



**AUXILIUM COLLEGE (Autonomous)**

(Accredited by NAAC with A+ Grade with a CGPA of 3.55 out of 4 in the 3<sup>rd</sup> cycle)  
Gandhi Nagar, Vellore – 6.

# **DEPARTMENT OF PSYCHOLOGY**

## **LESSON PLAN**

### **2020-2021**

## LESSON PLAN

**Academic Year:** 2020-2021

**Semester:** I

**Class:** I B.Sc Psychology

**Class Code:** 30520

**Subject:** General Psychology – I

**Subject Code:** UCPYA20

**Hours/Week:** 5 hrs/week

**Total Hours:** 90

**Credits:** 5

**Total Marks:** 100

Week	No. of Hrs	Unit	Topics to be Covered	Teaching Resources	Learning Resources	Methods of Evaluation
I	3	1	Psychology - Definition – Goals, Pseudo psychology	Online (PPT)	Psychology by Baron R.A	Test
II	4	1	The History of Psychology – Schools - Modern Perspectives – Psychology in India, Psychology: The Science – Methods: Introspection – Observation – Survey – Experiment Case Study – Correlation Research	Online (PPT)	Psychology by Baron R.A	Test
III	3	1	Scope of Psychology - Branches of basic Psychology, Branches of applied Psychology	Online (PPT)	Psychology by Baron R.A	Test
IV	3	2	Sensation: Meaning – Psychophysics - Thresholds – Weber’s Law – Adaptation, Basic sensation: Vision – Hearing – Touch and other Skin senses – Olfaction- Gustation	Online (PPT)	Psychology by Baron R.A	Test
V	4	2	Kinesthetic sense – Vestibular sense, Perception: Meaning– Organizing principles of perception – Constancies-Pattern perception, Distance perception- Errors in Perception - Illusion – Types; Hallucinations –	Online (PPT)	Psychology by Baron R.A	Test

			Types			
VI	3	2	Extra Sensory Perception. - Factors that influence perception – Depth perception, Attention: Meaning – Types – Determinants	Online (PPT)	Psychology by Baron R.A	Test
VII	3	3	Consciousness - States of Consciousness: Consciousness – Definition –Types, Natural State of Consciousness: Biological Rhythms – Circadian Rhythms	Online (PPT)	Psychology by Baron R.A	Test
VIII	4	3	Waking States of Consciousness – Sleep – Functions – Stages – Sleep Disorders – Dream – Theories.	Online (PPT)	Psychology by Baron R.A	Test
IX	3	3	Altered States of Consciousness: meaning – Hypnosis – Use of Drugs – Meditation, Other Altered States. Sensory deprivation: Near death Experience- Lucid dreaming	Online (PPT)	Psychology by Baron R.A	Test
X	4	4	Learning: Definition – Nature, Association Learning: Classical Conditioning – Basic Principles	Online (PPT)	Psychology by Baron R.A	Test
XI	3	4	Operant Conditioning – Basic Principles – Reinforcement – Types, Punishment – Types	Online (PPT)	Psychology by Baron R.A	Test
XII	3	4	Schedules of Reinforcement – Shaping – Learned Helplessness; Similarities and Differences between Classical Conditioning and Operant Conditioning, Social and Cognitive Learning: Latent Learning – Insight Learning –	Online (PPT)	Psychology by Baron R.A	Test

			Observational Learning			
XIII	4	5	Memory: Definition, Memory Process: Encoding – Storage – Retrieval	Online (PPT)	Psychology by Baron R.A	Test
XIV	4	5	The information processing model – Sensory memory – Short term memory – Long term memory, Forgetting: Meaning – Forgetting curve- Causes – Memory	Online (PPT)	Psychology by Baron R.A	Test
XV	3	5	Theories of forgetting, Brain – Improving memory	Online (PPT)	Psychology by Baron R.A	Test

