

**INDIRA GANDHI (P.G.) MAHILA MAHAVIDYALAYA, KAITHAL**

**Affiliated to Kurukshetra University, Kurukshetra**

**Department Of Psychology**

**Lesson Plan (Session 2025-2026)**

Class: B.A.

Semester: I

Name of the Course: Foundations of Psychology

Course Code: B23-PSY-101

Dates: 22 July, 2025 – 24 Nov., 2025

**SYLLABUS**

Maximum Marks: 100

Time: 3 hours

End Term Exam Marks: 50(T) +20(P)=70 Marks

Assessment: 20(T)+10(P)=30 Marks

Note: Examiner will be required to set nine questions in all. First question will be compulsory, consisting of short type question covering the entire syllabus in addition to that eight more questions will be set, two question from each unit. Students will be required to attempt in all. In addition to the compulsory question, student will have to attempt four more questions selecting one question from each unit.

<b>Unit</b>	<b>Topics</b>	<b>Contact Hours</b>
<b>Unit: I</b>	Introduction: Nature and Scope of Psychology; Psychology as a Science and Present Status, Psychology in India. Methods to Study Behaviour: Interview, Case study and Experimental.	14
<b>Unit: II</b>	Sensation: Nature, Characteristics and Types Structure and Functions of Visual and Auditory sensation. Attention: Nature and Characteristics.	14
<b>Unit: III</b>	Emotion: Nature, Factors Affecting and Theories: James Lange, Cannon- Bard and Schachter-Singer. Motivation: Needs, Drives, Incentives, Biological and Social Motives.	14
<b>Unit: IV</b>	Personality: Nature, Factors Affecting and Theories: Allport, Cattell and Eysenck. Intelligence: Nature, Factors Affecting and Theories: Spearman, Thurstone, and Cattell.	14

**Text Books :**

1. Jain, Shashi. Introduction to psychology. New Delhi: Kalyani Publishers, 2019
2. Morgan, C.T., King, R.A., Weisz, J.R., & Schopler, J. (2012). Introduction to Psychology (7<sup>th</sup> Ed.) New Delhi: Tata McGraw-Hill
3. Singh, A.K. (2009). Uchatar Samnya Manovigyan. Delhi: Moti Lal Banarsidas.

**Course Outcomes**

After completing this course, the learner will be able to:

1. Demonstrate an understanding of foundational concepts of psychology and human behaviour.
2. Understand the structure and function of sensory processes.
3. Comprehend theoretical concepts of emotion and motivation.
4. Understand various theories and factors affecting personality and intelligence.
5. Conduct experiments and tests related to Foundations of Psychology

### Lesson Plan

SR. No	Date	Course Content	
		Theory (2)	Practical (2)
1	22 July -25July 2025	Introduction and Nature of Psychology	-----
2	28 July - 2 August	Scope of Psychology and psychology as science	-----
3	4 August -8 August	Present Status of Psychology and Psychology in India	Color Blindness
4	11 August - 14 August	Methods to Study Behavior: Interview	-----
5	18 August - 23August	Case Study and Experimental	NEO-FFI
6	25 August -30 August	Sensation: Nature, Characteristics and Types	-----
7	1 Sept. - 6 Sept.	Structure and Functions of Visual and Auditory Sensation	Simple Reaction Time
8	8 Sept. - 13 Sept.	Attention: Nature and Characteristics	-----
9	15 Sept. - 20 Sept.	Emotion: Nature, Factor Affecting	Study of Emotions
10	22 Sept. - 27 Sept.	Theories: James Lange, Schachter Singer and Cannon Bard	-----
11	29 Sept.- 4 Oct.	Motivation: Needs, Drives	-----
12	6 Oct.- 11 Oct.	Incentives, Biological and Social Motives	Performance Test of Intelligence
13	13 Oct.- 18 Oct.	Personality: Nature, Factor Affecting	-----
14	27 Oct. - 1 Nov.	Theories: Allport, Cattell, Eyesenck	-----
15	3 Nov. - 8Nov	Intelligence: Nature, Factor Affecting	Verbal Test of Intelligence
16	10 Nov-15 Nov	Theories: Spearman, THurstone and Cattell	-----
17	17 Nov -22 Nov	Revision	-----
18	24 Nov.	Revision	-----

**Signature of Teacher**

**Head of Department**

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**Department Of Psychology**

**Lesson Plan (Session 2025-2026)**

Class: B.A.

