

**GOVT. COLLEGE, CHAMU KALAN, KURUKSHETRA**  
**DEPARTMENT OF PSYCHOLOGY**  
**LESSON PLAN 2026-27 (ODD SEMESTER)**

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

Class: **B.A. 3<sup>rd</sup> (Semester-V)**

Subject: **Psychological Testing**

Course code: **B23-PSY-501**

Lesson Plan: **1<sup>st</sup> Aug 2026 – 4<sup>th</sup> Dec 2026**

| <b>MONTH/WEEK</b>              | <b>LESSON/S TO BE COVERED IN CLASSROOM</b>                                                                                                    |
|--------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Aug/Week 1</b>              | <b>Theory: Psychological Testing: Nature</b>                                                                                                  |
| <b>Aug/Week 2</b>              | <b>Theory: Psychological testing : History , Characteristics of a good test, limitations</b><br><b>Practical: Verbal Test of Intelligence</b> |
| <b>Aug/Week 3</b>              | <b>Theory: Psychological Testing: Uses of Test</b>                                                                                            |
| <b>Aug/Week 4</b>              | <b>Theory: Measurement: Meaning, Level of measurement</b><br><b>Practical: Non verbal Test of Intelligence</b>                                |
| <b>Sep/Week 5</b>              | <b>Theory: Reliability: Meaning, methods</b>                                                                                                  |
| <b>Sep/Week 6</b>              | <b>Theory: Factors Affecting Reliability</b><br><b>Practical: TAT</b>                                                                         |
| <b>Sep/Week 7</b>              | <b>Theory: Validity: Meaning, Types</b>                                                                                                       |
| <b>Sep/Week 8</b>              | <b>Assignment/Presentation</b>                                                                                                                |
| <b>Sep/Week 9</b>              | <b>Theory: Factors Affecting Validity</b>                                                                                                     |
| <b>Oct/Week 10</b>             | <b>Theory: Test Construction: Steps</b>                                                                                                       |
| <b>Oct/Week 11</b>             | <b>Theory: Intelligence Testing: Meaning, History</b>                                                                                         |
| <b>Oct/Week 12</b>             | <b>Theory: Uses of Test, Types of Intelligence Tests</b>                                                                                      |
| <b>Oct/Week 13</b>             | <b>Theory: Pass Along Test, Raven's Progressive Matrices</b>                                                                                  |
| <b>Nov/Week 14</b>             | <b>DIWALI BREAKS</b>                                                                                                                          |
| <b>Nov/Week 15</b>             | <b>Theory: General Mental Ability Test , Assessment of Personality: Projective Tests-Meaning</b>                                              |
| <b>Nov/Week 16</b>             | <b>Theory: Projective Tests- Characteristics, limitations</b><br><b>Practical: Word Association test</b>                                      |
| <b>Nov/Week 17</b>             | <b>Theory: Personality Inventories-Cattell's 16 PF Questionnaire</b>                                                                          |
| <b>Nov/Week 18</b>             | <b>Theory: NEO Personality Inventory &amp; Revision</b>                                                                                       |
| <b>Nov-Dec/Week 19 onwards</b> | <b>Preparatory holidays &amp; Examination</b>                                                                                                 |

*Twinkle Manhas*  
19/7/26  
HOD, Psychology

Principal

**GOVT. COLLEGE, CHAMU KALAN, KURUKSHETRA**  
**DEPARTMENT OF PSYCHOLOGY**  
**LESSON PLAN 2026-27 (EVEN SEMESTER)**

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

Class: **B.A. 3<sup>rd</sup> (Semester-VI)**

Subject: **Counselling**

Course Code: **B23-PSY-601** Lesson Plan: **1<sup>st</sup> Jan 2027 -7<sup>th</sup> May 2027**

**MONTH/WEEK**

**LESSON/s TO BE COVERED IN CLASSROOM**

|                            |                                                                                                             |
|----------------------------|-------------------------------------------------------------------------------------------------------------|
| <b>Jan/Week 1</b>          | <b>Theory: Introductory Lecture on Counselling (Meaning)</b>                                                |
| <b>Jan/Week 2</b>          | <b>Theory: Principles, Historical Antecedents</b>                                                           |
| <b>Jan/Week 3</b>          | <b>Theory: Scope and Goals</b>                                                                              |
| <b>Jan/Week 4</b>          | <b>Theory: Types: Directive and Non directive<br/>Practical: Counselling Need Inventory</b>                 |
| <b>Feb/Week 5</b>          | <b>Theory: Ethical Issues in Counselling<br/>Practical: Aptitude Scale</b>                                  |
| <b>Feb/Week 6</b>          | <b>Theory: Building Counselling Relationship, Process of Counselling<br/>Practical: Anxiety Inventory</b>   |
| <b>Feb/Week 7</b>          | <b>Theory: Code of ethics for counsellors<br/>Practical: Stress Scale</b>                                   |
| <b>Feb/Week 8</b>          | <b>Assignment/Presentation</b>                                                                              |
| <b>Mar/Week 9</b>          | <b>Theory: The Counsellor: Personal and Professional characteristics<br/>Practical: Impulsiveness Scale</b> |
| <b>Mar/Week 10</b>         | <b>Theory: Skills of counselor</b>                                                                          |
| <b>Mar/Week 11</b>         | <b>Theory: Techniques of Therapist: Psychoanalytic Therapy</b>                                              |
| <b>Mar/Week 12</b>         | <b>HOLI BREAKS</b>                                                                                          |
| <b>Apr/Week 13</b>         | <b>Theory: Person-Centered Therapy</b>                                                                      |
| <b>Apr/Week 14</b>         | <b>Theory: Behavioural Therapy</b>                                                                          |
| <b>Apr/Week 15</b>         | <b>Theory: Cognitive Therapy</b>                                                                            |
| <b>Apr/Week 16</b>         | <b>Theory: Application of Counselling: Personal Counselling</b>                                             |
| <b>May/Week 17</b>         | <b>Theory: School Counselling and Career Counselling</b>                                                    |
| <b>May/Week 18</b>         | <b>Theory: Family Counselling &amp; Group Counselling</b>                                                   |
| <b>May/Week 19 onwards</b> | <b>Examination</b>                                                                                          |

  
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