## LESSON PLAN

**Academic Year:** 2020-2021

**Semester:** I

**Class:** I B.Sc Psychology

**Class Code:** 30520

**Subject:** Biological Psychology – I

**Subject Code:** UCPYB20

**Hours/Week:** 5 hrs/week

**Total Hours:** 90

**Credits:** 5

**Total Marks:** 100

Week	No. of Hrs	Unit	Topics to be Covered	Teaching Resources	Learning Resources	Methods of Evaluation
I	3	1	Foundations of behaviour - Introduction: meaning of biological psychology, Viewpoints to explore Biology of Behaviour- Approaches that relate brain and behaviour	Online (PPT)	Biopsychology by Kalat, J.W.	Test
II	4	1	Levels of analysis - Correlating brain anatomy with behaviour, Recording brain activity	Online (PPT)	Biopsychology by Kalat, J.W.	Test
III	3	1	Effects of brain damage, Effects of brain stimulation	Online (PPT)	Biopsychology by Kalat, J.W.	Test
IV	3	2	Neurons- features of the Nervous System: An overview, Meninges, Ventricular system and production of cerebrospinal fluid.	Online (PPT)	Biopsychology by Kalat, J.W.	Test
V	4	2	Cells of the Nervous System: Neurons, Supporting cells, The blood-brain barrier	Online (PPT)	Biopsychology by Kalat, J.W.	Test
VI	3	2	Neural Communication: An overview, Measuring electrical potentials of axons, The Membrane Potential: Balance of two forces, The Action Potential,	Online (PPT)	Biopsychology by Kalat, J.W.	Test

			Conduction of the action potential			
VII	3	3	Communication between Neurons: Structure of synapses, Neurotransmitter: meaning- types	Online (PPT)	Biopsychology by Kalat, J.W.	Test
VIII	4	3	Release of the Neurotransmitter: Activation of receptors	Online (PPT)	Biopsychology by Kalat, J.W.	Test
IX	3	3	Postsynaptic potentials- Termination of postsynaptic potentials	Online (PPT)	Biopsychology by Kalat, J.W.	Test
X	4	4	Nervous System: Development of the central nervous system, Brain: The forebrain, The hind brain, midbrain & forebrain	Online (PPT)	Biopsychology by Kalat, J.W.	Test
XI	3	4	Division of Nervous System: Central Nervous System, The Peripheral Nervous System, Division of Nervous System: Spinal nerves, Cranial nerves	Online (PPT)	Biopsychology by Kalat, J.W.	Test
XII	3	4	The Autonomic Nervous system – Sympathetic, The Autonomic Nervous System Parasympathetic	Online (PPT)	Biopsychology by Kalat, J.W.	Test
XIII	4	5	Hormonal actions- General principles of hormonal actions, Hormonal action on cellular mechanisms- Hormonal influence on growth and activity	Online (PPT)	Biopsychology by Kalat, J.W.	Test
XIV	4	5	Feedback control mechanisms in regulating secretion of hormones, Endocrine glands and its specific hormones:	Online (PPT)	Biopsychology by Kalat, J.W.	Test
XV	3	5	Pituitary- Pineal- Thyroid- Parathyroid, Pancreas- Adrenal- Gonads	Online (PPT)	Biopsychology by Kalat, J.W.	Test

## LESSON PLAN

**Academic Year:** 2020-2021

**Semester:** II

**Class:** I B.Sc Psychology

**Class Code:** 30520

**Subject:** General Psychology – II

**Subject Code:** UCPYC20

**Hours/Week:** 5 hrs/week

**Total Hours:** 90

**Credits:** 5

**Total Marks:** 100

Week	No. of Hrs	Unit	Topics to be Covered	Teaching Resources	Learning Resources	Methods of Evaluation
I	3	1	Cognition: Meaning – Cognitive Psychology, Types of cognition: – Mental Imagery – Concept, Problem solving- Steps	Online (PPT)	Psychology by Baron R.A	Test
II	4	1	Barriers to Effective problem solving, Strategies of problem solving: Algorithms, Heuristic, Decision making – Steps	Online (PPT)	Psychology by Baron R.A	Test
III	3	1	Reasoning – Inductive and Deductive reasoning, Language: Nature - Main Components of Language – Phonemes- Morphemes Syntax - Semantics – Pragmatics	Online (PPT)	Psychology by Baron R.A	Test
IV	3	2	Motivation: Definition – Needs – Biological Needs – Social Needs - Psychological Needs Theories of Motivation: Instincts – Drive-reduction theory – Arousal – Incentive	Online (PPT)	Psychology by Baron R.A	Test
V	4	2	Opponent-Process – Cognitive theories – Social cognitive theory – Need theories, Classification of Motives: Physiological motives – Psychological motives	Online (PPT)	Psychology by Baron R.A	Test

