

LORETO COLLEGE

TIME PLAN August 2022 – December 2022

Name of the teacher : DR. DINAZ R. JEEJEEBHOY
Initials : DJ

Teaching Objective:

- To impart knowledge and understanding of concepts
- To encourage reading beyond classroom text
- To prepare students to understand the human mind and behaviour

Semester V (Psychology Honours)
Topic-wise Time Plan

Topics	Hours allotted	Topics (as per curriculum)	Teaching method	Learning outcome (output)	Assessment
CORE COURSE 11 UNDERSTANDING AND DEALING WITH PSYCHOLOGICAL DISORDERS	12	Unit 1: Biological etiology- explanations and interventions for Mood disorders and Schizophrenia: Application in case of mood disorders and schizophrenia	Lecture coupled with interaction with and participation of students and classroom discussion	Knowing about fundamentals of and providing an overview of the etiology and intervention of the said psychological disorders and different modes of intervention for different types of disorders.	Continuous Internal Assessment, Home and class assignments and University Examinations.
	12	Unit 3: Behavioural and Cognitive explanations: Application in case of: phobias, depression.			
DSE – A – 01 POSITIVE PSYCHOLOGY	14	Unit 2: Positive Emotional States and Processes: Happiness and Well-being, Positive Affect and	Lecture coupled with interaction with and participation of students and	Understanding that people want to lead meaningful and fulfilling lives, to	Continuous Internal Assessment, Home and class assignments

		Positive Emotions, Resilience	classroom discussion	cultivate what is best within themselves, to enhance their experiences of love, work, and play; and for this they need to focus on their happiness, well-being, explore, understand and regulate their emotions and increase their resilience.	and University Examinations
PRACTICAL DSE – A – 01 POSITIVE PSYCHOLOGY	2 hrs per week	Resilience – To construct a Semi Structured Interview and compare with Annalakshmi's Scale	Demonstration, Exploration and Lecture	Understanding the methodology of data collection and structuring an interview. Further, understanding how to analyse the data collected.	Continuous Internal Assessment, Home and class assignments, recording of practical work done in the file and University Examinations.

Name of the teacher: DR. SAYANTANI CHATTERJEE

Initials: SC

Teaching Objective:

- To impart comprehensive knowledge
- To provide guidance beyond textbooks
- To prepare students for higher education

5th Semester Topic-wise Time Plan- Honours

Topics	Hours allotted	Topics (as per curriculum)	Teaching method	Learning outcome (output)	Assessment
1	14	Core Course 11: Understanding and Dealing with Psychological Disorders: Unit 4: Perspectives of Counselling: Concept, Steps, Types- Directive, Non-Directive and Eclectic	Lecture	Gathering knowledge about different types of counselling techniques, its application and its steps	Continuous Internal Assessment, Internal Examinations and University Examinations
2	8	Core Course 11: Understanding and Dealing with Psychological Disorders: Practicum- Psychiatric Morbidity: General Health Questionnaire 28	Lecture and Demonstration	Acquiring an understanding about Psychiatric morbidity and its practical utility, primarily in clinical population. Also as a screening tool	Continuous Internal Assessment, Internal Examinations and University Examinations
3	8	Core Course 12: Developmental Psychology: Unit 1: Introduction: Concept of Human Development; themes (Cephalocaudal and Proximodistal) and research designs	Lecture	Understanding the fundamental research basis of Developmental Psychology and its origin in terms of applied aspects	Continuous Internal Assessment, Internal Examinations and University Examinations
4	6	Core Course 12: Developmental Psychology: Practicum-	Lecture and Demonstration	Developing knowledge about the	Continuous Internal Assessment,

		Aptitude: Davis's Battery of Differential Abilities		construct Aptitude, its types and utility in guidance and counselling	Internal Examinations and University Examinations
5	—	Discipline Specific Elective (DSE): DSE-A-01: Positive Psychology: No portion has been allotted.	—	—	—
6	14	Discipline Specific Elective (DSE): DSE-B-03: Health Psychology: Unit 1: Introduction: Introduction to Health Psychology: components of health: social, emotional, cognitive and physical aspects, mind-body relationship, goals of health psychology	Lecture	Developing understanding about the origin of the new discipline health psychology, its different aspects and models as the ground work for further research	Continuous Internal Assessment, Internal Examinations and University Examinations

