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

**Teaching Plan Session Odd Semester**

**(2018-19)**

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

**Subject:Psychology Period : 2nd**

**Paper : I Room No :313**

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| **S. No** | **Date From** | | **Date Upto** | **Topics to be covered** |
| Week 1 | **(For ongoing classes)** | | | Unit 1: Introduction to the concept of Abnormality |
| July 24, 2018 | | July 28, 2018 |
| Week 2 | July 30, 2018 | August 4, 2018 | | Historical viewpoint of abnormality |
| Week 3 | August 6, 2018 | August 11, 2018 | | Psychodynamic viewpoint of abnormality |
| Week 4 | August 13, 2018 | August 18, 2018 | | Behavioral viewpoint of abnormality, Practical- PSLE |
| Week 5 | August 20, 2018 | August 25, 2018 | | Cognitive Behavioral viewpoint of abnormality |
| Week 6 | August 27, 2018 | September 1, 2018 | | Humanistic, and Interpersonal viewpoint of abnormality, Revision, Class test |
| Week 7 | September 3, 2018 | September 8, 2018 | | Unit 2-Causes of Abnormal Behaviour  Biological causes |
| Week 8 | September 10, 2018 | September 15, 2018 | | Psychological causes, Practical- Adjustment Inventory |
| Week 9 | September 17, 2018 | September 22, 2018 | | Socio-cultural causes, Revision |
| Week 10 | September 24, 2018 | September 29, 2018 | | Class test, power point presentations |
| Week 11 | October 1, 2018 | October 8, 2018 | | Unit-3. Concept of Stress  Practical |
| **MID SEMESTER EXAMINATION (October 11, 2018 to October 17, 2018)** | | | | |
| Week 12 | October 20, 2018 | October 27, 2018 | | Types of stressors |
| Week 13 | October 29, 2018 | November 3, 2018 | | Etiology of stress  Coping strategies- Problem focused and Emotion focused |
| Week 14 | November 5, 2018 | November 10, 2018 | | Effects of stress, Practical-  Revision |
| Week 15 | November 12, 2018 | November 17, 2018 | | Unit 4- significance of statistics:  Mean, standard deviation |
| Week 16 | November 19, 2018 | November 22, 2018 | | Correlation, revision |
| Week 17 | November 26, 2018 | December 1, 2018 | | Significance of difference between means (correlated and uncorrelated) |