VI	3	2	Conflict: Meaning-Types, Frustration: Meaning- Causes	Online (PPT)	Psychology by Baron R.A	Test
VII	3	3	Emotion: Meaning – Basic emotions-Components, Physiology of emotion - Expression of emotion	Online (PPT)	Psychology by Baron R.A	Test
VIII	4	3	Theories of Emotions	Online (PPT)	Psychology by Baron R.A	Test
IX	3	3	Stress: Definition – Four variations - Stressors – Effects, General Adaptation Syndrome – Individual differences - Coping mechanism	Online (PPT)	Psychology by Baron R.A	Test
X	4	4	Intelligence: Definition - Concept of IQ, Individual differences in Intelligence –Mental retardation	Online (PPT)	Psychology by Baron R.A	Test
XI	3	4	Mentally gifted – Assessment of Intelligence, Emotional Intelligence: Meaning ,Characteristics	Online (PPT)	Psychology by Baron R.A	Test
XII	3	4	Creativity: Definition- Nature – Steps - Characteristics of creative people, Creativity tests	Online (PPT)	Psychology by Baron R.A	Test
XIII	4	5	Personality: Definition - Theories – Psychoanalytic, Neo Freudian: Jung –Adler - Karen Horney – Erikson	Online (PPT)	Psychology by Baron R.A	Test
XIV	4	5	Neo Freudian: Jung – Adler - Karen Horney – Erikson, Humanism and Personality: Roger’s theory – Maslow’s theory	Online (PPT)	Psychology by Baron R.A	Test
XV	3	5	Trait Theories Psychology – Allport – Cattell - The Big Five Factors, Assessment of Personality, Uses of Personality tests	Online (PPT)	Psychology by Baron R.A	Test



## LESSON PLAN

**Academic Year:** 2020-2021

**Semester:** II

**Class:** I B.Sc Psychology

**Class Code:** 30520

**Subject:** Biological Psychology – II

**Subject Code:** UCPYD20

**Hours/Week:** 5 hrs/week

**Total Hours:** 90

**Credits:** 5

**Total Marks:** 100

Week	No. of Hrs	Unit	Topics to be Covered	Teaching Resources	Learning Resources	Methods of Evaluation
I	3	1	Rhythms of waking and sleeping: Endogenous cycles, Setting and resetting the biological clock- Mechanisms of the biological clock	Online (PPT)	Biopsychology by Kalat, J.W.	Test
II	4	1	Sleep and brain mechanisms: Sleep and other interruptions of consciousness, the onset of sleep and hypnagogic hallucinations, Stages of sleep. Paradoxical or REM sleep, Brain mechanisms of wakefulness and arousal	Online (PPT)	Biopsychology by Kalat, J.W.	Test
III	3	1	Brain functions in REM sleep- Functions of sleep, Dreaming: REM sleep and dreaming. Biological perspectives on dreaming	Online (PPT)	Biopsychology by Kalat, J.W.	Test
IV	3	2	Development of the brain- Maturation of the vertebrate brain, Growth and development of neurons	Online (PPT)	Biopsychology by Kalat, J.W.	Test
V	4	2	New neurons later in life- Path finding by axons, Determinants of neuronal survival	Online (PPT)	Biopsychology by Kalat, J.W.	Test
VI	3	2	Neural plasticity: Meaning- Plasticity after brain damage	Online (PPT)	Biopsychology by Kalat, J.W.	Test

VII	3	3	Thirst: Mechanisms of water regulation- Osmotic thirst, Hypovolemic thirst and sodium specific hunger	Online (PPT)	Biopsychology by Kalat, J.W.	Test
VIII	4	3	Hunger: Digestion and food selection, Short- and long-term regulation of feeding- Brain mechanisms	Online (PPT)	Biopsychology by Kalat, J.W.	Test
IX	3	3	Eating Disorders	Online (PPT)	Biopsychology by Kalat, J.W.	Test
X	4	4	Emotions: Introduction, Emotions and Autonomic arousal, James-Lange theory	Online (PPT)	Biopsychology by Kalat, J.W.	Test
XI	3	4	Brain areas associated with emotions- The functions of emotions, Attack and Escape Behaviours: Attack behaviours	Online (PPT)	Biopsychology by Kalat, J.W.	Test
XII	3	4	Escape - Fear and anxiety, Stress and Health	Online (PPT)	Biopsychology by Kalat, J.W.	Test
XIII	4	5	Memory: Localized representations of memory, Types of memory- The hippocampus	Online (PPT)	Biopsychology by Kalat, J.W.	Test
XIV	4	5	Theories on the function of the hippocampus, Other types of amnesia: Korsakoff's syndrome	Online (PPT)	Biopsychology by Kalat, J.W.	Test
XV	3	5	Alzheimer's Disease, The role of the other brain areas	Online (PPT)	Biopsychology by Kalat, J.W.	Test