DON BOSCO ARTS & SCIENCE COLLEGE
ANGADIKADAVU
(Affiliated to Kannur University Approved by Government of Kerala)
ANGADIKADAVU P.O., IRITTY, KANNUR – 670706

COURSE PLAN

M.Sc.Counselling Psychology

(2020 – 22)

SEMESTER - I

ACADEMIC YEAR - (2020-21)

I Semester M.Sc.Counselling Psychology (2020 - 22)

SL. No.	Name of Subjects with Code	Name of the Teacher	Duty Hours per week
1.	PSY1 - C01 : PSYCHOLOGICAL PROCESS I	Sofiya Thomas	4
2.	PSY1 - C02 : PERSONALITY	Seemanth Chandran.P.K	4
3.	PSY1 - C03 : DEVELOPMENTAL PSYCHOLOGY	Leema Jacob	4
4.	PSY1 - C04 : FUNDAMENTALS OF COUNSELLING	Dr. Fr. Kuriakose	4
5.	PSY1-P01 : EXPERIMENTAL PSYCHOLOGY-PRACTICAL	Athira Alex	5
6.	PSY1-P02 : PSYCHOLOGICAL TESTING - PRACTICAL	Seemanth Chandran.P.K	5
	Name of Class Incharge: Seemanth Chandran.P.K		

TIME TABLE

Day	09.30 Am - 10.25 Am	10.40 Am - 11.25 Am	11.40 Am - 12.25 Pm	01.40 Pm - 02.25 Pm	02.40 Pm - 03.25 Pm	03.30 Pm - 04.30 Pm
1	Seemanth	Sr.Leema	Athira	Fr.Kuriakose	Sofiya	Library
2	Athira	Sr.Leema	Sofiya	Fr.Kuriakose	Seemanth	Library
3	Seemanth	Sr.Leema	Athira	Fr.Kuriakose	Sofiya	Library
4	Sr.Leema	Sofiya	Athira	Fr.Kuriakose	Seemanth	Library
5	Sr.Leema	Athira	Seemanth	Fr.Kuriakose	Seemanth	Library
6	Sofiya	Sr.Leema	Athira	Fr.Kuriakose	Seemanth	Library

Subject Code:	PSY C01
Subject Name:	**PSYCHOLOGICAL PROCESS 1**
No. of Credits:	4
No. of Contact Hours:	72
Hours per Week:	4
Name of the Teacher:	**SOFIYA THOMAS**

CORE COURSE: PSYCHOLOGICAL PROCESS 1

COURSE OUTCOME

CO1: To make the students aware about major perspectives, scope and methods in psychology. To help the students to understand sensory and perceptual processes

CO1: To make them aware of the different types and theories of attention, memory and learning.

UNIT 1: Introduction: Psychology- definition, goals, historical approaches: structuralism, functionalism, gestalt, behaviorism, modern approaches: biological, cognitive, behavioral, psychoanalytic, humanistic, cross cultural, evolutionary, eclectic approaches. Scope and applications. Research methods: experiment, co relational, case study, survey, content analysis.

UNIT 2: Attention: Definition of Attention, Factors affecting attention, span of attention, distraction of attention, division of attention, selective attention, shifting of attention. Theories of attention: filter theory, attenuation theory, late selection theory, multimode theory, attention- capacity and mental effort; schema theory. Neuropsychological studies of attention, visual attention.

UNIT 3: Perception: Sensation versus perception- basic differences, changing sensations in to perceptions Psycho physics, Perceptual thresholds: - absolute threshold, difference threshold, Methods- method of limit, method of adjustment, method of constant stimuli. - Weber's law, Fechner's law, Signal detection theory, subliminal perception. Rules of organization: rules of organization, gestalt approach to figure ground segregation. Depth perception- monocular and binocular cues, illusions.

UNIT 4: Memory: Encoding, storage and retrieval processes, types of memory - sensory memory – iconic and echonic memory, short term and long term memory, working memory, types of long term memory-declarative Vs procedural, Episodic Vs semantic, implicit and explicit memory, narrative and autobiographical memory. Atkinson and Shiffrin model, neural network model. Forgetting – causes, theories of forgetting. Mnemonics and memory codes, distortion of memory, amnesia – retrograde and anterograde amnesia

UNIT 5: Learning: Definition and concept of learning, Classical conditioning- Basic experiment, basic terms, steps, Pavlovian conditioning procedures- delayed, backward, trace conditioning and applications. Operant conditioning- Basic experiment, basic terms and applications. Observational learning, Social learning theory, Cognitive learning processes, cognitive theory, cognitive information processing theory, constructivist theory

REFERENCES

Goldstein, E, B. (2002). Sensation and Perception. (6th ed.). USA: Wadsworth

Riegler, B.R, & Riegler, G.R. (2012). Cognitive Psychology: Applying the science of the mind (2nd ed.). India: Dorling Kindersely.

Gardner, R.A& Gardner, B.T(1998). The structure of learning: from sign stimuli to sign language. USA: Lawrence Erlbaum association

Kellogg, R.T. (2003). Cognitive psychology(2nd ed.). india : sage publications

Galotti, K.M.(1990). Cognitive psychology in and out of the laboratory (2nded). Bangalore: Wadsworth publishing company.

Schunk, D.H. (2011). Learning theories- An educational perspective (5th ed.). India: Dorling Kindersley India Pvt Ltd.

