**PG.GOVT COLLEGE FOR GIRLS, SECTOR-42, CHANDIGARH**

**Teaching Plan Odd Semester (For PG 1st year)**

**Session (2021-2022)**

**Class: PGDGC**   **Name of the Teacher: Ramanpreet Kaur**

**Subject: Psychology Period :5th &6 th**

**Paper : I,II, III Room No : 314**

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| **S. No** | **Dates** | **Topics to be covered** |
| Week 1 | 13-09-2021 to 18-09-2021 | Paper 1. Unit 1 – Meaning , aims, principles and needs of guidance  Paper 2. Unit 1- Meaning of counselling  Paper 3. Unit1- history of psychological testing, nature and use |
| Week 2 | 20-09-2021 to 25-09-2021 | Paper 1. Unit 1- Types of guidance- personal, social, educational and career  Paper 2. Unit 1- Types and approaches of counselling  Paper 3. Unit 1- Test standardization ( Procedure, test writing) |
| Week 3 | 27-09-2021 to 01-10-2021 | Paper 1. Unit 1- Types of guidance- personal, social, educational and career  Paper 2. Unit 1- Types and approaches of counselling  Paper 3. Unit 1- Test standardization ( Procedure, test writing) |
| Week 4 | 04-10-2021 to 09-10-2021 | Paper 1. Unit 1- Emerging trends of guidance  Paper 2. Unit 1- qualities of effective counselor, self renewal preventive burnout, ethical guidelines  Paper 3. Unit 1- Interpretation of test scores |
| Week 5 | 11-10-2021 to 16-10-2021 | Paper 1. Unit 2 – Individual Inventory Service, Information Service  Paper 2. Unit 2 Theories- Freud, Jung, Rogers, Maslow  Paper 3. Unit 1- Ethical and social issues in testing  Practical 1 |
| Week 6 | 18-10-2021 to 19-10-2021 | Paper 1. Unit 2 –Counselling service, Preparation Service  Paper 2. Unit 2 Theories- Williamson, Cattell, Albert Ellis, Yoga therapy  Paper 3. Unit 2- Intelligence tests and Personality tests |
| **Mid Semester Exam (21st October 2021 – 30th October 2021)** | | |
| Week 7 | 01-11-2021 to 06-11-2021 | Paper 1. Unit 2 –Placement and follow up service  Paper 2. Unit 2 Theories- Skinner and Pavlov  Paper 3. Unit 2- Aptitude and Interest Tests |
| Week 8 | 08-11-2021 to 13-11-2021 | Paper 1. Revision of unit 1 and unit 2, checking notes made by students, group discussions.  Paper 2. Unit 3 Meaning and process of adjustment, adjustment mechanisms, adjustment problems  Paper 3. Unit 2- Interest tests  Practical |
| Week 9 | 15-11-2021 to 20-11-2021 | Paper 1- Unit 3 Essential requisites of guidance programme, Organization of guidance programme for elementary schools  Paper 2 – Unit 3 Causes of maladjustment, differences between adjusted and maladjusted, criteria of good mental health, role of counselor in developing good mental health  Paper 3. Unit 3- Achievement tests |
| Week 10 | 22-11-2021 to 27-11-2021 | Paper 1. Unit 3- Organisation of guidance programme at secondary level  Paper 2. Unit 3 Techniques of stress management  Paper 3. Unit 3- Diagnostic tests: learning difficulty’ behavior problems  Practical |
| Week 11 | 29-11-2021 to 04-12-2021 | Paper 1. Unit 3- Role of teachers, guidance personnel  Paper 2. Unit 3 – Conflict resolution and mediation and violence prevention programs and models.  Paper 3. Unit 3- Administration and interpretation of achievement and diagnostic tests  Practical |
| Week 12 | 06-12-2021 to 11-12-2021 | Paper 1. Unit 2 –Placement and follow up service  Paper 2. Unit 2 Theories- Skinner and Pavlov  Paper 3. Unit 2- Aptitude and Interest Tests |
| Week 13 | 13-12-2021 to 16-12-2021 | Paper 1. Revision of unit 1 and unit 2, checking notes made by students, group discussions.  Paper 2. Unit 3 Meaning and process of adjustment, adjustment mechanisms, adjustment problems  Paper 3. Unit 2- Interest tests  Practical |