Lesson Plan of 2023 for Psychology Hons
(CCF system) Semester - I. DSC

Core Course	Topics Included	No. of class required as per syllabus	Steps to be followed for teaching	Methods to be followed for assessment	Tentative timeline (Allotted Class)	Portions of topics to be covered	No of classes actually Taken	Remedial/ Special / Extra classes if any	Remarks
DSC - INTRODUCTION TO PSYCHOLOGY	Unit :1 (a)Introduction: Nature, definition, scope and branches of Psychology, Methods: Observation, Experimentation, Interview, Field Study, Correlational Method b) Brief Concepts of Schools of Psychology: Structuralism, Behaviourism, Gestalt (c)Need for quantification in Psychology, Levels of Measurement: Nominal, Ordinal, Interval and Ratio (d)Variables and their classifications, Independent, Dependent and Controlling of variables	15hrs	1.Review of the student's current knowledge base 2. Mentioning of course objectives 3.Input on the Subject 4. Guided practice of various Problems 5. Independent practice by home/class formative Assignments 6. Discussion on the last 10 years university Questions 7. Closure of the course with a final summative assessment	For both the formative and summative assessments, the questions would be set to assess the following skills using the six-level methodology of Bloom's Taxonomy as far as practicable. Knowledge Comprehension Application Analysis Evaluation/ Judgement Synthesis/ Creation	August (13)	Unit :1 (a)Introduction: Nature, definition, scope and branches of Psychology, Methods: Observation, Experimentation, Interview, Field Study, Correlational Method b) Brief Concepts of Schools of Psychology: Structuralism, Behaviourism, Gestalt (c)Need for quantification in Psychology, Levels of Measurement: Nominal, Ordinal, Interval and Ratio (d)Variables and their classifications, Independent, Dependent and Controlling of variables	13		
	(Unit:II (a) To relate attentional processes with other aspects of Information processing (example below: stimulus input to decision making) (a)Attentional Processes: Nature of Attention, Determinants of Attention (to link to the evolutionary concept and to put emphasis on the nature of the Stimulus and why it attracts our attention), Shift, Oscillation, Fluctuation (all Phenomena to be explained with some simple classroom demonstration) and distraction, theories of attention (b) Sensation and Perception: Introduction to Psychophysics, Concept of sensory thresholds, Weber-Fechner Law, Classical Methods: Gradation, Constant and average error (c) Biological Foundation of Behaviour: Genetic basis, neuron, synapse and neurotransmitter (Relevance of Studying biological foundation in Behavioural Science) Reception of information through dendrites then it Moves through axon afferent neuron (first-order neuron) Spinal Cord and brainstem second order Neuron thalamus third order neuron Brain (No detailing of brain)	15hrs			September (13)	(Unit:II (a) To relate attentional processes with other aspects of Information processing (example below: stimulus input to decision making) (a)Attentional Processes: Nature of Attention, Determinants of Attention (to link to the evolutionary concept and to put emphasis on the nature of the Stimulus and why it attracts our attention), Shift, Oscillation, Fluctuation (all Phenomena to be explained with some simple classroom demonstration) and distraction, theories of attention (b) Sensation and Perception: Introduction to Psychophysics, Concept of sensory thresholds, Weber-Fechner Law, Classical Methods: Gradation, Constant and average error (c) Biological Foundation of Behaviour: Genetic basis, neuron, synapse and neurotransmitter (Relevance of Studying biological foundation in Behavioural Science) Reception of information through dendrites then it Moves through axon afferent neuron (first-order neuron) Spinal Cord and brainstem second order Neuron thalamus third order neuron Brain (No detailing of brain)	13		

	Efferent neurons					Efferent neurons			
	Unit:III (a) Processing of data: (i) Tabulation, classification and frequency distribution of data; plotting of Graph (Polygon, histogram and Ogive) (b) Concept, types, uses and measures of Central tendency and Dispersion (c)Normal Probability Curve: Properties and Application	15 hrs			October (10)	Unit:III (a) Processing of data: (i) Tabulation, classification and frequency distribution of data; plotting of Graph (Polygon, histogram and Ogive) (b) Concept, types, uses and measures of Central tendency and Dispersion (c)Normal Probability Curve: Properties and Application			
	Practicum: (a) Fluctuation of Attention (b) Reiz Limen (RL) (c) Computational Techniques of the measures of Central tendency and dispersion (d) Graphical Representation: Frequency Polygon, Histogram and Ogive	30hrs			Novemb er (10)	Practicum: (a) Fluctuation of Attention (b) Reiz Limen (RL) (c) Computational Techniques of the measures of Central tendency and dispersion (d) Graphical Representation: Frequency Polygon, Histogram and Ogive			
					Decemb er (13)				
					January((13)				
					Total = 72				

Lesson Plan of 2023 for Psychology Hons
(CCF system) Semester - I. SEC

Core Course	Topics Included	No. of class required as per syllabus	Steps to be followed for teaching	Methods to be followed for assessment	Tentative timeline (Allotted Class)	Portions of topics to be covered	No of classes actually Taken	Remedial/ Special / Extra classes if any	Remarks
SKILL ENHANCEMENT COURSE (SEC): STRESS MANAGEMENT	Unit 1: Stress: Introduction, Nature of stress, symptoms of stress; Various sources of stress: environmental, social, physiological and psychological.	15hrs	1.Review of the student's current knowledge base 2. Mentioning of course objectives 3.Input on the Subject 4. Guided practice of various Problems 5. Independent practice by home/class formative Assignments 6. Discussion on the last 10 years university Questions 7. Closure of the course with a final summative assessment	For both the formative and summative assessments, the questions would be set to assess the following skills using the six-level methodology of Bloom's Taxonomy as far as practicable. Knowledge Comprehension Application Analysis Evaluation/ Judgement Synthesis/ Creation	August (10)	Unit 1: Stress: Introduction, Nature of stress, symptoms of stress; Various sources of stress: environmental, social, physiological and psychological.	13		
	Unit 2: Stress and health: effects of stress on health, eustress.	15hrs			September (10)	Unit 2: Stress and health: effects of stress on health, eustress.	13		
	Unit 3: Managing stress: Methods - yoga, meditation, relaxation techniques, Problem focused and emotion focused approaches.	15 hrs			October (10)	Unit 3: Managing stress: Methods - yoga, meditation, relaxation techniques, Problem focused and emotion focused approaches.			
	Practicum: 1. Administration of Perceived Stress Scale 2. Administration of State Trait Anxiety Inventory	30hrs			November (10)	Practicum: 1. Administration of Perceived Stress Scale 2. Administration of State Trait Anxiety Inventory			
					December (10)				
					January((10)				
					Total = 60				