TEACHING SCHEDULE

No of Weeks	Dates	Session	Topic
1	02-11-2020 To 06-11-2020	1	**UNIT I: Introduction** Psychology - definition, goals
		2	Historical approaches – structuralism, functionalism
		3	Gestalt, behaviourism
		4	Modern approaches – biological and cognitive
2	09-11-2020 To 13-11-2020	5	Behavioural and psychoanalytic approach
		6	Humanistic and cross cultural approach
		7	Evolutionary and eclectic approach
		8	Scope and application of psychology
3	16-11-2020	9	Research methods – experiment
		10	Correlational and case study

No of Weeks	Dates	Session	Topic
	To 20-11-2020	11	Survey and content analysis
		12	REVISION
4	23-11-2020 To 27-11-2020	13	REVISION
		14	Submission and correction of individual note on Unit I
		15	CLASS TEST
		16	**UNIT II: Attention** Definition of Attention
5	30-11-2020 To 04-12-2020	17	Factors affecting attention, span of attention
		18	Distraction of attention, division of attention
		19	Selective attention and shifting of attention
		20	Theories for attention – filter theory
6	07-12-2020 To 11-12-2020	21	Attenuation theory, late selection theory
		22	Multimode theory, attention capacity and mental effort
		23	Schema theory
		24	Neurophysiological studies of attention
7	14-12-2020 To 18-12-2020	25	Visual attention
		26	REVISION
		27	REVISION
		28	Submission and correction of individual note on Unit II
8	21-12-2020 To 25-12-2020		Christmas Vacation
			Christmas Vacation
			Christmas Vacation
	25 December		Christmas
			Christmas Vacation
9	28-12-2020 To 01-01-2021	29	CLASS TEST
		30	**UNIT III: Perception** Sensation and perception – definition
		31	Basic differences, changing sensation in to perception
		32	Psychophysics and perceptual threshold – definition
10	04-01-2021 To 08-01-2021	33	**Absolute threshold, difference threshold, subliminal perception**
		34	**Methods – method of limit, method of adjustment and method of constant stimuli**
		35	**Weber's law and fechner's law**
		36	**Signal detection theory**
11	11-01-2021 To	37	**Rules of organization, gestalt approach**
		38	Depth perception – binocular cues
		39	**Depth perception – monocular cues**

No of Weeks	Dates	Session	Topic
	15-01-2021	40	**Illusions**
12	18-01-2021 To 22-01-2021	41	REVISION
		42	REVISION
		43	Submission and correction of individual notes on Unit III
		44	**UNIT IV: Memory** introduction - encoding, storage and retrieval process
13	25-01-2021 To 29-01-2021	45	Types of memory
		26Januay	Republic day
		46	Types of long term memory
		47	Atkinson- Shiffrin model
14	01-02-2021 To 05-02-2021	48	Neural network model
		49	Forgetting – causes
		50	Theories of forgetting
		51	Mnemonics and memory codes
15	08-02-2021 To 12-02-2021	52	Amnesia – introduction
		53	Anterograde amnesia and retrograde amnesia
		54	REVISION
		55	REVISION
16	15-02-2021 To 19-02-2021	56	Submission and correction of Individual notes on Unit IV
		57	CLASS TEST
		58	**UNIT V: Learning** Definition and concept of learning
		59	Classical conditioning
17	22-02-2021 To 26-02-2021		I Semester PG Internal Exam
			I Semester PG Internal Exam
			I Semester PG Internal Exam
		60	Pavlovian conditioning procedures – delayed, backward, trace, application of classical conditioning
18	01-03-2021 To 05-03-2021	61	Operant conditioning
		62	Observational learning
		63	Social learning theory
		64	Cognitive learning process
19	08-03-2021 To 12-03-2021		English Proficiency
			English Proficiency
			English Proficiency
			English Proficiency
		11 March	**Maha Shivarathri**

No of Weeks	Dates	Session	Topic
			English Proficiency
20	15-03-2021 To 19-03-2021		English Proficiency(Exam)
		65	**Cognitive theory**
		66	Cognitive informational process theory
		67	Constructivist theory
		68	REVISION
		69	REVISION
21	22-03-2021 To 26-03-2021	70	Submission and correction of individual note on Unit V
		71	CLASS TEST
		72	Evaluation of overall units
22	29-03-2021 To 02-04-2021	29 March	Talent Hunt
		30 March	Easter Vacation
		31 March	Easter Vacation
		1 April	Easter Vacation
		2 April	Easter Vacation

Subject Code:	PSY1 - C02
Subject Name:	PERSONALITY
No. of Credits:	4
No. of Contact Hours:	74
Hours per Week:	4
Name of the Teacher:	Seemanth Chandran.P.K

CORE COURSE: PERSONALITY

Semester	Course Code	Hours per week	Credit	Exam Hrs
1	PSY1 - C02	4	4	3

COURSE OUTCOMES

To give the students an in-depth knowledge of the field of Personality Psychology

To develop an understanding on the contribution of different theorists to the studies on personality

Module 1: Introduction to Personality

Definition, History, Modern theories of Personality, Characteristics of a good personality theory, Testing the theories- Research methods, The eight perspectives.

Module 2: Psychoanalytic and Neo-analytic Perspectives

Sigmund Freud and Psychoanalysis, Developments in Psychoanalysis, Carl Gustav Jung & Analytical Psychology, Alfred Adler & Individual Psychology, Karen Horney & Psychoanalysis.

Module 3: Type and Trait Perspectives

Alport's trait theory, Cattell's Structure based systems theory, Eysenck's biological typology

Module 4: Behaviorist and Learning perspectives

Origin of behaviorists approaches, The classical conditioning of personality, Watson's Behaviorism, The Radical Behaviorism of B.F. Skinner, Other learning approaches to personality.

