**Post Graduate Govt. College for Girls, Sector-42, Chandigarh**

**Teaching Plan (OddSemester) Session (2019-2020)**

**Class: BA III**  **Name of the Teacher: Dr.Rumeena Surjit Singh**

**Subject: Abnormal Psychology Period:3rd**

**Paper: Room No:316**

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| **S. No** | **Dates** | **Topics to be Covered** |
| Week 1 | 23-07-2019 to 27-07-2019 | Unit 1: Introduction to the concept of Abnormality |
| Week 2 | 29-07-2019 to 03-08-2019 | Historical viewpoint of abnormality |
| Week 3 | 05-08-2019 to 10-08-2019 | Psychodynamic viewpoint of abnormality |
| Week 4 | 13-08-2019 to 17-08-2019 | Behavioral viewpoint of abnormality, Practical- PSLE |
| Week 5 | 19-08-2019 to 24-08-2019 | Cognitive Behavioral viewpoint of abnormality |
| Week 6 | 26-08-2019 to 31-08-2019 | Humanistic, and Interpersonal viewpoint of abnormality, Revision, Class test |
| Week 7 | 02-09-2019 to 07-09-2019 | Unit 2-Causes of Abnormal Behaviour  Biological causes |
| Week 8 | 09-09-2019to 14-09-2019 | Psychological causes, Practical- Adjustment Inventory |
| Week 9 | 16-09-2019 to 21-09-2019 | Socio-cultural causes, Revision |
| Week 10 | 23-09-2019 to28-09-2019  (Youth Festival 24-09-2019 to 27-09-2019) | Class test, power point presentations |
| Week 11 | 30-09-2019 to 05-10-2019 | Unit-3. Concept of Stress  Practical |
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| Week 12 | 16-10-2019 to 19-10-2019 | Types of stressors |
| Week 13 | 21-10-2019 to 26-10-2019 | Etiology of stress  Coping strategies- Problem focused and Emotion focused |
| Week 14 | 29-10-2019 to 02-11-2019 | Effects of stress, Practical-  Revision |
| Week 15 | 04-11-2019 to 09-11-2019 | Unit 4- significance of statistics:  Mean, standard deviation |
| Week 16 | 11-11-2019 to 16-11-2019 | Correlation, revision |
| Week 17 | 18-11-2019 to 23-11-2019 | Significance of difference between means (correlated and uncorrelated) |
| Week 18 | 25-11-2019 to 30-11-2019 | Class test, presentations |