

UNIT	Date	Hours	Syllabus topics	Taxonomy Level	General objective	Learning objective	Pedagogy	Question Bank
UNIT - I	16.06.2025 17.06.2025 18.06.2025	3	Concept and definition of Psychology	Understand	To introduce students to the foundational concept and scientific definition of psychology.	<ul style="list-style-type: none"> •To explain Concept of Psychology •To explain psychology as a science. •To explore the historical evolution of psychology. •To explain how psychology evolve as different discipline from philosophy. •To apply relevance of psychology across various fields like education, health, business, and sports. •To describe various definition of psychology. •To describe modern definition of psychology •To Differentiate between behavior and mental processes. 	Interactive lecture	<ul style="list-style-type: none"> •Explain Concept of Psychology •Explain psychology as a science •Explore the historical evolution of psychology •Explain how psychology evolved as different discipline from philosophy •Apply relevance of psychology across various fields like education, health, business, and sports •Describe various definitions of psychology •Describe modern definition of psychology •Differentiate between behavior and mental processes
	19.06.2025 20.06.2025	2	Nature and Scope of Psychology	Understand	To understand the nature of psychology as a scientific discipline.	<ul style="list-style-type: none"> • To discuss nature of psychology as both a science and a social science. • To explore the interdisciplinary nature of psychology and its connection with biology, sociology, education, etc. • To Identify the main goals of psychology. • To Identify the characteristics that make psychology a scientific. 	Brainstorming activity	<ul style="list-style-type: none"> •Discuss nature of psychology as both a science and a social science •Explore the interdisciplinary nature of psychology and its connection with biology, sociology, education, etc. •Identify the main goal of psychology •Identify the characteristics that make psychology scientific
	24.06.2025 25.06.2025 26.06.2025	3	Branches of psychology	Understand	To provide students with a understanding of the various branches of psychology, and their practical applications in different real-life contexts.	<ul style="list-style-type: none"> •To list 12 major branches of psychology. •To describe 12 branches of psychology. •To discuss the focus and scope of 12 branches of psychology. •To Explore how each branch contributes to understanding and improving human behavior. •To Recognize the roles and responsibilities of professionals working in psychological domains. 	Jigsaw Method with Quiz	<ul style="list-style-type: none"> •List 12 major branches of psychology •Describe 12 branches of psychology •Discuss the focus and scope of 12 branches of psychology •Explore how each branch contributes to understanding and improving human behavior •Discuss the roles and responsibilities of professionals working in psychological domains
			Scope of Psychology	Understand	To explore its broad scope across various field of psychology.	<ul style="list-style-type: none"> • To Explore career opportunities of Psychology in 12 sectors. • To discuss professional roles of psychologists in 12 sectors. • To compare the role of psychologist, Social worker and psychiatrist. 	Discussion	<ul style="list-style-type: none"> •Explore career opportunities of Psychology in 12 sectors •Discuss professional roles of psychologists in 12 sectors •Compare the role of psychologist, social worker, and psychiatrist
	27.06.2025	1	Application of Psychology to society and social problems.	Apply	To enable students to understand how psychology and its practices can be applied to address societal challenges and social issues, thereby enhancing individual and community well-being.	<ul style="list-style-type: none"> •To discuss how psychological principles are used to analyze and address social issues such as poverty, discrimination, violence, addiction, and mental health stigma. •To Explore the role of psychologists in community development and policy-making. •To Develop awareness of ethical considerations when applying psychology to social contexts. •To discuss critical thinking about social justice and the role of mental health in public welfare. •To examine the influence of group behavior, social norms, and cultural factors on individual actions. •To Identify psychological strategies used in conflict resolution, behavior change, and social intervention. 	Case-based learning	<ul style="list-style-type: none"> •Discuss how psychological principles are used to analyze and address social issues such as poverty, discrimination, violence, addiction, and mental health stigma •Explore the role of psychologists in community development and policy-making •Develop awareness of ethical considerations when applying psychology to social contexts •Discuss critical thinking about social justice and the role of mental health in public welfare •Examine the influence of group behavior, social norms, and cultural factors on individual actions •Identify psychological strategies used in conflict resolution, behavior change, and social intervention
	30.06.2025 01.07.2025	2	Characteristics of psychological studies	Understand	To help students understand the essential characteristics that make psychological studies scientific, objective, and reliable, fostering a critical approach to studying human behavior and mental processes.	<ul style="list-style-type: none"> •To Define what makes a study "psychological" and "scientific." •To Identify 6 key characteristics of psychological studies. •To discuss the importance of hypothesis testing and theory development in psychology. •To Differentiate between qualitative and quantitative approaches in psychological research. •To explain the role of research design, sampling, and statistical analysis in drawing valid conclusions. •To describe a basic understanding of how psychologists gather and interpret data. •To Recognize the limitations and ethical challenges in conducting psychological studies. 	Lecture Method	<ul style="list-style-type: none"> •Define what makes a study "psychological" and "scientific" •Identify 6 key characteristics of psychological studies •Discuss the importance of hypothesis testing and theory development in psychology •Differentiate between qualitative and quantitative approaches in psychological research •Explain the role of research design, sampling, and statistical analysis in drawing valid conclusions •Describe a basic understanding of how psychologists gather and interpret data •Discuss the limitations and ethical challenges in conducting psychological studies
	02.07.2025 03.07.2025	2	Research Methods - Observation method	Apply	To enable students to understand the observation method as a key research tool in psychology, including its types, features, advantages, and limitations in studying human behavior.	<ul style="list-style-type: none"> •To Define the observation method in psychological research. •To Identify different types of observation •To Define naturalistic observation type •To define controlled observation type •To Define participant observation type •To Define non-participant observation types. •To Differentiate between Participant and non-participant observation method type •To Differentiate between naturalistic and controlled observation method •To discuss the characteristics of effective observation •To list the 8 advantages of the observation method •To Discuss the 5 limitations and ethical concerns related to observational studies. •To Apply observational techniques in simple classroom or social settings for practical understanding. 	Video analysis	<ul style="list-style-type: none"> •Define the observation method in psychological research •Identify different types of observation •Define naturalistic observation •Define controlled observation •Define participant observation •Define non-participant observation •Differentiate between participant and non-participant observation •Differentiate between naturalistic and controlled observation •Discuss the characteristics of effective observation •List 8 advantages of the observation method •Discuss 5 limitations and ethical concerns related to observational studies •Apply observational techniques in simple classroom or social settings for practical understanding
