

**LORETO COLLEGE**

**TIME PLAN August 2020 – November/December 2020**

**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**

<i><b>Topics</b></i>	<i><b>Hours allotted</b></i>	<i><b>Topics (as per curriculum)</b></i>	<i><b>Teaching method</b></i>	<i><b>Learning outcome (output)</b></i>	<i><b>Assessment</b></i>
<b>CORE COURSE 11</b> UNDERSTANDING AND DEALING WITH PSYCHOLOGICAL DISORDERS	12	<b>Unit 1: Biological etiology</b> -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	<b>Unit 3: Behavioural and Cognitive explanations:</b> Application in case of: phobias, depression.			
<b>DSE – A – 01</b> POSITIVE PSYCHOLOGY	14	<b>Unit 2: Positive Emotional States and Processes:</b> Happiness and Well-being, Positive Affect and Positive Emotions, Emotional Intelligence, Resilience	Lecture coupled with interaction with and participation of students and classroom discussion	Understanding that people want to lead meaningful and fulfilling lives, to cultivate what is best within themselves, to enhance their experiences of love, work, and play; and for this they	Continuous Internal Assessment, Home and class assignments and University Examinations

				need to focus on their happiness, well-being, explore, understand and regulate their emotions and increase their resilience.	
<b>PRACTICAL DSE – A – 01 POSITIVE PSYCHOLOGY</b>	2 hrs per week	<b>Resilience</b> – 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.

**LORETO COLLEGE**

**TIME PLAN 2020-2021**

**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

**5<sup>th</sup> 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:	Lecture	Understanding the	Continuous Internal

		Unit 1: Introduction:  Concept of Human Development; themes (Cephalocaudal and Proximodistal) and research designs		fundamental research basis of Developmental Psychology and its origin in terms of applied aspects	Assessment, Internal Examinations and University Examinations
4	6	Core Course 12: Developmental Psychology: Practicum- Aptitude: Davis's Battery of Differential Abilities	Lecture and Demonstration	Developing knowledge about the construct Aptitude, its types and utility in guidance and counselling	Continuous Internal Assessment, 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, Bio-Psychosocial model of health	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

## TIME PLAN 2020-2020 (Aug-Nov/Dec)

Name of the teacher: JHELM 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

### 5<sup>th</sup> Semester Topic-wise Time Plan- Honours

Topics	Hours allotted	Topics (as per curriculum)	Teaching method	Learning outcome (output)	Assessment
1	12	CORE COURSE 11: 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.	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 12: DEVELOPMENTAL PSYCHOLOGY  Unit 3:  Emotional Development; Moral Development: Perspective of Kohlberg; Personality Development	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	<p>DISCIPLINE SPECIFIC ELECTIVES A 1: POSITIVE PSYCHOLOGY: PRACTICUM</p> <p>Unit 1: Well being</p>	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	<p>DISCIPLINE SPECIFIC ELECTIVES B 3: HEALTH PSYCHOLOGY</p> <p>Unit 3: Health Enhancing Behaviours: Exercise, nutrition, safety, pain, stress management</p>	Lecture and Power point presentation	Gathering in-depth knowledge about different types of healthy behaviours	Continuous Internal Assessment, Internal Examinations and University Examinations
5	12	<p>DISCIPLINE SPECIFIC ELECTIVES B 3: HEALTH PSYCHOLOGY</p> <p>Unit 4: Health and Well-being: Happiness; Life satisfaction; Resilience; Optimism and Hope</p>	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	<p>DISCIPLINE SPECIFIC ELECTIVES B 3: HEALTH PSYCHOLOGY: PRACTICUM</p> <p>Unit 1: Hope</p>	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

## LORETO COLLEGE

### TIME PLAN August – December 2020

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

#### 5<sup>th</sup> 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: <b>Domains of Human Development:</b> Cognitive development: perspectives of Piaget and Vygotsky; Language Development	Lecture, using audio visual aids	Understanding development of vital cognitive functions across life span	Continuous Internal Assessment, Internal Examinations and University Examinations.
2	15	Unit 4: <b>Socio-Cultural Contexts for Human Development:</b> 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	<b>DSE-A -01: POSITIVE PSYCHOLOGY:</b> Unit 1: <b>Introduction: Positive Psychology:</b> An Introduction, Perspectives on Positive	Lecture, using audio visual aids, class debate	Understanding the basic concept positive psychology, beyond 'pathologization' focusing on the	Continuous Internal Assessment, Internal Examinations and University

		Psychology: Western and Eastern, Character Strengths and virtues		culture laid values.	Examinations.
4	12	<b>Unit 3: Positive Cognitive States and Processes:</b> Self-efficacy, Optimism, Hope, Wisdom, Flow, Mindfulness	Lecture, using audio visual aids	Understanding basic functional ideas in positive psychology	Continuous Internal Assessment, Internal Examinations and University Examinations.
5	4 hrs. Each wk	<b>DSE B – 03: Health Psychology</b> 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. (information on details to be covered is awaited from ugbos)	Continuous Internal Assessment, Internal Examinations and University Examinations.



**LORETO COLLEGE****TIME PLAN 2020-2021****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

**5<sup>th</sup> Semester Topic-wise Time Plan- Honours**

<b>Topics</b>	<b>Hours allotted</b>	<b>Topics (as per curriculum)</b>	<b>Teaching method</b>	<b>Learning outcome (output)</b>	<b>Assessment</b>
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	12	DSE A – 01: Positive Psychology: Unit 4: Applications: Work, education, ageing, health	Lecture and Discussion	Knowledge of how positive psychology may be applied in	Continuous Internal Assessment, Internal Examinations

				various fields	and University Examinations.
5	12	DSE B – 03: Health Psychology: Unit 2: Behavior and health: Characteristics of health behaviour; Barriers to health behaviour; Theories of health behaviour and their implications.	Lecture and Discussion	Knowledge of general information about health behaviour	Internal Examinations and University Examinations.