**Shyama Prasad Mukherji College**

**Teaching Plan Jan -June 2022**

**Course and Year: Applied psychology (2nd Year )**

**Semester: IV**

**Taught individually or shared: Shared**

**Paper: GE-Psychology for Living**

**Faculty:** Dr. Aashima Sharma

**No. of Classes** (per week)**: 2**

**Teaching Plan**

**Resource list**

UNIT 3

Health management: Health-enhancing behaviours: Exercise, nutrition, meditation; Health compromising behaviours: Alcoholism and smoking; Health protective behaviours: Immunization, maintaining hygiene and pollution-free environment; Illness management

**Readings:**

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

UNIT 4

Promoting human strengths: Human strengths and virtues in Indian context ; Cultivating inner strengths: Hope and optimism, Gainful employment and Me/We balance

**Readings:**

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,)

**No of classes required to complete the unit (approx.):**

1. Unit 1: 13 classes
2. Unit 2: 13 classes

**Sub topics to be covered and their order along with the respective time frames (if any)**

Unit 1: 3rd Jan -15th Feb

Unit II: 20th Feb -7th April

**Methodology of Teaching:** Reciprocal Teaching, Research, PPT

Assessment

Unit 1: 10th February

Unit II: 21st March

**Criteria of Assessment:**

* Quality of Content
* Knowledge
* Presentation
* Class participation
* Regularity

**Course and Year: Applied psychology (3rd Year Year )**

**Semester: VI**

**Taught individually or shared: Shared**

**Paper: FIOP\_II**

**Faculty:** Dr. Aashima Sharma

**No. of Classes** (per week)**: 2**

**Teaching Plan**

**Resource list**

UNIT 3

Basic Approaches to Leadership: Trait Theories; Behavioural Theories; Contingency Theories; Inspirational approaches: Transformational-transactional leadership; Contemporary approaches: Authentic leadership, Indian Approaches To Leadership, Challenges to leadership in contemporary times

**Readings:**

Luthans, F, Brett C. Luthans, Kyle W. (2015). Organizational behaviour:An evidence based approach,13th Edition. McGraw Hill (Unit1 : Chapter 6; Unit 2: Chapter 10;Unit 3: Chapter 13, Unit 4: Chapter 7;)

Robbins, S.P., Judge T.A. (2017) Essentials of Organizational Behaviour, Pearson Education (Unit1 : Chapter 7&8 Unit 2: Chapter 13; Unit 3: Chapter 12)

UNIT 4

Positive Organizational Behaviour: Positive Psychology ; Self-Efficacy/Confidence , Optimism ,Hope , Resiliency ; Psychological Capital (PsyCap) Other Positive Constructs : Emotional Intelligence (EI), work-life balance.

**Readings:**

Luthans, F, Brett C. Luthans, Kyle W. (2015). Organizational behaviour:An evidence based approach,13th Edition. McGraw Hill (Unit1 : Chapter 6; Unit 2: Chapter 10;Unit 3: Chapter 13, Unit 4: Chapter 7;)

**No of classes required to complete the unit (approx.):**

1. Unit 1: 13 classes
2. Unit 2: 13 classes

**Sub topics to be covered and their order along with the respective time frames (if any)**

Unit 1: 3rd Jan -15th Feb

Unit II: 20th Feb -7th April

**Methodology of Teaching:** Reciprocal Teaching, Research, PPT

Assessment

Unit 1: 10th February

Unit II: 21st March

**Criteria of Assessment:**

* Quality of Content
* Knowledge
* Presentation
* Class participation
* Regularity

**Course and Year: Applied psychology (1st Year )**

**Semester: II SEM**

**Taught individually or shared: Shared**

**Paper: Introduction to Psychology-II**

**Faculty:** Dr. Aashima Sharma

**No. of Classes** (per week)**: 2**

**Teaching Plan**

**Resource list**

UNIT 1

Cognition – Concepts and Categorization, Problem Solving & Decision Making

**Readings:**

Atkinson, R. L., Atkinson, R. C., Smith, E. E., Bem, D. J. &Hilgard, E. R. (2013). Introduction to Psychology. New York: H. B. J. Inc. (UNIT 2, Ch. 12, UNIT 3: Ch. 13, UNIT 4: Ch. 9)

Baron,R.A. &Misra,G.(2014). Psychology. New Delhi: Pearson Education. (UNIT 1: Ch. 7, UNIT 2, Ch. 11, UNIT 3: Ch. 12,).

UNIT 2

Intelligence – Nature of intelligence, nature-nurture debate; Theories: Psychometric, Information processing, contemporary theories; culture and intelligence; emotional intelligence; Assessment and application.

**Readings:**

Ciccarelli ,S. K., Meyer, G. E. &Misra, G. (2013). Psychology: South Asian Edition. New Delhi: Pearson Education. (Ch. 8 ,pg 312-348)

Passer, M.W. & Smith, R.E. (2013). Psychology: The Science of Mind and Behaviour. New Delhi: Tata McGraw- Hill (Ch. 9 ,pg312-340; Ch. 12 pg 440-478)

**No of classes required to complete the unit (approx.):**

1. Unit 1: 15 classes
2. Unit 2: 13 classes

**Sub topics to be covered and their order along with the respective time frames (if any)**

Unit 1: 7th April -15h May

Unit II: 25th May -20th July

**Methodology of Teaching:** Reciprocal Teaching, Research, PPT

Assessment

Unit 1: 15th May

Unit II: 10th July

**Criteria of Assessment:**

* Quality of Content
* Knowledge
* Presentation
* Class participation
* Regularity