	04.07.2025 07.07.2025	2	Research Methods - Survey Method	Apply	To help students understand the survey method as a widely used research technique in psychology for collecting information about people's attitudes, opinions, and behaviors through structured questionnaires or interviews.	<ul style="list-style-type: none"> •To Define the survey method •To explain its purpose in psychological research. •To Identify the key components of a survey. •To explain the types of survey methods: online, face-to-face, telephone, and written formats. •To describe the steps involved in conducting a survey. •To Discuss the 5 advantages of using survey method. •To discuss 5 limitations of survey method. •To Learn how to interpret and analyze survey data. •To Apply knowledge of surveys to design basic questionnaires related to psychological topics. 	Design a Simple survey	<ul style="list-style-type: none"> •Define the survey method •Explain its purpose in psychological research •Identify the key components of a survey •Explain the types of survey methods: online, face-to-face, telephone, and written formats •Describe the steps involved in conducting a survey •Discuss 5 advantages of using the survey method •Discuss 5 limitations of the survey method •Learn how to interpret and analyze survey data •Apply knowledge of surveys to design basic questionnaires related to psychological topics
	09.07.2025 10.07.2025	1	Research method- Case study	Apply	To help students understand the case study method as an in-depth, and to explore an individual, group, or situation over time to gain detailed insights into behavior, mental processes, and psychological conditions.	<ul style="list-style-type: none"> •To Define the case study method. •To Describe the features of a case study. •To Identify when and why the case study method is used. •To explain the steps involved in conducting a psychological case study. •To Recognize the 5 strengths of case studies. •To Discuss 5 limitations of case study. •To Analyze examples of famous psychological case studies. •To discuss the ethical considerations in case study research. 	Case study report analysis	<ul style="list-style-type: none"> •Define the case study method •Describe the features of a case study •Identify when and why the case study method is used •Explain the steps involved in conducting a psychological case study •Recognize 5 strengths of case studies •Discuss 5 limitations of case studies •Analyze examples of famous psychological case studies •Discuss the ethical considerations in case study research
	14.07.2025	1	Research Method- Clinical study	Apply	To enable students to understand the clinical study method as a psychological approach focused on assessing, diagnosing, and treating mental, emotional, and behavioral disorders through structured evaluation and therapeutic intervention.	<ul style="list-style-type: none"> •To Define clinical study. •To explain its purpose in psychology. •To discuss the role of clinical psychologists in diagnosis and treatment. •To Identify the tools and techniques used in clinical studies. •To Discuss the process of clinical evaluation and case formulation. •To discuss ethical considerations involved in clinical research and therapy. •To apply clinical studies in various settings. •To list 5 advantages of clinical study. •To discuss 5 disadvantages of clinical study. 	Discussion on Famous cases	<ul style="list-style-type: none"> •Define clinical study •Explain its purpose in psychology •Discuss the role of clinical psychologists in diagnosis and treatment •Identify the tools and techniques used in clinical studies •Discuss the process of clinical evaluation and case formulation •Discuss ethical considerations involved in clinical research and therapy •Apply clinical studies in various settings •List 5 advantages of clinical study •Discuss 5 disadvantages of clinical study
	15.07.2025 16.07.2025	2	Research methods- Experimental Method	Apply	To help students understand the experimental method as a scientific approach used in psychology to establish cause-and-effect relationships by manipulating variables under controlled conditions.	<ul style="list-style-type: none"> •To Define the experimental method. •To discuss its importance in psychological research. •To Identify the key components of an experiment. •To infer the process of formulating hypotheses and testing them through controlled experiments. •To Explain the steps involved in conducting a psychological experiment. •To Recognize 5 advantages of the experimental method. •To Discuss 5 limitations of Experimental method. •To Analyze simple examples of psychological experiments. •To discuss the ethical consideration in experimental research involving human participants. 	Discussion on famous Experiments	<ul style="list-style-type: none"> •Define the experimental method •Discuss its importance in psychological research •Identify the key components of an experiment •Infer the process of formulating hypotheses and testing them through controlled experiments •Explain the steps involved in conducting a psychological experiment •Recognize 5 advantages of the experimental method •Discuss 5 limitations of the experimental method •Analyze simple examples of psychological experiments •Discuss ethical considerations in experimental research involving human participants

UNIT-2	17.07.2025 18.07.2025 21.07.2025	3	Visual sense	Understand	To gain basic knowledge of the human visual system, and understand how visual information is processed, and its role in perception and behavior.	<ul style="list-style-type: none"> •To Identify the key anatomical components of the visual system. •To understand the structure and function of the human eye. •To explain the process of visual transduction and how light is converted into neural signals. •To explore 2 theories of color vision – Trichromatic theory, opponent-process theory. •To understand colour blindness •To examine common visual illusions as evidence of perceptual processing in the brain. •To compare and contrast normal and impaired vision. 	Short documentary clips + PPT	<ul style="list-style-type: none"> •Identify the key anatomical components of the visual system •Understand the structure and function of the human eye •Explain the process of visual transduction and how light is converted into neural signals •Explore two theories of color vision – Trichromatic theory, Opponent-process theory •Understand colour blindness •Examine common visual illusions as evidence of perceptual processing in the brain •Compare and contrast normal and impaired vision
	22.07.2025 23.07.2025 24.07.2025	3	Auditory Sense	Understand	To provide basic knowledge of the auditory system, and enabling them to understand how sound is detected, transmitted, and interpreted by the brain, and how hearing influences human perception and behavior.	<ul style="list-style-type: none"> •To identify key components of sound •To Describe the anatomy and functioning of the ear (outer, middle, and inner ear). •To Explain the process of auditory transduction and the role of the cochlea and hair cells. •To Explain the neural pathways from the ear to the auditory cortex in the brain •To Differentiate between key auditory concepts such as pitch, loudness, and timbre •To Understand how binaural cues contribute to sound localization. •To understand theories of hearing such as Place Theory and Frequency Theory. •To Recognize common auditory disorders and their psychological implications. 	Short documentary clips + PPT	<ul style="list-style-type: none"> •Identify key components of sound •Describe the anatomy and functioning of the ear (outer, middle, and inner ear) •Explain the process of auditory transduction and the role of the cochlea and hair cells •Identify the neural pathways from the ear to the auditory cortex in the brain •Differentiate between key auditory concepts such as pitch, loudness, and timbre •Understand how binaural cues contribute to sound localization •Understand theories of hearing such as Place Theory and Frequency Theory •Discuss common auditory disorders and their psychological implications
