

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

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

Subject lesson Plan: From April 2022 to June 2022

April 2022, Week 1	Meaning of attention and its definition
	Factor affecting attention
	Characteristics of attention
	Types of emotion
	Internal bodily changes in emotion
	External bodily changes occurs in emotion
Week 2,	Meaning of psychophysics
	Meaning of threshold
	Problems related psychophysics
	Method of psychophysics
	Classical method of psychophysics
Week 3,	Meaning of learning and its definition
	Factor affecting learning
	Types of learning
	Meaning of trial and error method
	Factor affecting trial and error method
	Implication of trial and error in life related decision
May, Week 1	Meaning of Insight learning
	Factor affecting Insight learning
	use of Insight learning in life related problems
	Meaning of classical conditioning
	Experiment detail related classical conditioning
	Test I
Week 2,	Detailed explanation of classical conditioning experiment
	Factor affecting classical conditioning
	use of classical conditioning and life related problems
	Meaning of Operant conditioning
Week 3,	Factor affecting Operant conditioning
	Use of operant conditioning in life
	Differences among all four conditioning
	Meaning of memory and its definition
	Types of memory

Week 4,	Sensory register and STM explanation
	Types of sensory memory
	Stages of memory
	Retrieval from STM
	Meaning of Long Term Memory
June, Week 1,	Retrieval from long term memory
	Method to study STM
	Factor affecting memory
	Definition of forgetting
	Test II
Week 2,	Factor affecting forgetting
	Mnemonics to memory study
	Meaning of problem solving
	Stages of problem solving
	convergent thinking
	divergent thinking
Week 3,	Meaning of statistics
	What is frequency distribution?
	Graphical presentation of data
	Different measure of central tendency
	Meaning of mean
	Calculation of mean by long method
	Meaning of median
	Calculation of median by different method
Week 4,	Meaning of mode
	Calculation of mode by different method
	Revision
Practical will be conducted	
Practical 1 st - April 2022	AL by method of constant stimuli
Practical 2 nd	DL by method of limits.
Practical 3 rd May	Muller-Lyre Illusion
Practical 4 th	Problem Solving
Practical 5 th June	Experiment on STM
Practical 6 th	Experiment on LTM

Name of the Assistant Professor: Dr. Sunita

Subject: Psychology

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

Subject lesson Plan: From April 2022 to June 2022

April,2022, Week 1,	Meaning/ Concept of human development
	Principle of human development
	Biological factor affecting human development
	Social factor affecting human development
	Cultural factor affecting human development
Week 2,	Meaning of prenatal development
	How prenatal development determined
	Biological determinates
	Social determinates
	Psychological determinates
	Cultural determinates
Week 3,	Stages of prenatal development
	Meaning of infancy
	Its characteristics
	Problems(Hazards) face during infancy
	Psychological Problems(Hazards) face during infancy
	Social Problems(Hazards) face during infancy
Week 4,	How a child learn adjustment
	Psychological adjustment & Social adjustment
	Meaning of childhood age
	Different characteristics of childhood age
	Problem faced during this childhood
May , Week 1,	Perceptual develop in childhood
	Motor coordination in childhood
	Emotional development during childhood age
	factor affecting of emotional development
	Cognitive development in childhood
	Factor affecting cognitive development
Week 2,	Meaning of adolescent stage
	Different characteristics of adolescent age
	Problem faced during adolescent age
	Psychological problem in adolescent age
	Social problem during adolescent age
	Emotional development in adolescent age

Week 3,	Adjustment & adolescent age
	Test-I
	Different factor affecting at this stage
	Psychological factor & adjustment
	Social factor & adjustment
	Cultural factor & adjustment
	Economical factor & adjustment
Week 4,	Meaning of adulthood stage
	What is early adulthood age
	Characteristics of early adulthood age
	Problem of early adulthood age
	What is late adulthood age
	Characteristics of late adulthood age
	Problem of late adulthood age
June , Week 1,	What is aging changing pattern
	Characteristics of aging changing
	Problem of aging changing
	Test-II
Week 2,	Meaning of variability/variance
	Meaning of quartile deviation
	Calculation of Quartile deviation 1
	Practice of Quartile deviation 1
	Calculation of Quartile deviation 3
	Practice of Quartile deviation 3
	Meaning of standard deviation
Week 3,	Formula explain
	Calculation of standard deviation
	Practice of standard deviation
	Revision of 1 st unit
Week 4,	Revision of 2 nd unit
	Revision of 3 rd unit
	Revision of 4 th unit
Practical will be conducted	
Practical 1 st April 2022	Emotional Maturity Scale
Practical 2 nd	Parent-Child Relationship
Practical 3 rd May	Self Concept
Practical 4 th	Youth Problem Inventory
Practical 5 th June	Self Esteem Inventory
Practical 6 th	Impulsiveness Scale

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

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

Subject lesson Plan: From April 2022 to June 2022

April 2022 , Week 1,	Meaning of applied psychology
	History of applied psychology
	different field of applied psychology
	Career in psychology
	Applied psychology and life related problems
	Nature of organizational psychology
Week 2,	Scope of organizational psychology
	Objectives of organizational psychology
	Development of organizational psychology
	Meaning of guidance
	Types of guidance
	Guidance area
Week 3,	Objective of guidance
	Principle of guidance
	How we Organize guidance programme
	Meaning of counseling
	Types of counseling
Week 4,	Need of counseling
	Principle of counseling
	Stages of counseling
	Factor affecting counseling
	Qualities of counselor
May, Week 1,	What time Counseling required
	Meaning of health psychology
	Objective of health psychology
	Scope of health psychology
	Concept of health and illness
Week 2,	How illness affect our life related adjustment
	How healthy life affected positively
	Different factor in physical illness
	Psychological factor contribution to physical illness
	Meaning of life style
Week 3,	How life style correlated with health

	Positive outcomes of life style
	Negative outcome of life style
	Meaning of stress
	Factor affecting stress
Week 4,	Psychological factors and stress
	Social factor and stress
	Cultural and economical factor and stress
	Test
	Stress and physical illness
June, Week 1	How stress affect our personal, social and occupational life
	Meaning of coping
	Types of coping mechanism
	How we cope with stress
	Meaning of forensic psychology
Week 2	Scope of forensic psychology
	Relation of psychology and law
	What is eyewitness memory
	Eyewitness accuracy
	Test
	How can we improve it
	factor related improvement of eyewitness accuracy
	Meaning of correlation
Week 3	Types of correlation
	Rank difference correlation explanation
	Calculation and formula explanation
	Practice of rank difference
	Meaning of product correlation
	Calculation of product moment correlation
Week 4	Practice of rank difference
	Revision
Practical will be conducted	
Practical 1 st – April 2022	Stress Scale
Practical 2 nd	Coping Styles
Practical 3 rd May	Life Style Schedule
Practical 4 th	Interest Inventory
Practical 5 th June	Aptitude Scale
Practical 6 th	Adjustment Inventory