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

**Teaching Plan for Post Graduate (First Semester)**

**Session (2020-2021)**

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

**Subject: Psychology Paper: I,II,III**

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| **S. No** | **Dates** | **Topics to be Covered** |
| Week 1 | 03/11/2020 – 07/11/2020 | Meaning, aims, principles, and needs of Guidance  To understand the meaning, types and techniques of counseling  History of Psychological Testing  The nature and uses of psychological tests  Test standardization: procedure, reliability and validity |
| Week 2 | 09/11/2020 – 12/11/2020 | Types of guidance: Personal, Social, Educational, Career, Leisure time, Health and guidance for children with different abilities  To learn about theories of counseling  Interpretation test scores: Qualitative and Quantitative |
| Week 3 | 16/11/2020 – 21/11/2020 | Emerging trends of Guidance  To develop counseling skills in conducting counseling sessions  Ethical and social issues in testing  Intelligence. Verbal, Non-Verbal & Performance tests (Practical) |
| Week 4 | 23/11/2020 – 28/11/2020 | Individual Inventory service  To learn about new emerging areas of counselling  Personality: Self report inventories, projective tests, scales, 'situational test.  (Practicals) |
| Week 5 | 01/12/2020 – 05/12/2020 | Information service  Meaning, historical development and Importance of counselling  Aptitudes: Differential & Specific abilities (DAT, Music, Art, Science. Maths, Teaching). (Practical) |
| Week 6 | 07/12/2020 – 12/12/2020 | Counseling service  Types: Individual and Group counseling.  Interests: Educational and Vocational  Attitudes: Diversities (Religion, Culture, and language)  (Practical) |
| Week 7 | 14/12/2020 – 18/12/2020 | Placement & Follow-up service  Approaches of counselling: Directive, Non directive. Eclectic counseling.  Achievement test: Use of teacher made and standardized subject specific tests  Diagnostic test: Learning difficulties; Behaviour problems  (Practical) |
| Week 8 | 21/12/2020 – 26/12/2020 | Essential requisites of Guidance Programme  Techniques in counseling: Testing and Non Testing techniques  Psychoanalytical theory (Freud, Jung)  Administration and interpretation of achievement and diagnostic tests. (Practical) |
| Week 9 | 28/12/2020 – 02/01/2021 | Organization of guidance programme for elementary schools  The counselor-Qualities of effective counselor, self renewal: preventive burnout, ethical standards and legal considerations in counselling  Self concept/actualization theory (Rogers, Maslow)  Descriptive statistics: measurers of central tendency, percentiles, measures of variability  (Practical) |
| Week 10 | 04/01/2021 – 09/01/2021 | Organization of guidance programme for elementary schools  Trait theory (Cattell)  Rational emotive theory (Albert Ellis)  Pearson’s Product Moment & Spearman’s Rank order correlation  (Practical) |
| Week 11 | 11/01/2021 – 16/01/2021 | Role of teachers, guidance personnel in organizing of the guidance programs.  Indian therapeutic approach (Patanjali's Yoga therapy)  Behavioristic (Skinners. Pavlov)  Normal probability curve and its applications  (Practical) |
| Week 12 | 18/01/2021 – 23/01/2021 | Management of resources in guidance programme.  Meaning and process of adjustment, adjustment mechanisms, adjustment problems of children and adolescents.  Causes of maladjustment, physical, emotional, mental and social.  Inferential statistics: parametric techniques (z test, t test and ANOVA (one way) and non parametric techniques (chi- square test and median test)  (Practical) |
| Week 13 | 25/01/2021 – 30/01/2021 | Skill of using Information Technology and Internet  Differences between adjusted and maladjusted adolescents, criteria of good mental health, role of counselor in developing good mental health  Techniques of stress management, conflict resolution and mediation and violence prevention programs and models  (Practical) |
| Week 14 | 01/02/2021 – 06/02/2021 | Use online testing services, guidance services for education and career information  Building Trust: Listening, attending, building rapport, demonstrating empathy, observing  Resource sharing.  (Practical) |
| Week 15 | 08/02/2021 – 13/02/2021 | Interview: types of Interview, procedure of conducting interview: preparation, process, interpretation, recording, termination  Speciation concerns in counseling Substance abuse. Drug addition. HIV AIDS; Child abuse (trauma), internet and technological abuse. Gerontology. Counseling for aging population); Life long learning; Preparation for family life (parenting and child rearing)  Professional interest and trends.  (Practical) |
| Week 16 | 15/02/2021 – 20/02/2021 | Presentations |
| Week 17 | 22/02/2021 – 27/02/2021 | Revision, viva, test, mcq google quiz |