

LESSON PLAN (Psychology)

Session 2025-26

Name of Assistant Professor: **Dr. Twinkle Manhas**

Class: **B.A. 1st (Semester-I)**

Subject: **Foundations of Psychology** Course code: **B23-PSY-101**

Lesson Plan: **22nd July 2025 to 24th Nov'25**

MONTH/WEEK **LESSON/s TO BE COVERED IN CLASSROOM** **CONTACT HOURS:56(T)+32(P)**

July/Week 1	Theory: Introduction: Nature and Scope of Psychology
July/Week 2	Theory: Psychology as a Science and present status Practical: Personality Test
Aug/Week 3	Theory: Psychology in India Practical: Personality Test
Aug/Week 4	Theory: Methods to study behavior: Interview, Case study Practical: Study of Emotions
Aug/Week 5	Theory: Methods to study behavior: Experimental Method Practical: Study of Emotions
Aug/Week 6	Theory: Sensation: Nature, Characteristics Practical: Verbal test of Intelligence
Sep/Week 7	Theory: Structure and Functions of Visual Practical: Verbal Test of Intelligence
Sep/Week 8	Theory: Auditory sensation Assignment/Presentation-1
Sep/Week 9	Theory: Attention: Nature and Characteristics Practical: RPM
Sep/Week 10	Theory: Emotion: Nature, Factors Practical: RPM
Oct/Week 11	Theory: Theories of Emotion
Oct/Week 12	Theory: Motivation: Needs, Drives, Incentives Practical: RPM
Oct/Week 13	Theory: Biological and Social Motives
Oct/Week 14	Diwali breaks
Oct/Week 15	Theory: Personality: Nature, Factors
Nov/Week 16	Theory: Theories of Personality
Nov/Week 17	Theory: Theories of Intelligence
Nov/Week 18	Revision
Nov-Dec	Examinations


H.O.D

PRINCIPAL

LESSON PLAN (Psychology)

Session 2025-26

Name of Assistant Professor: Dr. Twinkle Manhas

Class: B.A. 2nd (Semester-III)

Subject: Experimental Psychology Course code: B23-PSY-301

Lesson Plan: 22nd July'25 to 24th Nov'25

MONTH/WEEK	LESSON/s TO BE COVERED IN CLASSROOM	CONTACT HOURS: 56(T)+32(P)
July/Week 1	Theory: Introduction & Nature: Experimental Psychology	
July/Week 2	Theory: Historical Development Practical: STM/LTM	
Aug/Week 3	Theory: Experimental Method Practical: STM/LTM	
Aug/Week 4	Theory: Perception: Nature, Characteristics Practical: AL	
Aug/Week 5	Theory: Perception of Form, Depth Practical: AL	
Aug/Week 6	Theory: Perception of Movement Practical: DL	
Sep/Week 7	Theory: Psychophysics: Nature, Concept of Continuum and Problems Practical: DL	
Sep/Week 8	Theory: Methods of Classical Psychophysics: Method of Limits Assignment/Presentation-1	
Sep/Week 9	Theory: Method of Constant Stimuli Practical: Muller Lyer	
Sep/Week 10	Theory: Method of Average Error Practical: Muller Lyer	
Oct/Week 11	Theory: Learning: Definition, Factors, Theories of Learning: Trial and Error	
Oct/Week 12	Theory: Insights and Classical Conditioning	
Oct/Week 13	Theory: Memory: Process & Types, Methods	
Oct/Week 14	Diwali breaks	
Oct/Week 15	Theory: Thinking: Nature & Types	
Nov/Week 16	Theory: Problem Solving: Nature & Stages	
Nov/Week 17	Theory: Verbal Learning	
Nov/Week 18	Revision	
Nov-Dec	Examinations	

H.O.D. 21/07/25

PRINCIPAL

LESSON PLAN (Psychology)

Session 2025-26

Name of Assistant Professor: Dr. Twinkle Manhas

Class: B.A. 2nd (Semester-V)

Subject: Psychological Testing Course code: B23-PSY-501

Lesson Plan: 22nd July'25 to 24th Nov'25

MONTH/WEEK	LESSON/s TO BE COVERED IN CLASSROOM	CONTACT HOURS:45(T)+30(P)
July/Week 1	Theory: Psychological Testing: nature	
July/Week 2	Theory: Psychological testing: History, Characteristics of good test, limitations Practical: Verbal Test of intelligence	
Aug/Week 3	Theory: Psychological Testing: Uses of test Practical: Verbal test of intelligence	
Aug/Week 4	Theory: Measurement: meaning, level of measurement Practical: Non verbal test of intelligence	
Aug/Week 5	Theory: Reliability: meaning, methods Practical: Non verbal test of intelligence	
Aug/Week 6	Theory: Factors affecting reliability Practical: TAT	
Sep/Week 7	Theory: Validity: meaning, types Practical: TAT	
Sep/Week 8	Assignment/Presentation-1 Practical: TAT	
Sep/Week 9	Theory: Factors affecting validity	
Sep/Week 10	Theory: Test construction: steps Intelligence testing: Meaning, history, uses of test, types of intelligence tests	
Oct/Week 11	Theory: Pass Along test, Raven's Progressive Matrices, General Mental Ability Test Theory: Assessment of Personality: Projective tests- meaning, characteristics,	
Oct/Week 12	limitations	
Oct/Week 13	Theory: Word Association Test	
Oct/Week 14	Diwali breaks	
Oct/Week 15	Thematic Appreciation test	
Nov/Week 16	Theory: Personality inventories- Cattell's 16 PF Questionnaire	
Nov/Week 17	Theory: NEO Personality Inventory	
Nov/Week 18	Revision	
Nov-Dec	Examinations	

H.O.D

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