			Gustatory Sense	Understand	To understand the physiological basis and psychological aspects of taste perception and its role in survival and behavior.	<ul style="list-style-type: none"> •To Describe the anatomy of taste receptors and taste buds. •To Identify the five basic taste sensations (sweet, sour, salty, bitter, umami). •To Understand the neural pathways from the tongue to the brain's gustatory cortex. •To Examine the influence of other senses on taste perception. •To cultural and individual differences in taste preferences. •To Recognize taste disorders and their psychological effects. 	Short documentary clips + PPT	<ul style="list-style-type: none"> •Describe the anatomy of taste receptors and taste buds •Identify the five basic taste sensations (sweet, sour, salty, bitter, umami) •Understand the neural pathways from the tongue to the brain's gustatory cortex •Examine the influence of other senses on taste perception •Explore cultural and individual differences in taste preferences •Recognize taste disorders and their psychological effects
	28.07.2025 29.07.2025	2	Olfactory Sense	Understand	To develop an understanding of the olfactory system, including how odors are detected and processed, and their influence on memory, emotion, and behavior.	<ul style="list-style-type: none"> •To Describe the anatomy of the olfactory system. •To Explain the neural process of olfactory transduction. •To Understand the direct neural pathway from the nose to the limbic system and its emotional impact. •To Identify how the brain distinguishes and identifies different odors. •To Discuss the role of olfaction in taste, memory, and social interactions. •To Explore individual and cultural variations in odor perception. •To recognize common olfactory disorders and their psychological implications. 	Short documentary clips + PPT	<ul style="list-style-type: none"> •Describe the anatomy of the olfactory system •Explain the neural process of olfactory transduction •Understand the direct neural pathway from the nose to the limbic system and its emotional impact •Identify how the brain distinguishes and identifies different odors •Discuss the role of olfaction in taste, memory, and social interactions •Explore individual and cultural variations in odor perception •Discuss common olfactory disorders and their psychological implications
			Tactile Sense	Understand	To provide a understanding of the tactile sensory system and its role in detecting physical stimuli, maintaining body awareness, and influencing emotional responses.	<ul style="list-style-type: none"> •To Describe the types of skin receptors involved in touch, pressure, temperature, and pain. •To Explain the neural pathways involved in tactile sensation from skin to somatosensory cortex. •To Differentiate between various tactile stimuli and their perception. •To Understand the role of touch in human development and emotional bonding. •To Discuss the concept of pain perception and the Gate Control Theory of pain. •To Examine the psychological effects of touch deprivation or hypersensitivity. •To Recognize disorders associated with tactile processing. 	Short documentary clips + PPT	<ul style="list-style-type: none"> •Describe the types of skin receptors involved in touch, pressure, temperature, and pain •Explain the neural pathways involved in tactile sensation from skin to somatosensory cortex •Differentiate between various tactile stimuli and their perception •Understand the role of touch in human development and emotional bonding •Discuss the concept of pain perception and the Gate Control Theory of pain •Examine the psychological effects of touch deprivation or hypersensitivity •Recognize disorders associated with tactile processing
	30.07.2025 31.07.2025	2	Attention characteristics	Understand	To develop a foundational understanding of attention, its nature, types, and key characteristics, and to help students recognize how attention influences perception and behavior.	<ul style="list-style-type: none"> •To Define attention. •To Identify major characteristics of attention •To Differentiate between Voluntary, involuntary and habitual attention. •To Explain the internal factors that influence attention •To explain external determinants that influence Attention. •To explain physiological process of information attended in the environment •To Demonstrate basic observation or reflective activities related to attentional processes 	Demonstrations	<ul style="list-style-type: none"> •Define attention •Identify major characteristics of attention •Differentiate between voluntary, involuntary, and habitual attention •Explain the internal factors that influence attention •Explain external determinants that influence attention •Explain the physiological process of information attended in the environment
	01.08.2025 05.08.2025	2	Selective Attention	Understand	To understand the concept of selective attention and recognize its role in processing information while filtering out distractions in various cognitive tasks.	<ul style="list-style-type: none"> •To Define selective attention and its significance in everyday functioning. •To Explain the cognitive mechanisms involved in selective attention. •To Describe Broadbent's Filter Model of selective attention •To Describe Treisman's Attenuation Theory of selective attention •To Describe Bottleneck's Model of Selective Attention •To explain 'Cocktail party effect' 	Activity+Lecture Method	<ul style="list-style-type: none"> •Define selective attention and its significance in everyday functioning •Explain the cognitive mechanisms involved in selective attention •Describe Broadbent's Filter Model of selective attention •Describe Treisman's Attenuation Theory of selective attention •Describe Bottleneck's Model of selective attention •Explain the 'Cocktail Party Effect'
	06.08.2025	1	Divided Attention	Understand	To understand the concept of divided attention and its impact on the ability to perform multiple tasks simultaneously, including its cognitive limitations and real-world applications.	<ul style="list-style-type: none"> •To Define divided attention •To Describe key psychological studies related to divided attention •To Identify factors that influence the effectiveness of divided attention •To Discuss the limitations of divided attention •To discuss the concept of cognitive load in divided attention. 	Activity+Lecture Method	<ul style="list-style-type: none"> •Define divided attention •Describe key psychological studies related to divided attention •Identify factors that influence the effectiveness of divided attention •Discuss the limitations of divided attention •Discuss the concept of cognitive load in divided attention
	07.08.2025	1	Span of Attention	Understand	To understand the concept of span of attention, its measurement, and its relevance in cognitive processing and daily functioning.	<ul style="list-style-type: none"> •Define span of attention •To explain its role in information processing. •To Differentiate between span of attention and related concepts like attention span and memory span. •To Identify the average span of attention in humans through classic research findings (e.g., 7 ± 2 items). •To Understand how span of attention is measured. •To describe the factors affecting span of attention. •To Discuss the implications of limited attention span in educational and work settings. 	Activity+Lecture Method	<ul style="list-style-type: none"> •Define span of attention •Explain its role in information processing •Differentiate between span of attention and related concepts like attention span and memory span •Identify the average span of attention in humans through classic research findings (e.g., 7 ± 2 items) •Understand how span of attention is measured •Describe the factors affecting span of attention •Discuss the implications of limited attention span in educational and work settings
	08.08.2025 11.08.2025	2	Perceptual Processes	Understand	To introduce to the fundamental psychological mechanisms through which sensory input is interpreted and transformed into meaningful experiences.	<ul style="list-style-type: none"> •To Define perception •To distinguish perception from sensation. •To Explain the stages of perceptual processing •To Explore the influence of past experience •To explore the context on perception (top-down vs. bottom-up processing). •To Differentiate between bottom-up and top-down processing in perception. 	Seminar + Discussion	<ul style="list-style-type: none"> •Define perception •Distinguish perception from sensation •Explain the stages of perceptual processing •Explore the influence of past experience on perception •Explore the impact of context on perception (top-down vs. bottom-up processing) •Differentiate between bottom-up and top-down processing in perception