Module 5: Cognitive and Social Cognitive perspectives

Roots of cognitive approaches, Cognitive and perceptual mechanisms, George Kelly's Personal Construct Theory, Julian Rotter's Locus of Control approach, Albert Bandura's Social Cognitive Learning theory.

Module 6: Humanistic and Existential perspectives
Carl Rogers and Person Centered Perspective, Abraham Maslow and Transpersonal Psychology.

Module 7: Ancient Indian perspectives

The Upanishadic view, The Gita on self, Buddha's doctrine of Anatma, The NyayaVaiseshika views, The Samkhya yoga view, The Mimamsa view, Types of Personality.

References:

Frager, R., & Fadiman, J. (2009). Personality and Personal Growth (6th ed.). New Delhi: Pearson Education, Inc.

Friedman, H.S., & Schustack, M. W. (2004). Personality-Classic Theories and Modern Research (2nd ed.). Singapore: Pearson Education, Inc.

Kuppuswamy, B. (2001). Elements of Ancient Indian Psychology. New Delhi: Konark Publishers Ltd.

Pervin, L.A., & John, O.P. (2006). Handbook of Personality(2nd ed.). New Delhi: Guilford Publications

Ryckman, R. M. (2000). Theories of Personality (7th ed.). USA: Wadsworth/Thomson Learning.

TEACHING SCHEDULE

No of Weeks	Dates	Session	Topic
1	02-11-2020 To 06-11-2020	1	**Module 1 Introduction to Personality** Definition and history of personality
		2	Modern theories of Personality
		3	Characteristics of a good personality theory
		4	Testing the theories- Research methods
2	09-11-2020 To 13-11-2020	5	The eight perspectives of personality theories
		6	**Module 2: Psychoanalytic and Neo-analytic Perspectives** Intoduction
		7	Sigmund Freud and Psychoanalysis

No of Weeks	Dates	Session	Topic
		8	Psychoanlytic personality, Developments in Psychoanalysis
3	16-11-2020 To 20-11-2020	9	Carl Gustav Jung & Analytical Psychology
		10	Alfred Adler & Individual Psychology,
		11	Karen Horney & Psychoanalysis.
		12	**CLASS TEST**
4	23-11-2020 To 27-11-2020	13	**Module 3: Type and Trait Perspectives** Introduction
		14	Alport's trait theory
		15	Cattell's Structure based systems theory
		16	Eysenck's biological typology
5	30-11-2020 To 04-12-2020	17	**ASSIGNMENT PRESENTATION**
		18	**Module 4: Behaviorist and Learning perspectives** Introduction
		19	Origin of behaviorists approaches
		20	The classical conditioning of personality
6	07-12-2020 To 11-12-2020	21	Watson's Behaviorism
		22	The Radical Behaviorism of B.F. Skinner
		23	Other learning approaches to personality.
		24	**CLASS TEST**
7	14-12-2020 To 18-12-2020	25	**Module 5: Cognitive and Social Cognitive perspectives**
		26	Roots of cognitive approaches
		27	Cognitive and perceptual mechanisms
		28	George Kelly's personal construct theory
8	21-12-2020 To 25-12-2020		Christmas Vacation
			Christmas Vacation
			Christmas Vacation
		25 December	Christmas
			Christmas Vacation
9	28-12-2020 To 01-01-2021	29	Julian Rotter's Locus of Control approach
		30	Albert Bandura's Social Cognitive Learning theory
		31	**CLASS TEST**
		32	**Module 6: Humanistic and Existential perspectives** Introduction
10	04-01-2021	33	Carl Rogers and Person Centered Perspective
		34	Abraham Maslow and Transpersonal Psychology

No of Weeks	Dates	Session	Topic
	To 08-01-2021	35	**Module 7: Ancient Indian perspectives** Introduction
		36	Ancient Inidan Philosophy
11	11-01-2021 To 15-01-2021	37	The Upanishadic view
		38	The Gita on self
		39	Buddha's doctrine of Anatma
		40	The Nyaya system
12	18-01-2021 To 22-01-2021	41	The Vysheshika System
		42	The Samkhya System
		43	The Yoga view
		44	The Mimamsa view
13	25-01-2021 To 29-01-2021	45	Types of Personality
		26Januay	Republic day
		46	**CLASS TEST**
		47	**CHAPTER DISCUSSION**
		48	**SEMINAR PRESENTATION**
		49	**SEMINAR PRESENTATION**
14	01-02-2021 To 05-02-2021	50	**SEMINAR PRESENTATION**
		51	**SEMINAR PRESENTATION**
		52	**SEMINAR PRESENTATION**
		53	**SEMINAR PRESENTATION**
15	08-02-2021 To 12-02-2021	54	**SEMINAR PRESENTATION**
		55	**SEMINAR PRESENTATION**
		56	**REVISION UNIT 5**
		57	**REVISION UNIT 5**
16	15-02-2021 To 19-02-2021	58	**REVISION UNIT 6**
		59	**REVISION UNIT 6**
		60	**REVISION UNIT 7**
		61	**REVISION UNIT 7**
17	22-02-2021 To 26-02-2021		I Semester PG Internal Exam
			I Semester PG Internal Exam
			I Semester PG Internal Exam
		62	**REVISION UNIT 1**
		63	**REVISION UNIT 1**
18	01-03-2021 To 05-03-2021	64	**REVISION UNIT 2**
		65	**REVISION UNIT 2**
		66	**REVISION UNIT 2**
		67	**REVISION UNIT 3**