Name of the teacher: JHELUM PODDER

Initials: JP

Teaching Objective:

- To provide core knowledge of each papers from a conceptual perspective
- To instil creative thought process about the topics to be taught
- To introduce the etiological understanding and therapeutic interventions for the various psychological disorders.
- Help students develop and understanding of how to deal with moderate to severe psychopathology

5th Semester Topic-wise Time Plan- Honours

Topics	Hours allotted	Topics (as per curriculum)	Teaching method	Learning outcome (output)	Assessment

1	12	CORE COURSE UNDERSTANDING AND DEALING WITH PSYCHOLOGICAL DISORDERS Unit 2: Insight oriented explanations and interventions: Psychoanalytic perspective – Conversion disorder, OCD, Dissociative disorder; Humanistic and Existential perspective – Application in case of crises intervention.	11: Lecture, and PowerPoint presentation	Gathering in-depth knowledge about disorders and their treatments	Continuous Internal Assessment, Internal Examinations and University Examinations
2	15	CORE COURSE DEVELOPMENTAL PSYCHOLOGY Unit 3: Emotional Development; Moral Development: Perspective of Kohlberg; Personality Development	12: Lecture and video presentation	Imparting knowledge about the emotional, moral and personality development from a life span perspective	Continuous Internal Assessment, Internal Examinations and University Examinations
3	5	DISCIPLINE SPECIFIC ELECTIVES A 1: POSITIVE PSYCHOLOGY: PRACTICUM Unit 1: Well being	Lecture and demonstration	Hands-on experience of administering psychometric tools to detect well-being of the testee.	Home Assignments, Continuous Internal Assessment, Internal Examinations and University Examinations
4	12	DISCIPLINE SPECIFIC ELECTIVES B 3: HEALTH PSYCHOLOGY Unit 3: Health Enhancing Behaviours: Exercise, nutrition, safety, pain,	Lecture and Power point presentation	Gathering in-depth knowledge about different types of healthy	Continuous Internal Assessment, Internal Examinations and University

		stress management		behaviours	Examinations
5	12	DISCIPLINE SPECIFIC ELECTIVES B 3: HEALTH PSYCHOLOGY Unit 4: Health and Well-being; Happiness; Life satisfaction; Resilience; Optimism and Hope	Lecture and Power point presentation	To know about the concepts associated to well-being in details	Continuous Internal Assessment, Internal Examinations and University Examinations
6	5	DISCIPLINE SPECIFIC ELECTIVES B 3: HEALTH PSYCHOLOGY: PRACTICUM Unit 1: Hope	Lecture and demonstration	Hands-on experience of administering psychometric tools to understand about hope of the testee.	Home Assignments, Continuous Internal Assessment, Internal Examinations and University Examinations

Name of the teacher: DR. SAONI BANERJEE

Initials: SB

Teaching Objective:

- To impart comprehensive knowledge
- To provide guidance beyond textbooks
- To prepare students for higher education

5th Semester Topic-wise Time Plan- Honours

Topics	Hours allotted	Topics (as per curriculum)	Teaching method	Learning outcome (output)	Assessment
1	6	<u>Core Course 12:</u> Developmental Psychology: Unit 3: Domains of Human Development:	Lecture, using audio visual aids	Understanding development of vital cognitive functions across life span	Continuous Internal Assessment, Internal Examinations and