	13.08.2025	1	Perceptual Organization	Understand	To understand how the brain organizes sensory information into coherent, structured, and recognizable patterns using principles such as figure-ground segregation and Gestalt laws.	<ul style="list-style-type: none"> •To Describe key principles of perceptual organization. •To Analyze how perceptual organization helps in understanding complex environments and maintaining perceptual stability. •To Identify real-life examples and visual illusions that demonstrate principles of perceptual organization. 	Seminar + Discussion + Demonstrative items	<ul style="list-style-type: none"> •Describe key principles of perceptual organization •Analyze how perceptual organization helps in understanding complex environments and maintaining perceptual stability •Identify real-life examples and visual illusions that demonstrate principles of perceptual organization
	14.08.2025 18.08.2025	2	Perceptual constancy	Understand	To understand the stability of perceptual experience despite changes in sensory input	<ul style="list-style-type: none"> •To Define perceptual constancy and describe its adaptive importance. •To Explain how the brain maintains constancy under varying conditions •To constancy using real-life examples •To discuss the role of perceptual constancies- Size •To discuss the role of perceptual constancies- Shape •To explain Lock and key theory of shape constancies. •To discuss the role of perceptual constancies- brightness 	Seminar + Discussion + Demonstrative items	<ul style="list-style-type: none"> •Define perceptual constancy and describe its adaptive importance •Explain how the brain maintains constancy under varying conditions •Illustrate perceptual constancy using real-life examples •Discuss the role of size constancy •Discuss the role of shape constancy •Explain the lock-and-key theory of shape constancy •Discuss the role of brightness constancy
	19.08.2025	1	Form Perception	Understand	To understand how the mind organizes visual stimuli into meaningful patterns and structures.	<ul style="list-style-type: none"> •To Define form perception and its role in visual processing. •To Explain Gestalt principles such as figure-ground, proximity, similarity, continuity, and closure. •To Analyze real-world examples where form perception plays a critical role. 	Seminar + Discussion + Demonstrative items	<ul style="list-style-type: none"> •Define form perception and its role in visual processing •Explain Gestalt principles such as figure-ground, proximity, similarity, continuity, and closure •Analyze real-world examples where form perception plays a critical role
	20.08.2025 22.08.2025	2	Color perception	Understand	To explore the psychological and physiological mechanisms behind color perception.	<ul style="list-style-type: none"> •To Describe the structure and function of cones in color vision. •To Explain the Trichromatic theory of color perception. •To Explain the Opponent-Process theory of color perception. •To Understand the phenomenon of color constancy and its adaptive significance. •To Identify how lighting, context, and surroundings influence perceived color. 	Seminar + Discussion + Demonstrative items	<ul style="list-style-type: none"> •Describe the structure and function of cones in color vision •Explain the Trichromatic theory of color perception •Explain the Opponent-Process theory of color perception •Understand the phenomenon of color constancy and its adaptive significance •Identify how lighting, context, and surroundings influence perceived color

UNIT-3	25.08.2025 26.08.2025	2	Depth Perception	Understand	To examine how humans perceive three-dimensional space using depth cues.	<ul style="list-style-type: none"> •To Identify the impact of depth perception – monocular cues •To list 6 types of monocular cues •To Identify the impact of depth perception - binocular cues. •To Differentiate between monocular and binocular cues of depth perception. •To Explain the roles of retinal disparity and convergence. •To Apply knowledge of depth perception in understanding optical illusions and 3D visual experiences. 	Seminar + Discussion + Demonstrative items	<ul style="list-style-type: none"> •Identify the impact of depth perception through monocular cues •List six types of monocular cues •Identify the impact of depth perception through binocular cues •Differentiate between monocular and binocular cues of depth perception •Explain the roles of retinal disparity and convergence •Apply knowledge of depth perception to understand optical illusions and 3D visual experiences
	28.08.2025 29.08.2025	2	Time Perception	Understand	To understand how individuals perceive and process the passage and duration of time.	<ul style="list-style-type: none"> •To Define time perception. •To discuss its cognitive basis. •To Explore psychological involved in estimating time intervals. •To Explore neurological mechanisms involved in estimating time intervals. •To Discuss factors that influence subjective experience of time. •To Explore how time perception varies in different contexts. 	Seminar + Discussion + Demonstrative items	<ul style="list-style-type: none"> •Define time perception •Discuss its cognitive basis •Explore psychological processes involved in estimating time intervals •Explore neurological mechanisms involved in estimating time intervals •Discuss factors that influence the subjective experience of time •Explore how time perception varies across different contexts
	02.09.2025	1	Perceptual Readiness	Understand	To explore how an individual's prior experiences, expectations, and motivations influence perception.	<ul style="list-style-type: none"> •To Define perceptual readiness •To explain its psychological significance. •To Identify factors that affect perceptual. •To Describe how perceptual set or expectancy influences interpretation of stimuli. •To Apply examples where perceptual readiness leads to errors or biases in perception. 	Seminar + Discussion + Demonstrative items	<ul style="list-style-type: none"> •Define perceptual readiness •Explain its psychological significance •Identify factors that affect perception •Describe how perceptual set or expectancy influences the interpretation of stimuli •Apply examples where perceptual readiness leads to errors or biases in perception
	03.09.2025	1	Role of Motivation in Perception	Apply	To understand how an individual's needs, desires, and goals influence what they perceive and how they interpret sensory information.	<ul style="list-style-type: none"> •To Define motivation and its relevance to perception. •To Explain how hunger can influence perception. •To Explain how thirst can influence perception. •To Explain how fear can influence perception. •To Explain how can influence perception. •To Describe perceptual set as influenced by motivation. •To Describe expectancy as influenced by motivation. •To Analyze classic experiments (e.g., the "hungry-man sees food" study) demonstrating motivational bias in perception. 	Seminar + Group Reflection	<ul style="list-style-type: none"> •Define motivation and its relevance to perception •Explain how hunger, thirst, and fear can influence perception •Describe perceptual set as influenced by motivation •Describe expectancy as influenced by motivation •Analyze classic experiments (e.g., "hungry-man sees food" study) demonstrating motivational bias in perception