No of Weeks	Dates	Session	Topic
19	08-03-2021 To 12-03-2021		English Proficiency
			English Proficiency
			English Proficiency
			English Proficiency
		11 March	**Maha Shivarathri**
			English Proficiency
20	15-03-2021 To 19-03-2021		English Proficiency(Exam)
		68	**REVISION UNIT 3**
		69	**REVISION UNIT 3**
		70	**REVISION UNIT 4**
21	22-03-2021 To 26-03-2021	71	**REVISION UNIT 4**
		72	**REVISION UNIT 5**
		73	**REVISION UNIT 5**
		74	**OVERALL DISCUSSION**
22	29-03-2021 To 02-04-2021	29 March	Talent Hunt
		30 March	Easter Vacation
		31 March	Easter Vacation
		1 April	Easter Vacation
		2 April	Easter Vacation

Subject Code:	PSY1 - C03
Subject Name:	DEVELOPMENTAL PSYCHOLOGY
No. of Credits:	4
No. of Contact Hours:	108
Hours per Week:	6
Name of the Teacher:	LEEMA JACOB

Objectives:

To make the students aware of the importance of learning human development
To give the students detailed idea regarding physical, cognitive and socio-emotional development during the life span

Module 1: Introduction to Lifespan Psychology
Studying changes with age, Concepts of human development, Ways of studying development, Developmental functions: Growing and changing, Theories of development, The Nature-Nurture issue.

Module 2: Infancy
Prenatal development, Influences of teratogens on pre-natal development. The birth process Stages of birth and birth complications,Premature birth, Perception, knowledge and action in infancy, Emotional development and formation of relationship, social interaction and the beginning of communication, the development of self and gender.

Module 3: Childhood
Physical development in early, middle and late childhood, Cognitive development and development of language, Memory development and Eyewitness testimony, The beginnings of peer relationships, Moral development in childhood.

Module 4: Adolescence
Cognitive development in adolescence- Perception, attention, memory, intelligence, reasoning, formal operational thinking. Social development – G.Stanley Hall's view, Kurt Lewin's View, The work of Anna Freud, The family and adolescence, peer relations, Identity development in adolescence.

Module 5: Adulthood
Physical, Cognitive, Social and emotional development in early, middle and late adulthood, Theories of ageing, Defining death and life/death issues, Death and cultural contexts, A developmental perspective on death, Facing one's death.

References
 Dacey, J.S., & Travers, J.F. (2002). Human Development across the Lifespan (5th ed.). New York: Mc. Graw Hill publishers.

Sarason, I.G., & Sarason, B.R. (2002). Abnormal Psychology- The problem of Maladaptive Behavior. USA: Prentice Hall.

Santrock, J.W. (2006). Lifespan Development(10th ed.). New York: Mc-Graw Hill publishers.

Sigelman, C. K., & Rider, E. A. (2009). Human Development . New Delhi: Wadsworth publishers.

Slater, A., & Bremner, G. (2011). An Introduction to Developmental Psychology. UK: Blackwell Publishing Ltd.

TEACHING SCHEDULE

No of Weeks	Dates	Session	Topic
1	02-11-2020 To 06-11-2020	1	Syllabus introduction
		2	Introduction to Lifespan Psychology
		3	Studying changes with age
		4	Concepts of human development
		5	Ways of studying development
		6	Developmental functions:
2	09-11-2020 To 13-11-2020	7	Growing and changing,
		8	Theories of development,
		9	The Nature-Nurture issue.
		10	Revision
		11	Class test
		12	Infancy
3	16-11-2020 To 20-11-2020	13	Prenatal development
		14	Influences of teratogens on pre-natal development.
		15	The birth process
		16	Stages of birth
		17	Birth complications
		18	Premature birth
4	23-11-2020 To 27-11-2020	19	Perception, knowledge and action in infancy
		20	Emotional development and formation of relationship
		21	Social interaction
		22	Beginning of communication,

No of Weeks	Dates	Session	Topic
		23	The development of self and gender.
		24	Revision
5	30-11-2020 To 04-12-2020	25	Class test
		26	Childhood
		27	Physical development in early childhood
		28	Physical development in late childhood
		29	Cognitive development
		30	Development of language.
6	07-12-2020 To 11-12-2020	31	Memory development
		32	Eyewitness testimony
		33	The beginnings peer relationships,
		34	Moral development in childhood
		35	Revision
		36	Class test
7	14-12-2020 To 18-12-2020	37	Adolescence
		38	Cognitive development in adolescence
		39	Perception in adolescence
		40	Attention in adolescents
		41	Memory, intelligence and reasoning
		42	Formal operational thinking.
8	21-12-2020 To 25-12-2020		Christmas Vacation
			Christmas Vacation
			Christmas Vacation
	25 December		Christmas
			Christmas Vacation
9	28-12-2020 To 01-01-2021	43	Social development
		44	Kurt Lewin's View
		45	The work of Anna Freud
		46	The family and adolescence
		47	Peer relations
		48	Identity development in adolescence.
10	04-01-2021 To 08-01-2021	49	G.Stanley Hall's view
		50	Revision
		51	Revision
		52	Group discussion
		53	Class test
		54	Adulthood
11	11-01-2021	55	Physical, development in early adulthood

