**Shyama Prasad Mukherji College**

**Teaching plan**

**Nov 2022-March 2023**

**Course and Year: B.A. (H) Applied Psychology (2ndt year)**

**Semester: I** (Jan 2023-Apr 2023)

**Taught individually or shared:** Shared

**Paper:** Applied Social Psychology (Theory)

**Faculty**: Dr. Aashima Sharma

**No. of Classes (per week)**: 1

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| **Teaching Plan**  **Resource List** |
| UNIT 1 Social diversity and challenges: social psychology of diversity: stereotype, prejudice and discrimination, Social Diversity and Challenges: Types of social diversity - Gender, Social Inequality, Religious Diversities; social conflicts; Resolving intergroup conflict (Collaborating, competing, accommodating, avoiding & compromising) and Promoting intergroup peace in society. Cases in Indian context.  **Readings**  **As prescribed in the syllabus**  Forsyth, D.R. (2014). Group Dynamics. Belmont, California: Wadsworth. (Unit 3: Chapter 1, Chapter 6, Chapter 10, Chapter 11).  Hogg, M. & Vaughan, G. M. (2011).Social Psychology. Essex. England: Pearson Education Limited (Unit 1: Chapter 10, Chapter 11; Unit 3: Chapter 8).  Kornblum, W. and Joseph, J. (2014).Social Problems.Fourteenth Edition. : New Jersey: Prentice Hall. Kumar, S. (2002).Methods for Community Participation. New Delhi: Sage.  Mikkelson,B. (1995). Methods for Development Work and Research : A guide for practitioners. New Delhi: Sage. (Unit 4: Chapter 3).  Schneider, F.W., Gruman, A. and Coults, L.M. (eds) (2012). Applied Social Psychology; Understanding and Addressing Social and Practical Problem. New Delhi: Sage publications. (Unit 1: Chapter 14; Unit 4: Chapter 4, Chapter 13)  **No. of classes required to complete the unit (approx.):**  Unit 1: 12 classes  **Sub topics to be covered and their order along with the respective time frames (if any)**   * Social diversity and challenges: social psychology of diversity: stereotype, prejudice and discrimination * Social Diversity and Challenges: Types of social diversity - Gender, Social Inequality, Religious * social conflicts; Resolving intergroup conflict (Collaborating, competing, accommodating, avoiding & compromising * Promoting intergroup peace in society. Cases in Indian context.   **Time frame**: 2nd January 20th April  **Methodology of teaching**: Reciprocal Teaching, Research, Presentations, Lectures, Videos and Class Discussions.  **ASSESSMENT**  Combination of Class tests, PPTs/Assignments: January and March  **Criteria For Assessment**  Quality of Content  • Knowledge  • Presentation  • Class participation  • Regularity |
| **Course and Year: B.A. (H) Applied Psychology (2ndt year)**  **Semester: I** (Jan 2023-Apr 2023)  **Taught individually or shared:** Shared  **Paper:** GE-Psychology for Living (Theory)  **Faculty**: Dr. Aashima Sharma  **No. of Classes (per week)**: 3  **Teaching Plan**  **Resource List** |
| UNIT 2 Stress and coping: Nature and sources of stress; Personal and social mediators of stress; Effects of stress on physical and mental health  ; Effects of stress on physical and mental health; Stress management.  **Readings**  **As prescribed in the syllabus**  Carr, A. (2004). Positive psychology: The science of happiness and human strength.UK: Routledge. (UNIT 4: Ch. 3,)  DiMatteo, M.R. & Martin, L.R. (2002).Health psychology. New Delhi: Pearson (UNIT 1: Ch. 1, Ch. 7 & 9, UNIT 2: Ch. 9 & 10, )  Forshaw, M. (2003).Advanced psychology: Health psychology. London: Hodder and Stoughton.  Snyder, C.R., & Lopez, S.J.(2007). Positive psychology: The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage (UNIT 1: Ch. 1, Ch. 2 UNIT 2: Ch. 4, UNIT 3: Ch. 3,) 49  Mishra, G. (Ed.). (2011). Handbook of Psychology in India. New Delhi, India: Oxford University Press. (UNIT 4: Ch. 16, UNIT 3: Ch. 17 )  **No. of classes required to complete the unit (approx.):**  Unit 2: 16 classes  **Sub topics to be covered and their order along with the respective time frames (if any)**  Stress and coping: Nature and sources of stress  Personal and social mediators of stress  Effects of stress on physical and mental health  Stress management  **Time frame**: 2nd January 15th February  **Methodology of teaching**: Reciprocal Teaching, Research, Presentations, Lectures, Videos and Class Discussions.  **ASSESSMENT**  Combination of Class tests, PPTs/Assignments: January and March  **Criteria For Assessment**  Quality of Content  • Knowledge  • Presentation  • Class participation  • Regularity  UNIT 4 Promoting human strengths: Human strengths and virtues in Indian context ; Cultivating inner strengths: Hope and optimism, Gainful employment and Me/We balance.  **No. of classes required to complete the unit (approx.):**  Unit 4: 22 classes  **Sub topics to be covered and their order along with the respective time frames (if any)**  Promoting human strengths: Human strengths and virtues in Indian context  Cultivating inner strengths: Hope and optimism  Gainful employment  Me/We balance.  **Time frame**: 17th February 14th April  **Methodology of teaching**: Reciprocal Teaching, Research, Presentations, Lectures, Videos and Class Discussions.  **ASSESSMENT**  Combination of Class tests, PPTs/Assignments: January and March  **Criteria For Assessment**  Quality of Content  • Knowledge  • Presentation  • Class participation  • Regularity |