	04.09.2025	1	Role of Social Factors in Perception	Apply	To examine how social interactions, group dynamics, and interpersonal influences affect perceptual interpretations.	<ul style="list-style-type: none"> •Identify how peer pressure, group norms, and social roles shape perception. •Explain the concept of social conformity and its effect on what people notice or interpret. •Discuss how stereotypes and social labeling influence perceptual judgments. •Analyze classic studies (e.g., Asch's conformity experiments) to understand social influence on perception. •Reflect on real-life situations where social factors impact what is seen or how it is understood. 	Seminar + Group Reflection	<ul style="list-style-type: none"> •Identify how peer pressure, group norms, and social roles shape perception •Explain the concept of social conformity and its effect on what people notice or interpret •Discuss how stereotypes and social labeling influence perceptual judgments •Analyze classic studies (e.g., Asch's conformity experiments) to understand social influence on perception •Reflect on real-life situations where social factors impact perception
	11.09.2025	1	Role of Cultural factors in Perception	Apply	To explore how cultural background, beliefs, and traditions influence the way individuals perceive and interpret sensory information.	<ul style="list-style-type: none"> •Define culture and its connection to perception. •Discuss how language, values, and worldview affect perceptual processes. •Identify cross-cultural variations in visual perception, color naming, and spatial orientation. •Analyze studies (e.g., cultural differences in susceptibility to visual illusions like the Müller-Lyer illusion). 	Seminar + Group Reflection	<ul style="list-style-type: none"> •Define culture and its connection to perception •Discuss how language, values, and worldview affect perceptual processes •Identify cross-cultural variations in visual perception, color naming, and spatial orientation •Analyze studies (e.g., Müller-Lyer illusion) highlighting cultural differences in perception
	12.09.2025	1	Application of Knowledge of perception to skill development	Apply	To understand the psychological principles of perception and apply this understanding to enhance skill development across various domains such as learning, sports, design, communication, and professional effectiveness.	<ul style="list-style-type: none"> •To Apply concepts of perception to real-life skill-building scenarios •To Explore the role of perceptual learning in acquiring new skills and improving existing ones. •To Learn how improving perceptual accuracy (e.g., in communication, observation, and decision-making) contributes to personal and professional development. •To Relate perception to interpersonal effectiveness, including empathy, conflict resolution, and effective teamwork. •To Analyze perceptual errors (e.g., illusions, stereotypes, halo effect) and their impact on skill performance. 	Seminar + Group Reflection	<ul style="list-style-type: none"> •Apply concepts of perception to real-life skill-building scenarios •Explore the role of perceptual learning in acquiring new skills and improving existing ones •Understand how improving perceptual accuracy contributes to personal and professional development •Relate perception to interpersonal effectiveness, including empathy, conflict resolution, and teamwork •Analyze perceptual errors (e.g., illusions, stereotypes, halo effect) and their impact on skill performance
	15.09.2025	1	Nature of consciousness	Understand	To Understand the concept of consciousness, its various states, and the underlying psychological and neurobiological mechanisms, fostering awareness of how consciousness influences behavior, perception, and experience.	<ul style="list-style-type: none"> •To Define consciousness. •To explain nature of consciousness's significance in psychology. •To Describe the characteristics of normal waking consciousness •To Explain the role of the brain and nervous system in regulating consciousness. •To Apply knowledge of consciousness to enhance well-being, productivity, and mental clarity 	Interactive lecture + PPT	<ul style="list-style-type: none"> •Define consciousness •Explain the nature and significance of consciousness in psychology •Describe the characteristics of normal waking consciousness •Explain the role of the brain and nervous system in regulating consciousness •Apply knowledge of consciousness to enhance well-being, productivity, and mental clarity
	16.09.2025	1	Changes In Consciousness	Understand	To understand the dynamic nature of consciousness and how it can shift through various internal and external influences, leading to different states of awareness, responsiveness, and cognitive functioning.	<ul style="list-style-type: none"> •To explain changes in consciousness •To explain why Changes in consciousness are significant to psychological functioning. •To Differentiate between altered and normal states of consciousness, with examples from daily life and clinical settings. •To Describe altered states of consciousness- Sleep •To Describe altered states of consciousness- dreams •To Describe altered states of consciousness- Daydreaming •To Describe altered states of consciousness- Hypnosis •To Describe altered states of consciousness- Meditation •To Describe altered states of consciousness- Drug-induced states •To Describe altered states of consciousness- Dissociation •To Explore cultural and individual differences in the experience and interpretation of altered states (e.g., spiritual trance, meditation practices). •To Identify physiological and psychological markers of different consciousness states (e.g., EEG patterns in sleep, mindfulness in meditation). 	Interactive lecture + PPT	<ul style="list-style-type: none"> •Explain changes in consciousness and their psychological relevance •Differentiate between altered and normal states of consciousness using daily life and clinical examples •Describe altered states of consciousness, including: <ul style="list-style-type: none"> oSleep oDreams oDaydreaming oHypnosis oMeditation oDrug-induced states oDissociation •Explore cultural and individual differences in altered state experiences (e.g., spiritual trance, meditation practices) •Identify physiological and psychological markers of consciousness states (e.g., EEG in sleep, mindfulness in meditation)
	17.09.2025	1	Day Dreaming	Understand	To understand the concept of daydreaming as a natural and significant aspect of consciousness, helping them understand its functions, characteristics, and relevance to mental processes such as creativity, memory, and emotion regulation.	<ul style="list-style-type: none"> •To Define daydreaming. •To Describe the characteristics of daydreaming, including spontaneity, shift in attention, and vivid imagery. •To Discuss the cognitive functions of daydreaming. •To Discuss the emotional functions of daydreaming. •To Differentiate between productive and unproductive daydreaming. •To recognize when day dreaming helps versus hinders performance and attention. •To Explore the neural basis of daydreaming, including the role of the default mode network (DMN) in the brain. •To Discuss the role of personality, motivation, and context in influencing the frequency and content of daydreams. •To Reflect on personal experiences of daydreaming to gain insight into self-awareness and internal thought patterns 	PPT-Interactive lecture	<ul style="list-style-type: none"> •Define daydreaming •Describe characteristics of daydreaming, including spontaneity, shift in attention, and vivid imagery •Discuss cognitive and emotional functions of daydreaming •Differentiate between productive and unproductive daydreaming •Recognize when daydreaming aids or hinders performance and attention •Discuss the neural basis of daydreaming (e.g., default mode network) •Analyze the influence of personality, motivation, and context on daydream content •Reflect on personal experiences of daydreaming for self-awareness and internal insight