No of Weeks	Dates	Session	Topic
	To 15-01-2021	56	Cognitive, development in early adulthood.
		57	Social development in early adulthood
		58	Emotional development in early adulthood
		59	Middle adulthood
		60	Physical, development in middle adulthood
12	18-01-2021 To 22-01-2021	61	Cognitive, development in middle adulthood.
		62	Social development in middle adulthood
		63	Emotional development in middle adulthood
		64	Late adulthood
		65	Physical, development in late adulthood
		66	Cognitive, development in late adulthood.
13	25-01-2021 To 29-01-2021	67	Social development in late adulthood
		26Januay	Republic day
		68	Emotional development in late adulthood
		69	Theories of ageing,
		70	Defining death
		71	Life/death issues,
14	01-02-2021 To 05-02-2021	72	Death and cultural contexts,
		73	A developmental perspective on death,
		74	Facing one's death
		75	Revision
		76	Revision
		77	Revision
15	08-02-2021 To 12-02-2021	78	Revision
		79	Revision
		80	Revision
		81	Revision
		82	Assignment
		83	Assignment
16	15-02-2021 To 19-02-2021	84	Assignment
		85	Assignment
		86	Assignment
		87	Assignment
		88	Seminar presentation
		89	Seminar presentation
17	22-02-2021 To		I Semester PG Internal Exam
			I Semester PG Internal Exam
			I Semester PG Internal Exam

No of Weeks	Dates	Session	Topic
	26-02-2021	90	Seminar presentation
		91	Seminar presentation
18	01-03-2021 To 05-03-2021	92	Seminar presentation
		93	Seminar presentation
		94	Group discussion
		95	Group discussion
		96	Group discussion
		97	Group discussion
19	08-03-2021 To 12-03-2021		English Proficiency
			English Proficiency
			English Proficiency
			English Proficiency
		11 March	**Maha Shivarathri**
			English Proficiency
20	15-03-2021 To 19-03-2021		English Proficiency(Exam)
		98	Revision
		99	Revision
		100	Revision
		101	Revision
		102	Revision
21	22-03-2021 To 26-03-2021	103	Revision
		104	Revision
		105	Revision
		106	Revision
		107	Revision
		108	Revision
22	29-03-2021 To 02-04-2021	29 March	Talent Hunt
		30 March	Easter Vacation
		31 March	Easter Vacation
		1 April	Easter Vacation
		2 April	Easter Vacation

Subject Code:	PSY1 - C04
Subject Name:	Fundamentals of Counselling
No. of Credits:	4
No. of Contact Hours:	74
Hours per Week:	4
Name of the Teacher:	Dr.Fr. Kuriakose Augustine

CORE COURSE: Fundamentals of Counselling

COURSE OUTCOMES

CO1: *To give the students an in-depth knowledge on the counseling process.*

CO2: *To equip the students with skills required to make the counseling process fruitful.*

Module 1: Introduction to counseling:
Counselling- Definition, history of counseling, fundamental precepts, goals of the counseling process, skills of an efficient counselor, stages- initial disclosure, in-depth exploration, Commitment to action and termination. Current trends in the new millennium.

Module 2: Skills and tasks for engaging a client
Types of initial interviews, Role of personal appearance, The counselling workspace, Getting started, finding a good supervisor, Planning for the first meeting, The first contact, The importance of non-verbal behavior, using questions for fact finding and engagement, other simple supportive tools for engagement

Module 3: Skills for developing and deepening the relationship
Skills for developing relationship- The empathic foundation, Effectively listening to the client, Effectively responding to the client using reflection skills, Working with the client's feelings. Skills for deepening relationship- Focusing, Personalizing to promote responsibility, Immediacy, Using hunches, Affirming and validating, Using challenges, Tracking the themes of client's material, Danger areas in responding to new clients

Module 4: Assessment, Goal setting and action planning
The importance of good assessment, Assessment of the whole person,

Choosing strategies for action based on theoretical orientation, Assessing overall level of functioning, Goal settingand action planning.

Module 5: Termination of Counselling relationships
Function of termination, Timing of Termination, Issues of Termination, Resistance to Termination, Premature Termination, Counselor-Initiated Termination, Ending on a positive date, Follow-up and Referral.

TEACHING SCHEDULE

No of Weeks	Dates	Session	Topic
1	02-11-2020 To 06-11-2020	1	**Unit 1: Introduction to counseling:**
		2	Counselling- Definition,
		3	History of counseling
		4	Fundamental precepts
2	09-11-2020 To 13-11-2020	5	Goals of the counseling process
		6	Skills of an efficient counselor
		7	Stages- initial disclosure
		8	In-depth exploration Commitment to action and termination.
3	16-11-2020 To 20-11-2020	9	Current trends in the new millennium.
		10	REVISION
		11	REVISION
		12	Submission and correction of individual note on Unit 1
4	23-11-2020 To 27-11-2020	13	CLASS TEST
		14	**Unit 2: Skills and tasks for engaging a client**
		15	Types of initial interviews
		16	Role of personal appearance
5	30-11-2020 To 04-12-2020	17	The counselling workspace
		18	Getting started
		19	Finding a good supervisor
		20	Planning for the first meeting
6	07-12-2020 To 11-12-2020	21	The first contact
		22	The importance of non-verbal behavior
		23	Using questions for fact finding and engagement
		24	Other simple supportive tools for engagement
7	14-12-2020 To	25	REVISION
		26	REVISION
		27	Submission and correction of individual note on Unit 2