Name of the Course: Experimental Psychology

Dates: 22 July, 2025 – 24 Nov., 2025

Semester: III

Course Code : B23-PSY-301

**SYLLABUS**

Maximum Marks: 100

End Term Exam Marks: 50(T)+20(P)=70 Marks

Note: Examiner will be required to set nine questions in all. First question will be compulsory, consisting of short type question covering the entire syllabus in addition to that eight more questions will be set, two question from each unit. Students will be required to attempt in all. In addition to the compulsory question, student will have to attempt four more questions selecting one question from each unit.

Time: 3 hours

Assessment: 20(T)+10(P)=30 Marks

<b>Unit</b>	<b>Topics</b>	<b>Contact Hours</b>
<b>Unit: I</b>	Experimental Psychology: Nature and Historical Development. Experimental Method. Perception: Nature and Characteristics. Perception of Form, Depth and Movement.	14
<b>Unit: II</b>	Psychophysics: Nature, Concept of Continuum, and Problems. Methods of Classical Psychophysics: Method of Limits, Constant Stimuli and. Average Error..	14
<b>Unit: III</b>	Learning: Definition, Factors Affecting. Theories of Learning: Trial and Error, Insight and Classical Conditioning. Memory: Process and Types, Methods to Study Memory.	14
<b>Unit: IV</b>	Thinking: Nature and Types. Problem Solving: Nature and Stages of Problem Solving. Verbal Learning: Nature, Material, Method and Organizational Processes.	14

**Text Books :**

1. D' Amato, M.R. (2001) Experimental Psychology: Methodology, Psychophysics and Learning. New Delhi: McGraw Hill.
2. Singh, A.K. (2009) UchattarSamanayaManovigyan. Delhi: Moti Lal Banarsidas.
3. Singh, A. & Singh, U. (1984).PrayogatamakManovigyan.Bhiwani: Vedic Prakashan.
4. Singh, R. &Shyam, R. (2008) AdhunikSangyanatmakManovigyan. Panchkula: Haryana Sahitya Akadami

**Course Outcomes**

After completing this course, the learner will be able to:

1. Develop understanding regarding experimental procedure and perception.
2. Develop an understanding regarding nature and methods of classical psychophysics.
3. Acquaint with processes of Learning and Memory.
4. Acquire understanding regarding Problem Solving and elementary Statistics.
5. Conduct experiments related to their theory paper.

**Lesson Plan**

SR. No	Date	Course Content	
		Theory (2)	Practical (2)
1	22 July -25July 2025	Experimental Psychology: Nature and Historical Development	-----
2	28 July - 2 August	Experimental Method, Perception: Nature	-----
3	4 August -8 August	Characteristics, Perception of Form, Depth and Movement	Muller Lyre Illusion
4	11 August - 14 August	Psychophysics: Nature, Concept of Continuum and Problems	-----
5	18 August - 23August	Methods of classical Psychophysics: Method of Limits and Constant Stimuli, Average error	Absolute Limen by Method of Constant Stimuli
6	25 August -30 August	Learning: definition and factor affecting	-----
7	1 Sept. - 6 Sept.	Theories of Learning: Trial and Error, Insight and Classical Conditioning	Differential Limen
8	8 Sept. - 13 Sept.	Memory: Process and types	-----
9	15 Sept. - 20 Sept.	Method to study Memory	Bilateral Transfer of Learning
10	22 Sept. - 27 Sept.	Thinking: Nature and types	-----
11	29 Sept.- 4 Oct.	Problem solving: Nature	-----
12	6 Oct.- 11 Oct.	Stages of Problem Solving	Problem Solving
13	13 Oct.- 18 Oct.	Verbal learning: Nature	-----
14	27 Oct. - 1 Nov.	Material and Methods of Verbal Learning	-----
15	3 Nov. - 8Nov	Organisational Process of Verbal Learning	Maze Learning
16	10 Nov-15 Nov	Revision	-----
17	17 Nov -22 Nov	Revision	-----
18	24 Nov.	Revision	-----

**Signature of Teacher**

**Head of Department**

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**Lesson Plan (Session 2025-2026)**

Class: B.A.