UNIT-4	22.09.2025 23.09.2025	2	Sleep	Understand	To Describe the foundational knowledge about the biological and psychological processes of sleep, its stages, functions, and the impact of sleep on overall mental and physical health.	<ul style="list-style-type: none"> •To Discuss about sleep •To explain its classification as an altered state of consciousness. •TO Describe the stages of sleep, including: <ul style="list-style-type: none"> ◦REM sleep (Stages 1-3) ◦REM sleep (Rapid Eye Movement) •To explain Stages of Sleep Cycles. •To explain Importance of REM and Non-REM sleep •To Explain how the body transitions between different stages during a typical night. •To Discuss the functions of sleep. •To Identify 4 common sleep disorders, including: <ul style="list-style-type: none"> ◦To explain the effects of sleep deprivation on consciousness and mental performance. ◦To explain the effects of Jet lag on consciousness and mental performance. ◦To explain the effects of shift work on consciousness and mental performance. •To Explain the neurobiological regulation of sleep, including the role of the circadian rhythm, melatonin, and the hypothalamus. •To Discuss healthy sleep habits and strategies to promote good sleep hygiene. 	PPT-Interactive lecture	<ul style="list-style-type: none"> •Discuss sleep as an altered state of consciousness •Describe the stages of sleep, including: <ul style="list-style-type: none"> ◦REM (Stages 1-3) ◦REM (Rapid Eye Movement) •Explain the sleep cycle and transitions between stages •Discuss the functions of REM and Non-REM sleep •Identify and describe four common sleep disorders •Explain the effects of sleep deprivation, jet lag, and shift work on consciousness and mental performance •Describe the neurobiological regulation of sleep (e.g., circadian rhythm, melatonin, hypothalamus) •Discuss healthy sleep habits and strategies for good sleep hygiene
	24.09.2025 25.09.2025	2	Dreams	Understand	To understand the psychological and biological basis of dreaming, explore major theories explaining dreams, and appreciate the relevance of dreams in emotional processing, memory, and consciousness.	<ul style="list-style-type: none"> •To Define dreams. •To Discuss cultural and historical perspectives on dreams and their interpretations. •To explain their relationship to the sleep cycle, particularly REM sleep. •To Describe the characteristics of dreams, including vivid imagery, emotional content, illogical sequences, and narrative structure. •To distinguish between REM and non-REM dreams. •To define Lucid Dreams •To define Nightmares •To define Recurring dreams •To define Day residue and stimulus incorporation. •To Differentiate between types of dreams, including: <ul style="list-style-type: none"> ◦Lucid dreams ◦Nightmares ◦Recurring dreams ◦Day residue and stimulus incorporation •To Discuss the psychological theories of dreaming: Freud's theory. •To Discuss the psychological theories of dreaming: activation-synthesis theory. •To Discuss the psychological theories of dreaming: cognitive approaches. •To Discuss the role of dreams in emotional regulation, problem-solving, and memory consolidation. 	PPT-Interactive lecture + Dream Journal	<ul style="list-style-type: none"> •Define dreams and their connection to REM sleep •Discuss cultural and historical perspectives on dreams •Describe characteristics of dreams (e.g., vivid imagery, emotional content, illogical narratives) •Differentiate between: <ul style="list-style-type: none"> ◦REM vs. non-REM dreams ◦Lucid dreams ◦Nightmares ◦Recurring dreams •Day residue and stimulus incorporation •Discuss psychological theories of dreaming: <ul style="list-style-type: none"> ◦Freud's theory ◦Activation-synthesis theory ◦Cognitive approaches •Analyze the role of dreams in emotional regulation, memory consolidation, and problem-solving
	26.09.2025 30.09.2025	2	Extended State of consciousness	Understand	To understand non-ordinary or prolonged altered states of consciousness beyond typical waking and sleep states, and understand their mechanisms, features, and implications in psychological and cultural contexts.	<ul style="list-style-type: none"> •To Define extended states of consciousness •To differentiate them from normal waking consciousness and short-term altered states. •To Describe various types of extended states, including: <ul style="list-style-type: none"> ◦Meditation ◦Hypnosis ◦Trance states (e.g., religious/spiritual trances) ◦Drug-induced states (e.g., psychedelics, sedatives) ◦Hallucination ◦Flow states (deep immersion in activity) ◦Lucid dreaming •To Explain the neurological mechanisms underlying these states. •To Discuss the cognitive effects of extended states of consciousness. •To Discuss the emotional effects of extended states of consciousness. •To Discuss the physiological effects of extended states of consciousness. •To Discuss the therapeutic and practical applications, such as: <ul style="list-style-type: none"> ◦Mindfulness-based stress reduction (MBSR) ◦Hypnotherapy ◦Psychedelic-assisted therapy (where culturally or legally appropriate) ◦Mindfulness practices ◦Guided imagery ◦Meditation for mental well-being •To Explore cultural interpretations of extended states. •To Explore religious, and spiritual interpretations of extended states. •To Discuss benefits and risks of prolonged altered states, including potential for psychological insight. 	Discussion	<ul style="list-style-type: none"> •Define extended states of consciousness and differentiate from normal and short-term altered states •Describe various types of extended states: <ul style="list-style-type: none"> ◦Meditation ◦Hypnosis ◦Trance states (e.g., religious or spiritual) ◦Drug-induced states (e.g., psychedelics, sedatives) ◦Hallucinations ◦Flow states ◦Lucid dreaming •Explain neurological mechanisms underlying these states •Discuss cognitive, emotional, and physiological effects of extended consciousness states •Explore therapeutic and practical applications, including: <ul style="list-style-type: none"> ◦Mindfulness-based Stress Reduction (MBSR) ◦Hypnotherapy ◦Psychedelic-assisted therapy ◦Guided imagery •Meditation practices for mental well-being •Examine cultural, religious, and spiritual interpretations of extended states •Discuss benefits and risks of prolonged altered states, including potential for insight, healing, or harm
	06.10.2025	1	Hypnosis	Understand	To Understand the concept of hypnosis as an altered state of consciousness, exploring its characteristics, mechanisms, myths, and applications in psychology and therapy.	<ul style="list-style-type: none"> •To explain Hypnosis as an altered state of consciousness. •To Describe the characteristics of hypnosis. •To Differentiate between myths and scientific facts about hypnosis •To Explain the of hypnosis Dissociation Theory (Hilgard) of hypnosis •To Explain the Social-Cognitive Theory (Role-playing and expectations) of hypnosis •To explain the hypnotic induction process •To describe the factors affecting hypnotizability •To Identify potential applications of hypnosis in areas like: <ul style="list-style-type: none"> ◦Pain management ◦Reducing anxiety and stress ◦Smoking cessation ◦Managing phobias ◦Enhancing performance •To Discuss the limitations and ethical considerations of hypnosis in clinical and research settings. •To Provide the scientific evidence supporting the use of hypnosis in therapy and medical contexts. 	PPT+video clips	<ul style="list-style-type: none"> •Explain hypnosis as an altered state of consciousness •Describe characteristics of hypnosis •Differentiate between myths and scientific facts about hypnosis •Explain major theories of hypnosis: <ul style="list-style-type: none"> ◦Dissociation Theory (Hilgard) ◦Social-Cognitive Theory (role-playing and expectations) •Describe the hypnotic induction process •Identify factors influencing hypnotizability •Discuss applications of hypnosis in: <ul style="list-style-type: none"> ◦Pain management ◦Stress and anxiety reduction ◦Smoking cessation ◦Phobia treatment ◦Performance enhancement •Discuss limitations and ethical considerations of hypnosis in clinical/research settings •Provide scientific evidence supporting hypnosis in therapy and medicine
	07.10.2025	1	Meditation	Apply	To Understand meditation as a self-regulatory mental practice that alters consciousness, enhances awareness, and contributes to psychological well-being.	<ul style="list-style-type: none"> •To Define meditation •To explain its classification as an altered state of consciousness. •To Describe 3 types of meditation: <ul style="list-style-type: none"> ◦Focused attention meditation (e.g., mantra, breath) ◦Open monitoring (e.g., mindfulness) ◦Loving-kindness meditation •To Explain the psychological effects of meditation •To Explain the physiological effects of meditation •To Describe the neurological basis of meditation. •To Differentiate between meditation and relaxation. •To Discuss the benefits of regular meditation practice in managing anxiety, depression, and enhancing cognitive flexibility. •To Explore on cultural and spiritual origins of meditation practices (e.g., Buddhist, Hindu, Sufi, secular mindfulness). 	PPT -Discussion	<ul style="list-style-type: none"> •Define meditation and classify it as an altered state of consciousness •Describe three types of meditation •Explain psychological, physiological, and neurological effects of meditation •Differentiate meditation from relaxation •Discuss benefits of regular meditation for mental health and cognitive flexibility •Explore cultural and spiritual origins of meditation (e.g., Buddhist, Hindu, Sufi, secular mindfulness)