No of Weeks	Dates	Session	Topic
	18-12-2020		Christmas Vacation
8	21-12-2020 To 25-12-2020		Christmas Vacation
			Christmas Vacation
			Christmas Vacation
		25 December	Christmas
			Christmas Vacation
9	28-12-2020 To 01-01-2021	29	CLASS TEST
		30	**UNIT 3: Skills for developing and deepening the relationship**
		31	Skills for developing relationship- The empathic foundation
		32	Effectively listening to the client
10	04-01-2021 To 08-01-2021	33	Effectively responding to the client using reflection skills hunches
		34	Working with the client's feelings Skills for deepening relationship- Focusing
		35	Personalizing to promote responsibility Immediacy
		36	Using hunches, Affirming and validating, validating
11	11-01-2021 To 15-01-2021	37	Using challenges Tracking the themes of client
		38	Effectively listening to the client
		39	Effectively responding to the client using reflection skills
		40	Affirming and validating, Using challenges, Tracking the themes of client's material, Danger areas in responding to new clients
12	18-01-2021 To 22-01-2021	41	REVISION
		42	Submission and correction of individual notes on Unit 3
		43	CLASS TEST
		44	**UNIT 4: Assessment**
13	25-01-2021 To 29-01-2021	45	Goal setting and action planning
		26 Januay	Republic day
		46	The importance of good assessment
		47	Assessment of the whole person
14	01-02-2021 To 05-02-2021	48	Choosing strategies for action based on theoretical orientation
		49	Assessing overall level of functioning
		50	Goal settingand action planning
		51	REVISION
15	08-02-2021	52	REVISION
		53	Submission and correction of Individual notes on Unit 4

No of Weeks	Dates	Session	Topic
	To 12-02-2021	54	CLASS TEST
		55	**UNIT 5: Termination of Counselling relationships**
16	15-02-2021 To 19-02-2021	56	Function of termination
		57	Timing of Termination
		58	Issues of Termination
		59	Resistance to Termination
17	22-02-2021 To 26-02-2021		I Semester PG Internal Exam
			I Semester PG Internal Exam
			I Semester PG Internal Exam
		60	Premature Termination
18	01-03-2021 To 05-03-2021	61	Counselor-Initiated Termination
		62	Client initiated termination
		63	Preparation for termination
		64	Termination procedure
19	08-03-2021 To 12-03-2021		English Proficiency
			English Proficiency
			English Proficiency
			English Proficiency
		11 March	**Maha Shivarathri**
			English Proficiency
20	15-03-2021 To 19-03-2021		English Proficiency(Exam)
		65	Ending on a positive date
		66	Follow-up
		67	Referral
		68	REVISION
		69	REVISION
21	22-03-2021 To 26-03-2021	70	Submission and correction of individual note on Unit 5
		71	CLASS TEST
		72	Evaluation of overall units
		73	Doubts clearing consultation session
		74	Doubts clearing consultation session
22	29-03-2021 To 02-04-2021	29 March	Talent Hunt
		30 March	Easter Vacation
		31 March	Easter Vacation
		1 April	Easter Vacation
		2 April	Easter Vacation

Subject Code:	PSY P01
Subject Name:	EXPERIMENTAL PSYCHOLOGY
No. of Credits:	4
No. of Contact Hours:	108
Hours per Week:	6
Name of the Teacher:	Ms. Athira Alex

1. PERCEPTION a. Time perception b. Phi-phenomenon. c. Depth perception. d. Muller Lyer illusion. e. Two point threshold f. Difference threshold
2. ATTENTION a. Division of attention b. Span of attention c. Distraction of attention
3. LEARNING a. Trial and error learning b. Transfer of learning c. Massed versus spaced learning d. Maze learning
4. MEMORY a. Immediate Memory Span b. Retention as a function of meaning
5. MOTIVATION a. Level of Aspiration b. Knowledge of result
6. EMOTION a. Judging Emotions using photographs

TEACHING SCHEDULE

No of Weeks	Dates	Session	Topic
1	02-11-2020 To 06-11-2020	1	Depth Perception
		2	Demonstration
		3	Administration
		4	Administration
		5	Administration
		6	Administration
2	09-11-2020 To 13-11-2020	7	Report Writing
		8	Report correction
		9	Judging emotion using photographs
		10	Administration
		11	Report Writing
		12	Report Writing
3	16-11-2020 To 20-11-2020	13	Report correction
		14	Report correction
		15	Muller lyer Illusion
		16	Demonstration

No of Weeks	Dates	Session	Topic
		18	Administration
4	23-11-2020 To 27-11-2020	19	Administration
		20	Administration
		21	Administration
		22	Report Writing
		23	Report Writing
		24	Report Writing
5	30-11-2020 To 04-12-2020	25	Report correction
		26	Report correction
		27	Report correction
		28	Report correction
		29	Division of Attention
		30	Administration
6	07-12-2020 To 11-12-2020	31	Administration
		32	Administration
		33	Administration
		34	Report Writing
		35	Report Writing
		36	Report Writing
7	14-12-2020 To 18-12-2020	37	Report correction
		38	Report correction
		39	Report correction
		40	Report correction
		41	Span of Attention
		42	Administration
8	21-12-2020 To 25-12-2020		Christmas Vacation
			Christmas Vacation
			Christmas Vacation
		25 December	Christmas
			Christmas Vacation
9	28-12-2020 To 01-01-2021	43	Administration
		44	Administration
		45	Report Writing
		46	Report Writing
		47	Report Writing
		48	Report correction
10	04-01-2021	49	Report correction
		50	Report correction