		Cognitive development: perspectives of Piaget and Vygotsky; Language Development			University Examinations.
2	15	Unit 4: Socio-Cultural Contexts for Human Development: Family; Peers, Media & Schooling; Human Development in the Indian context	Lecture, using audio visual aids, class debate	Understanding and questioning the role of external environment over personal development. Focus on indigenous cultural effects.	Continuous Internal Assessment, Internal Examinations and University Examinations.
3	12	DSE-A -01: POSITIVE PSYCHOLOGY: Unit 1: Introduction: Positive Psychology: An Introduction	Lecture, using audio visual aids, class debate	Understanding the basic concept positive psychology, beyond 'pathologization' focusing on the culture laid values.	Continuous Internal Assessment, Internal Examinations and University Examinations.
4	12	Unit 3: Positive Cognitive States and Processes: Self-efficacy, Optimism, Hope, Wisdom, Flow, Mindfulness	Lecture, using audio visual aids	Understanding basic functional ideas, cognitive states in positive psychology	Continuous Internal Assessment, Internal Examinations and University Examinations.
5	4 hrs. Each wk	DSE B – 03: Health Psychology Practicum: Health Behaviour- To construct a Semi Structured Interview and compared with Cornell Medical Index	Demonstration & hands on group training	Practical training on how to construct a qualitative research tool pertaining to health behaviour, knowledge of a valid tool: Cornell Medical Index. (information on details to be covered is awaited from ugbos)	Continuous Internal Assessment, Internal Examinations and University Examinations.

Name of the Teacher: SHANKHABELA MUKHERJEE

Initials: SM

Teaching Objective:

- To generate interest and love for the subject
- To provide guidance beyond textbooks
- To prepare students for higher education and practical application of their knowledge

5th Semester Topic-wise Time Plan- Honours

Topics	Hours allotted	Topics (as per curriculum)	Teaching method	Learning outcome (output)	Assessment
1	4	Core Course 11: Understanding and Dealing with Psychological Disorders. Practicum 2: Aggression: State Trait Anger Expression Inventory	Demonstration and Discussion	Hands-on experience with measuring Anger expression in subjects	Continuous Internal Assessment, Internal Examinations and University Examinations.
2	12	Core Course 12: Developmental Psychology: Unit 2: Stages of Life Span Development: Prenatal Development, Birth and Infancy, Childhood, Adolescence, Adulthood	Lecture, Demonstration, and Discussion	Gaining introductory knowledge of the various stages of development across the lifespan.	Continuous Internal Assessment, Internal Examinations and University Examinations.
3	4	Core Course 12: Developmental Psychology: Practicum 1: Parent Child Relationship	Demonstration and Discussion	Hands-on experience in assessing parent-child relationship	Continuous Internal Assessment, Internal Examinations and University Examinations.
4	6	DSE A – 01: Positive Psychology: Unit 1:	Discussion	Developing an appreciation for	Continuous Internal

		<p>Introduction: Positive Psychology:</p> <p>Perspectives on Positive Psychology: Western and Eastern, Character Strengths and virtues.</p>		<p>the differences between Western and Eastern Perspectives of Positive Psychology</p>	<p>Assessment, Internal Examinations and University Examinations.</p>
5	4	<p>DSE A – 01: Positive Psychology: Unit 2: Positive Emotional States and Processes:</p> <p>Emotional Intelligence</p>	Discussion	<p>Knowledge and more importantly application of Emotional Intelligence</p>	<p>Continuous Internal Assessment, Internal Examinations and University Examinations.</p>
6	12	<p>DSE A – 01: Positive Psychology: Unit 4: Applications:</p> <p>Work, education, ageing, health</p>	Lecture and Discussion	<p>Knowledge of how positive psychology may be applied in various fields</p>	<p>Continuous Internal Assessment, Internal Examinations and University Examinations.</p>
7	3	<p>DSE B – 03: Health Psychology: Unit 1: Introduction:</p> <p>Bio-psychosocial model of health</p>	Lecture and Discussion	<p>Knowledge of the biopsychosocial model of health</p>	<p>Continuous Internal Assessment, Internal Examinations and University Examinations.</p>
8	12	<p>DSE B – 03: Health Psychology: Unit 2: Behaviour and health:</p> <p>Characteristics of health behaviour; Barriers to health behaviour; Theories of health behaviour and their</p>	Lecture and Discussion	<p>Knowledge of general information about health behaviour</p>	<p>Internal Examinations and University Examinations.</p>

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