UNIT-5	08.10.2025	1	Hallucination	Understand	To understand hallucinations as perceptual experiences without external stimuli, their psychological and neurobiological causes, and relevance in mental health contexts.	<ul style="list-style-type: none"> •To Define hallucination •To distinguish it from illusions and delusions. •To Identify 5 different types of hallucinations •To Discuss the psychological causes of hallucinations •To Discuss the neurological causes of hallucinations •To Explain the role of brain regions involved in hallucinatory experiences (e.g., auditory cortex in auditory hallucinations). •To Discuss how hallucinations are assessed and treated in clinical psychology and psychiatry. •To Differentiate between hallucinations in pathological vs. non-pathological contexts (e.g., religious experiences, bereavement-related visions). •To Discuss cultural and historical perspectives on hallucinations and altered perception. 	PPT + Case study discussion	<ul style="list-style-type: none"> •Define hallucinations and distinguish from illusions and delusions •Identify five types of hallucinations •Discuss psychological and neurological causes of hallucinations •Explain the brain regions involved (e.g., auditory cortex in auditory hallucinations) •Describe clinical assessment and treatment of hallucination •Differentiate between pathological and non-pathological hallucinations (e.g., grief-related visions) •Explore cultural and historical perspectives on hallucinations
	09.10.2025	1	Psychoactive drugs	Understand	<ul style="list-style-type: none"> •To understand how psychoactive drugs alter consciousness, mood, perception, and behavior. •To explore their classification, mechanisms, uses, and associated risks. 	<ul style="list-style-type: none"> •To Define psychoactive drugs. •To explain how they affect the brain and alter consciousness. •To Classify psychoactive drugs into major categories: <ul style="list-style-type: none"> Depressants (e.g., alcohol, barbiturates, benzodiazepines) Stimulants (e.g., caffeine, nicotine, cocaine, amphetamines) Hallucinogens (e.g., LSD, psilocybin) Opiates/Narcotics (e.g., heroin, morphine, prescription painkillers) Cannabis (often considered a separate category) •To Describe the psychological effects of each drug class on the central nervous system. •To Describe the physiological effects of each drug class on the central nervous system. •To Know the concepts of Tolerance (needing more of the drug for the same effect) •To Know the concept Dependence (physical and psychological) •To Know the concept Withdrawal symptoms •To Discuss the short-term and long-term consequences of drug use, misuse, and addiction. •To Explain the impact of psychoactive drugs on cognition •To Discuss the therapeutic and medical uses of certain psychoactive substances. •To Discuss the social, legal, and ethical issues related to drug use in Substance abuse prevention. •To Discuss the social, legal, and ethical issues related to drug use in Decriminalization/legalization debates •To Discuss the social, legal, and ethical issues related to drug use in Role of culture and environment in drug use patterns 	PPT + Case study discussion	<ul style="list-style-type: none"> •Define psychoactive drugs and explain how they alter brain function and consciousness •Describe and Classify drugs into major categories: <ul style="list-style-type: none"> •depressants (e.g., alcohol, benzodiazepines) stimulants (e.g., caffeine, cocaine) •hallucinogens (e.g., LSD, psilocybin) •opiates/narcotics (e.g., heroin, morphine) •cannabis •Describe psychological and physiological effects of each class on the CNS •Explain concepts of: <ul style="list-style-type: none"> •tolerance •dependence (physical and psychological) •withdrawal •Discuss short- and long-term consequences of substance use and addiction •Explain the impact of drugs on cognition •Discuss medical and therapeutic uses of certain substances •Analyze social, legal, and ethical issues in: <ul style="list-style-type: none"> substance abuse prevention •decriminalization/legalization debates •Role of culture and environment in drug use
	13.10.2025	1	Learning	Understand	To understand the fundamental principles of learning as a psychological process, its types, mechanisms, and real-world applications in behavior modification and skill development.	<ul style="list-style-type: none"> •To Define learning •To explain its role as a relatively permanent change in behavior or knowledge due to experience or practice. •To Describe 5 types of learning. •To explain cognitive perspectives on learning, such as insight, expectancy, and mental representation. •To Differentiate between associative and cognitive learning approaches. •To Analyze applications of learning theories 	Discussion	<ul style="list-style-type: none"> •Define learning •Explain its role as a relatively permanent change in behavior or knowledge due to experience or practice •Describe 5 types of learning •Explain cognitive perspectives on learning, such as insight, expectancy, and mental representation •Differentiate between associative and cognitive learning approaches •Analyze applications of learning theories
	14.10.2025	1	Classical Conditioning	Understand	To understand to classical conditioning as a fundamental form of learning, explaining how associations between stimuli are formed and how they influence behavior.	<ul style="list-style-type: none"> •To describe it as learning through association as originally demonstrated by Ivan Pavlov. •To explain the 5 core components of classical conditioning: •To Illustrate Pavlov's experiment with dogs, showing how a neutral stimulus (bell) became a conditioned stimulus through repeated pairings with food (UCS). •To Explain key processes in classical conditioning: <ul style="list-style-type: none"> ◦Acquisition ◦Extinction ◦Spontaneous Recovery ◦Generalization ◦Discrimination •To Discuss real-life applications of classical conditioning •To Explain about Systematic Desensitization. •To Differentiate classical conditioning from operant conditioning in terms of how learning occurs (involuntary vs. voluntary behavior). •To Analyze limitations and criticisms, including biological preparedness and cognitive influences on conditioning. 	Interactive Lecture method -Design own CC experiment	<ul style="list-style-type: none"> •Describe learning through association as originally demonstrated by Ivan Pavlov •Explain the 5 core components of classical conditioning •Illustrate Pavlov's experiment with dogs, showing how a neutral stimulus (bell) became a conditioned stimulus through repeated pairings with food (UCS) •Explain key processes in classical conditioning: <ul style="list-style-type: none"> ◦acquisition ◦extinction ◦spontaneous Recovery ◦generalization ◦discrimination •Discuss real-life applications of classical conditioning •Explain systematic desensitization •Differentiate classical conditioning from operant conditioning in terms of how learning occurs (involuntary vs. voluntary behavior) •Analyze limitations and criticisms, including biological preparedness and cognitive influences on conditioning