No of Weeks	Dates	Session	Topic
	To 08-01-2021	51	Report correction
		52	Distraction of Attention
		53	Administration
		54	Administration
11	11-01-2021 To 15-01-2021	55	Administration
		56	Report Writing
		57	Report Writing
		58	Report Writing
		59	Report correction
		60	Report correction
12	18-01-2021 To 22-01-2021	61	Report correction
		62	Trial and Error learning
		63	Administration
		64	Administration
		65	Administration
		66	Administration
13	25-01-2021 To 29-01-2021	67	Report Writing
		26Januay	Republic day
		68	Report Writing
		69	Report Writing
		70	Report Writing
		71	Report Writing
14	01-02-2021 To 05-02-2021	72	Report correction
		73	Report correction
		74	Report correction
		75	Report correction
		76	Transfer of Learning
		77	Administration
15	08-02-2021 To 12-02-2021	78	Administration
		79	Administration
		80	Administration
		81	Report Writing
		82	Report Writing
		83	Report Writing
16	15-02-2021 To 19-02-2021	84	Report Writing
		85	Report Writing
		86	Report correction
		87	Report correction

No of Weeks	Dates	Session	Topic
		88	Massed vs Spaced Learning
		89	Report correction
17	22-02-2021 To 26-02-2021		I Semester PG Internal Exam
			I Semester PG Internal Exam
			I Semester PG Internal Exam
		89	Report Writing
		90	Report correction
		91	Report correction
18	01-03-2021 To 05-03-2021	92	Immediate Memory Span
		93	Administration
		94	Administration
		95	Report Writing
		96	Report correction
		97	Report correction
19	08-03-2021 To 12-03-2021		English Proficiency
			English Proficiency
			English Proficiency
			English Proficiency
	11 March		**Maha Shivarathri**
			English Proficiency
20	15-03-2021 To 19-03-2021		English Proficiency(Exam)
		98	Retention as a function of meaning
		99	Administration
		100	Administration
		101	Report Writing
		102	Report correction
21	22-03-2021 To 26-03-2021	103	Level of Aspiration
		104	Administration
		105	Report Writing
		106	Report correction
		107	Mental Fatigue- Administration
		108	Report Writing & correction
22	29-03-2021 To 02-04-2021	29 March	Talent Hunt
		30 March	Easter Vacation
		31 March	Easter Vacation
		1 April	Easter Vacation
		2 April	Easter Vacation

Subject Code:	PSY1-P02
Subject Name:	PSYCHOLOGICAL TESTING - PRACTICAL
No. of Credits:	4
No. of Contact Hours:	90
Hours per Week:	5
Name of the Teacher:	Seemanth Chandran.P.K

Core Course - Practical   PSYCHOLOGICAL TESTING - PRACTICAL

Semester	Course Code	Hours per week	Credit	Exam Hrs
1	PSY1 - P02	5	4	3

Objectives:

Familiarizing students with various assessment approaches and tools
Training students to select, administer, score and interpret various types of general psychology tools.
To develop an interest in psychometric measurement and research in it

Unit 1: Assessment of ability and aptitude

a. Assessment of intelligence: WAPIS, WISC, MISIC, Bhatia's battery, Seguin Form
Board, Progressive Matrices
b. Assessment of Creativity
c. Assessment of Aptitude: General Aptitude Test Battery, Differential Aptitude Test
d. Assessment of Achievement
e. Assessment of Interests: Strong Interest Inventory

Unit 2: Assessment of Personality

a. Measures of personality: MBTI, 16 PF, EPQ,
b. Personality assessment in Work Setting: NEO-PI-3
c. Projective Tests: Sentence Completion Test

Unit 3: Assessment in other related areas

a. Assessment of Emotions: BDI-II, Emotion Intelligence Test
b. Assessment of Health: General Health, Mental Health, Quality of Life, Adjustment
inventory, State-Trait Anxiety inventory

c. Assessment of Neuropsychological functioning: BGT, NIMHANS battery
d. Assessment of Motivation: Motivational Analysis Test, Achievement Motivation
e. Self esteem, Study habits, Values, Attitude scales

Unit 4: Assessment of Development
a. Vineland Social Maturity Scale
b. Adaptive Behaviour Checklist

Guideline:

A minimum of 15 tests from the given list are to be conducted and documented during the semester. Tests from the same areas can be substituted. Report of each practical should contain introduction, aim, method, result, discussion, conclusion and references in APA Format. Three experiments will be provided to a candidate during the examination out of which the student can choose two. One experiment for administration, data collection, and for preparing the report and the other for the viva voce examination. Evaluation will be based on instructional skills, procedure, data eliciting and for preparing the report.

TEACHING SCHEDULE

No of Weeks	Dates	Session	Topic
1	02-11-2020 To 06-11-2020	1	**PSYCHOLOGICAL TESTING** Introduction, tests, assessments and batteries
		2	Types methods and characteristics of Psychological testing
		3	Norms, reliability and validity of tests
		4	Testing etiquette and ethical considerations
		5	Rapport establishment in Psychological testing
2	09-11-2020 To 13-11-2020	6	Rapport establishing training
		7	Testing with different population
		8	Report writing etiquette
		9	APA format and referencing
		10	Test Advantages and disadvantage and new areas in testing
3	16-11-2020 To 20-11-2020	11	**Unit 1: Assessment of ability and aptitude Introduction: ability and attitude theories and types**
		12	Intelligence Quotient, Intelligence theories and intelligence testing.
		13	Bhatia's battery of performance intelligence: Multiple Intelligence, Bhatia's battery test procedures

