

OBE based Teaching Lesson Plan 2019-20

Program: B.Com/ BBA

Course Name: INTRODUCTION TO PSYCHOLOGY

Course Code: UG19 AO 24

Semester: IV Semester

Lecture hours: 62 Hours

Faculty in-charge: Ms. Alisha, Ms.Bindhu

Course Outcome No.	Course Outcomes	T level Indicator
CO1.	Illustrate the role of psychology in understanding, predicting and controlling behavior of an individual and group.	T3
CO2.	Examine the relevance and implications of theories of Emotion, motivation and personality in understanding ones personality.	T4
CO3.	Compare and contrast the contributions of each theory of personality.	T4
CO4.	Integrate Learning and Thought process with the development of intelligence of diverse in nature.	T6
CO5.	Analyse the Anxiety and Stress related issues that affect mental health or create illness.	T4
CO6.	Relate the psychological aspects of well-being that leads to Health and wellness with different forms of therapies.	T5

Module No. & Topics Covered	Course Outco	No. of Lecture	Pre-Class Activity	Instructional techniques	Assessment	T
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	me No.	Hours			
<p>Module 1 – Introduction to Psychology Definition of Psychology - Classical Schools of Psychology – Structuralism, Functionalism, Behaviorism, Gestalt Psychology, Psychoanalytic Psychology, Humanistic Psychology - The Role of Diversity in Psychology & Goals of Psychology - Sub-fields of Psychology - Experimental, Biological, Personality, Social, Clinical and Counselling - Developmental and Quantitative Psychology – Current views of psychology – Ethics in Psychology</p>	CO1	10	Reading of recommended material/Article/ watching videos on selected topics, Group discussion and Guest Lecture.	Lecture, Illustrations, Discussions	Discussion, Questions & Answers and Assignment
<p>Module 2 - Emotions, Motivation, Personality Emotions: Meaning and definition and theories of emotions - Two factor theories of emotions - Expression of emotions - functions of emotions - Primary emotions- emotions and the brain - Fight, flight and freeze- Culture and emotional variation Motivation: Primary motives, general motives and secondary motives – Biological motives - Intrinsic and extrinsic motivation - Theories of motivation - Incentive approach, Cognitive Approach, Maslow’s Hierarchy Personality: Definition of personality – Introvert & Extrovert – Self-concept & Self-Esteem - Trait Approach – Biological approach – Humanistic Approach – Behavioural Learning approach – Cognitive approach</p>	CO2	12	Reading of recommended material/Article/ watching videos on selected topics and Online Personality Indicator.	Lecture, Illustrations, Discussions and Self Reflection.	Discussion, Questions & Answers
<p>Module 3 – Theories of personality Psychology of Personality - Psychodynamic theory –</p>	CO3	10	Reading of recommended	Lecture, Illustrations,	Case study and

<p>theoretical principles - Id, Ego, Super-ego – developmental stages - Defense mechanisms - Cognitive Behavioral Theory (Conditioning, Reinforcement) - Theory of psychosocial development – Eric Erickson 10 stages.</p>			<p>material/Article/ watching videos on selected topics</p>	<p>Discussions Self Reflection.</p>	<p>assignment</p>
<p>Module 4 - Mental Abilities, Thought and Learning Intelligence-Defining Intelligence - Five Aspects of Intelligence - Variations in Intelligence - Hereditary Influences - Environmental Influences- Thinking process – concepts - problem solving - decision making a cognitive process – Creative thinking - Characteristics of Creative Person- Language – cognitive approaches to learning, reinforcement and punishment. Learning - Types of learning – Associative learning – cognitive learning - Classical conditioning – Operant conditioning – Shaping – Punishment – Feedback – Learning Aids – Modelling – Latent learning</p>	<p>CO4</p>	<p>10</p>	<p>Reading of recommended material/Article/ watching videos on selected topics</p>	<p>Lecture, Illustrations, Discussions</p>	<p>Discussion, Questions &Answers</p>
<p>Module 5 –Anxiety & Stress Abnormality Definition - Changing attitudes and concepts of mental health and illness - Current views – Anxiety issues – Mood Disorders - Stress related issues- emotional signs, behavioural signs & physical signs Alcohol & Substance abuse</p>	<p>CO5</p>	<p>12</p>	<p>Reading of recommended material/Article/ watching videos on selected topics</p>	<p>Lecture, Illustrations, Discussions</p>	<p>Discussion, Questions &Answers</p>
<p>Module 6:- Health Psychology Coping mechanism – psychosomatic disorders - coping with threat – Biofeedback - Guided Imagery – Meditation - psychological aspects of well-being - Health and wellness- Positive psychology – Different forms of therapies</p>	<p>CO6</p>	<p>8</p>	<p>Reading of recommended material/Article/ watching videos on selected topics</p>	<p>Lecture, Illustrations, Discussions and Guest Lecture</p>	<p>Assignment</p>

Continuous Internal Assessment –

- Assignment by second week of December
- Class test end of January
- Class presentation on a given topic by mid-February.

Books for Reference:

- Feldman R.S (2011).Understanding Psychology, 10th edition. Delhi : Tata-McGraw Hill.
- Morgan C.T. et al (2000). Introduction to psychology (7th ed.). New Delhi: Tata McGraw Hill
- Snyder, C.R. & Lopez, S.J. (2002). Handbook of positive psychology. (eds.). New York: Oxford University Press.
- Barlow, D.H. & Duranb, M. V.(2000). Abnormal Psychology - 2nd Edition, Toronto: Thompson Publication
- Duane Schultz, Sydney Schultz (2012) Theories of Personality, Wadsworth, Cengage Learning

Approved by:

Ms.Riti Francis