	15.10.2025 16.10.2025	2	Operant Conditioning	Understand	To understand operant conditioning as a learning process in which behavior is influenced by its consequences, emphasizing reinforcement and punishment principles in shaping behavior.	<ul style="list-style-type: none"> •To Describe B.F. Skinner's contributions to operant conditioning •To explain the use of the Skinner Box in studying behavior. •To Explain key concepts in operant conditioning: Reinforcement •To explain 2 Types of Reinforcement •To Explain key concepts in operant conditioning- Punishment. •To explain 2 Types of Punishment. •To Differentiate between negative reinforcement and negative punishment, and provide real-life examples of each. •To Differentiate between reinforcement and punishment, and provide real-life examples of each. •To Explain the types of reinforcement schedules. •To Analyze the effects of different schedules on response rates and behavior stability. •To Discuss shaping and chaining: •To Apply operant principles to real-life contexts. •To Evaluate ethical considerations in using reinforcement and punishment, particularly in behavior modification programs. 	Skinner box simulation + Interactive Lecture method	<ul style="list-style-type: none"> •Describe B.F. Skinner's contributions to operant conditioning •Explain the use of the Skinner Box in studying behavior •Explain key concepts in operant conditioning: reinforcement •Explain 2 types of reinforcement •Explain key concepts in operant conditioning: punishment •Explain 2 types of punishment •Differentiate between negative reinforcement and negative punishment, and provide real-life examples of each •Explain the types of reinforcement schedules •Analyze the effects of different schedules on response rates and behavior stability •Discuss shaping and chaining •Apply operant principles to real-life contexts •Evaluate ethical considerations in using reinforcement and punishment, particularly in behavior modification programs
	17.10.2025	1	Modelling and Observation learning	Understand	To understand how individuals learn behaviors by observing and imitating others, with emphasis on Bandura's contributions and the role of social context in learning.	<ul style="list-style-type: none"> •To Define observational learning. •To explain how it differs from other forms of learning like conditioning. •To Describe Albert Bandura's Bobo Doll experiment •To Illustrate implications for understanding learned aggression and imitation. •To Explain the four key processes involved in observational learning •To Differentiate between imitation and modeling. •To explain when a model is likely to be influential (e.g., similar, admired, rewarded, authoritative). •To explain the concept of vicarious reinforcement and punishment, where learning occurs by observing consequences faced by others. •To Apply observational learning principles to real-life contexts such as: •To discuss the role of cognition in observational learning, making it more than just stimulus-response association. •To Discuss the educational and social implications of promoting positive models and reducing exposure to negative or harmful behaviors. To Describe 4 types of modelling 	Bobo doll experiment analysis + Discussion	<ul style="list-style-type: none"> •Define observational learning •Explain how it differs from other forms of learning like conditioning •Describe Albert Bandura's Bobo Doll experiment •Illustrate implications for understanding learned aggression and imitation •Explain the four key processes involved in observational learning •Differentiate between imitation and modeling •Explain when a model is likely to be influential (e.g., similar, admired, rewarded, authoritative) •Explain the concept of vicarious reinforcement and punishment, where learning occurs by observing consequences faced by others •Apply observational learning principles to real-life contexts •Discuss the role of cognition in observational learning, making it more than just stimulus-response association •Discuss the educational and social implications of promoting positive models and reducing exposure to negative or harmful behaviors •Describe 4 types of modelling

22.10.2025	1	Transfer of Training	Understand	To understand how learning in one context or task influences performance in another, and to explore the types and factors affecting the transfer of training.	<ul style="list-style-type: none"> •To explain transfer of training as the influence of prior learning on the learning or performance of a new task. •To Explain the types of transfer: •To Differentiate between lateral and vertical transfer: •To Identify factors influencing transfer of training •To apply Transfer of training in educational and real-life applications, including: •To discuss strategies to improve positive transfer 	Paired discussion.	<ul style="list-style-type: none"> •Explain transfer of training as the influence of prior learning on the learning or performance of a new task •Explain the types of transfer •Differentiate between lateral and vertical transfer •Identify factors influencing transfer of training •Apply transfer of training in educational and real-life applications •Discuss strategies to improve positive transfer
23.10.2025	1	Learning and Motivation	Apply	To understand the relationship between learning and motivation, how motivation influences the effectiveness of learning, and how both concepts are essential for behavior change and goal-directed activity.	<ul style="list-style-type: none"> •To Define learning and motivation •To explain their roles in influencing human behavior. •To discuss the interrelationship between learning and motivation •To Explain how motivation affects learning •To Differentiate between intrinsic and extrinsic motivation and their impact on learning: •To Illustrate examples of how motivation enhances learning •To Identify strategies to enhance motivation in learner. •To Apply learning and motivation to develop effective teaching and study strategies. 	Goal-setting exercise.	<ul style="list-style-type: none"> •Define learning and motivation •Explain their roles in influencing human behavior •Discuss the interrelationship between learning and motivation •Explain how motivation affects learning •Differentiate between intrinsic and extrinsic motivation and their impact on learning •Illustrate examples of how motivation enhances learning •Identify strategies to enhance motivation in learners •Apply learning and motivation to develop effective teaching and study strategies
24.10.2025 25.10.2025	2	Application of the Learning Principles to the improvement of performance	Apply	To apply psychological principles of learning to enhance individual performance in academic, professional, and personal domains.	<ul style="list-style-type: none"> •To explain how learning principles (classical conditioning, operant conditioning, observational learning, cognitive learning) can be applied to improve performance in real-life contexts. •To Apply operant conditioning strategies •To apply observational learning to Enhance performance by modeling expert behavior. •To apply observational learning to Promote skill development through imitation and guided practice. •To apply observational learning to Develop social and emotional competencies via role models. •To discuss how to incorporate cognitive learning principles in real life. •To Apply transfer of training to adapt learned skills to Promote generalization and application in new situations. •To Apply behavior modification techniques in Academic improvement (study habits, time management) •To Apply behavior modification techniques in Athletic coaching and training •To Apply behavior modification techniques in Workplace productivity •To Apply behavior modification techniques in Habit formation and personal development 	Discussion	<ul style="list-style-type: none"> •Explain how learning principles (classical conditioning, operant conditioning, observational learning, cognitive learning) can be applied to improve performance in real-life contexts •Apply operant conditioning strategies •Apply observational learning to enhance performance by modeling expert behavior •Apply observational learning to promote skill development through imitation and guided practice •Apply observational learning to develop social and emotional competencies via role models •Discuss how to incorporate cognitive learning principles in real life •Apply transfer of training to adapt learned skills and promote generalization and application in new situations •Apply behavior modification techniques in academic improvement (study habits, time management) •Apply behavior modification techniques in athletic coaching and training •Apply behavior modification techniques in workplace productivity •Apply behavior modification techniques in habit formation and personal development
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