c. Managing hostility and forgiving others</li> <li>d. Meditating</li> <li>e. Using relaxation procedures</li> </ul>
11.	<p>vi. APPLICATION: ACHIEVING SELF-CONTROL</p> <ul style="list-style-type: none"> <li>a. Specifying your target behavior</li> <li>b. Gathering baseline data</li> <li>c. Designing your program</li> <li>d. Executing and evaluation your program</li> <li>e. Ending your program</li> </ul>
12.	<p><b>4. PSYCHOLOGY AND PHYSICAL HEALTH: -</b></p> <p>i. STRESS, PERSONALITY AND ILLNESS</p> <ul style="list-style-type: none"> <li>a. Personality, emotions, and heart disease</li> <li>b. Stress and cancer</li> <li>c. Stress and other diseases</li> <li>d. Stress and immune functioning</li> <li>e. Conclusions</li> </ul>
13.	<p>ii. HABITS, LIFESTYLES, AND HEALTH</p> <ul style="list-style-type: none"> <li>a)Smoking b)Drinking c) Overeating d) Poor nutrition</li> <li>e) Lack of exercise f) Behavior and AIDS</li> </ul>
14.	<p>iii. REACTIONS TO ILLNESS</p> <ul style="list-style-type: none"> <li>a. The decision to seek treatment, b)The sick role c) Communicating with health provides d) Adherence to medical advice</li> </ul>
15.	<p>iv. APPLICATION: UNDERSTANDING THE EFFECTS OF DRUGS</p> <ul style="list-style-type: none"> <li>a) Drug-related concepts b)Narcotics, C).Sedatives d) Stimulants e) Hallucinogens f)Marijuana g) Ecstasy (MDMA)</li> </ul>

# TEACHING PLAN

**Academic Year 2015-2016**

**Class: B.A .Second Year**

**Semester: Fourth**

**Subject: Psychology Statistics**

**Paper no: 111**

**Periods per week: 04**

**Weeks: (Total):**

Week	Topic to be covered
1.	<b>1. FREQUENCY DISTRUBUTIONS</b> i. Measurement in general ii. Need for grouping
2.	iii. Preparation of a frequency table iv. Graphic representations of the frequency distribution a. Histogram
3.	b. Frequency Polygon v. Smoothing a polygon
4.	<b>2.MEASURES OF CENTRAL TENDENCY</b> Meaning of the Measures of central tendency 1. Arithmetic Mean i. Calculation of the mean in case of Grouped Data
5.	ii. Computation of the mean a. The long method
6.	b.The short or assumed mean method
7.	c. Median and its computation i. Computation of Median for ungrouped data ii. Computation of median for grouped data (in the form of Frequency distribution)
8.	d. Mode i. Computation of mode for ungrouped data. ii. Computation of mode for grouped data.
9.	<ul style="list-style-type: none"> <li>▪ Another method for grouped data</li> <li>▪ Uses of various measures of central tendency</li> <li>▪ Computation of Median and Mode from the curves of Frequency Distribution</li> </ul>
10.	<ul style="list-style-type: none"> <li>▪ When to use the Mean, When to use the Median</li> <li>▪ When to use the Mode &amp; Summary</li> </ul>
11.	<b>3. MEASURES OF VARIABILITY</b> i. Range ii. Quartile deviation iii. Average deviation
12.	iv. Standard deviation v. .Uses of the various measures of variability
13.	<b>4. MEASURES OF ASSOCIATION</b> i. Meaning and types of coefficient of correlation. ii. When the used use of coefficient of correlation
14.	iii. Rank Difference Correlation. Practice of the above problem
15.	iii.Product Moment Correlation  Practice the product movement correlation Group and Ungrouped data