Semester: V

Name of the Course: Psychological Testing

Course Code : B23-PSY-501

Dates: 22 July, 2025 – 24 Nov., 2025

**SYLLABUS**

Maximum Marks: 100

Time: 3 hours

End Term Exam Marks: 50(T)+20(P)=70 Marks

Assessment: 20(T)+10(P)=30 Marks

Note: Examiner will be required to set nine questions in all. First question will be compulsory, consisting of short type question covering the entire syllabus in addition to that eight more questions will be set, two question from each unit. Students will be required to attempt in all. In addition to the compulsory question, student will have to attempt four more questions selecting one question from each unit.

Unit	Topics	Contact Hours
<b>Unit: I</b>	Psychological Testing : Nature, Historical Background, Characteristics of a good psychological test, limitations and Uses of Psychological Tests. Measurement: Meaning, Level of measurement.	14
<b>Unit: II</b>	Reliability: Meaning, Methods of Estimating Reliability. Factor affecting Reliability. Validity: Meaning, Types of validity, Factors affecting validity. Norms : Meaning, Norms and Types.	14
<b>Unit: III</b>	Test Construction: Steps of test construction Intelligence Testing: Meaning, Historical Development, uses of Intelligence Tests, Types of Intelligence Tests. Pass Along Test, Raven's Progressive Matrices, General Mental Ability Test.	14
<b>Unit: IV</b>	Assessment of Personality: Projective Tests – Meaning, Characteristics and limitations. Word Association Test, Thematic Apperception test. Personality Inventories-, Cattell's 16 Personality factors Questionnaire, NEO Personality Inventory	14

**Text Books :**

1. Anastasi, A. & Urbina, S.(1997). Psychological Testing 7th edition. New Delhi: PHI Suleman,
2. Singh A.K. (2008). Tests, Measurements and Research Methods In Behavioral Sciences. Delhi; Motilal Banarsidas

**Course Outcomes**

After completing this course, the learner will be able to:

1. Acquaint with the meaning, Characteristics of Psychological Test.
2. Will be able to learn the meaning and methods of determining reliability and validity.
3. Will be able to understand about construction and standardization of test and about various Intelligence Tests.
4. Will get knowledge about various personality tests.
5. conduct experiments and tests related to Psychological testing

**Lesson Plan**

SR. No	Date	Course Content	
		Theory (2)	Practical (2)
1	22 July -25July 2025	Students doing their Internship	-----
2	28 July - 2 August	Students doing their Internship	-----
3	4 August -8 August	Psychological Testing: Nature and Historical background	NEO-5 Factor Inventory
4	11 August - 14 August	Characteristics of a good Psychological test	-----
5	18 August - 23August	Limitations and uses of Psychological tests	WAT
6	25 August -30 August	Measurements: meaning and Level of Measurement	----
7	1 Sept. - 6 Sept.	Reliability: Meaning, Factor affecting and Methods of Estimating Reliability	Pass along Test
8	8 Sept. - 13 Sept.	Validity: Meaning, Types and Factor Affecting validity	-----
9	15 Sept. - 20 Sept.	Norms: Meaning and types	Any Verbal Test of Intelligence
10	22 Sept. - 27 Sept.	Test Construction: steps	-----
11	29 Sept.- 4 Oct.	Intelligence testing: meaning and historical development, uses and types	-----
12	6 Oct.- 11 Oct.	Pass along test, RPM, GMAT	TAT
13	13 Oct.- 18 Oct.	Assessment of Personality: Projective Tests- Meaning, Characteristics	-----
14	27 Oct. - 1 Nov.	Limitations of Projective Tests	-----
15	3 Nov. - 8Nov	Word Association Test	16 PF Questionnaire
16	10 Nov-15 Nov	Thematic Apperception Test	-----
17	17 Nov -22 Nov	Personality Inventories- Cattell's 16 PF	-----
18	24 Nov.	NEO Personality Inventory	-----

**Signature of Teacher**

**Head of Department**