No of Weeks	Dates	Session	Topic
		14	Bhatia's battery of performance intelligence: Administration
		15	Bhatia's battery of performance intelligence: Administration
4	23-11-2020 To 27-11-2020	16	Bhatia's battery of performance intelligence: Administration
		17	Bhatia's battery of performance intelligence: Administration
		18	Bhatia's battery of performance intelligence: Scoring
		19	Bhatia's battery of performance intelligence: Scoring
		20	Bhatia's battery of performance intelligence: Scoring
5	30-11-2020 To 04-12-2020	21	Bhatia's battery of performance intelligence: Interpretation and discussion
		22	Assessment of Interests: Strong Interest Inventory: Scale introduction and theories
		23	Strong Interest Inventory: Administration
		24	Strong Interest Inventory: Scoring
		25	Strong Interest Inventory: Interpretation and Discussion
6	07-12-2020 To 11-12-2020	26	**Unit 2: Assessment of Personality** Introduction on Personality theories and types of tests
		27	16 Personality Factor questionnaire: Administration
		28	16 Personality Factor questionnaire: Scoring
		29	16 PF Interpretation and profiling
		30	Eysenck's Personality Questionnaire: Administration
7	14-12-2020 To 18-12-2020	31	Eysenck's Personality Questionnaire: Scoring
		32	Concept of lie score and Interpretation of the test
		33	Discussion on interpreted scores: Psychoticism, Neuroticism and Extroversion
		34	**Report Presentation and Correction/ Verification**
		35	**Report Presentation and Correction/ Verification**
8	21-12-2020 To 25-12-2020	36	**Report Presentation and Correction/ Verification**
		37	Projective tests: Theory and types
		38	Administrative procedure of Sentence Completion Test
		25 December	Christmas
		39	Scoring of SCT
9	28-12-2020 To 01-01-2021	40	Interpretation and Discussion of SCT
		41	**Unit 3: Assessment in other related areas:** Emotions, health, motivation and self
		42	Beck Depression Inventory-II: Beck's Cognitive theory, Depression diagnostic criteria and classification

No of Weeks	Dates	Session	Topic
		43	Beck Depression Inventory-II: Administration
		44	Beck Depression Inventory-II: Scoring, interpretation and discussion
10	04-01-2021 To 08-01-2021	45	Emotion Intelligence Test: Emotional intelligence theory, E.Q and emotion theories
		46	Emotion Intelligence Test: Administration
		47	Emotion Intelligence Test: Scoring and interpretation
		48	**Rough report submission and Correction/ Verification**
		49	**Rough report submission and Correction/ Verification**
11	11-01-2021 To 15-01-2021	50	PGI Health Questionnaire: Theory and test administration
		51	PGI Health Questionnaire: Scoring, interpretation and discussion
		52	Mental Health Questionnaire: Theory and administration
		53	Mental Health Questionnaire: Scoring, interpretation and discussion
		54	**Rough report submission and Correction/ Verification**
12	18-01-2021 To 22-01-2021	55	**Rough report submission and Correction/ Verification**
		56	Adjustment inventory: State-Trait Anxiety inventory : Theory and procedure
		57	State-Trait Anxiety inventory : Administration
		58	State-Trait Anxiety inventory : Scoring
		59	State-Trait Anxiety inventory : Interpretation and discussion
13	25-01-2021 To 29-01-2021	60	Adjustment Inventory for College Students: Theory and procedures
		26 Januay	Republic day
		61	Adjustment Inventory for College Students: Administration
		62	Adjustment Inventory for College Students:Scoring
		63	Adjustment Inventory for College Students:Interpretation and discussion
14	01-02-2021 To	64	**Other available important off syllabus assessments training**
		65	**Mock Viva session**

No of Weeks	Dates	Session	Topic
	05-02-2021	66	Report submission and Correction/ Verification
		67	Report submission and Correction/ Verification
		68	Report submission and Correction/ Verification
15	08-02-2021 To 12-02-2021	69	Report submission and Correction/ Verification
		70	Report submission and Correction/ Verification
		714	Report submission and Correction/ Verification
		72	Report submission and Correction/ Verification
		73	Report submission and Correction/ Verification
16	15-02-2021 To 19-02-2021	74	Report submission and Correction/ Verification
		75	Report submission and Correction/ Verification
		76	Report submission and Correction/ Verification
		77	Report submission and Correction/ Verification
		78	Rough Report work consolidation and verification
17	22-02-2021 To 26-02-2021		I Semester PG Internal Exam
			I Semester PG Internal Exam
			I Semester PG Internal Exam
		79	Mock rapport establishment practice
		80	Mock administration training
18	01-03-2021 To 05-03-2021	81	Mock administration training
		82	**Fair Practical report submission and correction**
		83	**Fair Practical report submission and correction**
		84	**Fair Practical report submission and correction**
		85	**Fair Practical report submission and correction**
19	08-03-2021 To 12-03-2021		English Proficiency
			English Proficiency
			English Proficiency
			English Proficiency
	11 March		**Maha Shivarathri**
			English Proficiency
20	15-03-2021 To 19-03-2021		English Proficiency(Exam)
		86	**A.P.A Format verification**
		87	**Fair Practical report submission and correction**
		88	**Fair Practical report submission and correction**
		89	**Fair Practical report submission and correction**
21	22-03-2021 To 26-03-2021	90	**Mock Viva**

No of Weeks	Dates	Session	Topic
22	29-03-2021 To 02-04-2021	29 March	Talent Hunt
		30 March	Easter Vacation
		31 March	Easter Vacation
		1 April	Easter Vacation
		2 April	Easter Vacation