

LESSON PLAN FOR THE MONTH OF MAY-JULY

CH 1: METHODS IN PSYCHOLOGY

CLASS XI

SUB :PSYCHOLOGY

Pre-content/content/ post content	Learning outcomes	
	General	Specific
Pre Content The students are already somewhat familiar with “survey”, “interview” and “questionnaire” methods of research. Content • . The goals of psychological enquiry, • nature of data, • various methods used for psychological enquiry with their significance and limitations • Ethical issues • statistical applications Post Content Recapitulatory oral and written exercises to ensure proper learning , retention and application.	The students will be able to. • Develop scientific temperament in dealing with qualitative data. • understand the importance ethical issues in any profession • Apply various methods of enquiry as per requirement for various purposes. • The students would be able to understand how to analyze data. • The students would know about various methods, how and when to use them.	The students will be able to • appreciate the goals of psychological enquiry • Identify various ethical issues. • Critically analyse important methods like, interview, survey, questionnaire, observation, experiment, co relational research ; their advantages and limitations • apply various statistical techniques • The students would learn to apply their knowledge and understanding

Homework/Assignments-

Questions from the subject matter covered

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Teacher's Activity	Student's Activity	Teacher's observation and remedial
For warming up :- Activity 2.1 – Students to be shown newspaper/ magazine cuttings showing graphical representation of data, also a few examples of survey and interview methods to be shown. (to make them aware about how such methods are used for research purpose) Activity 2.2 Holiday Homework (research based and activity oriented) Annexure 2.2 Activity 2.3 Various situations to be given to the students and the teacher to ask to guess the method to be used in each after completion of the subject matter. (Re-capitulatory exercise) Refer to page 38 textbook for this activity.	Activity 2.1 The students will share their knowledge about the methods shown through Newspaper cuttings. They would contribute in the discussion about various methods even they have been using (in class IX and X) e.g. – survey, interview, in subjects like Social studies and English. Activity 2.2 The students will refer to newspapers, magazines, etc. and do the small research work also allotted to them. Activity 2.3 This re-capitulatory activity the students will do in the class. After discussion supported by explanation they would do the checking themselves.	. This column to be filled in by teacher after completion of chapter

Teaching Aid: Textbook, A.I. Board, Reference books

Interdisciplinary Links – Statistics/ survey/ questionnaire/ interview methods are also part of many other subjects like economics, Business Studies, Library Science, Mathematics, Physics – any subject using data for any purpose.

Vice Principal

Principal

ANNEXURE 2.2

HOLIDAY HOMEWORK

1A. Design a newsletter with the help of news/articles related to research work done in 'Human Psychology and Behaviour in Contemporary Times'. (One page of the newsletter to be of A4 size and minimum 4 such sheets to be used). Give an attractive name to your newsletter.

OR

1B. Interview a professional in the field of Psychology. (Hint-questions related to qualification, area of job, challenges involved and the personality characteristics needed for being successful and happy professionally in the field, etc.). Take guidance from your parents in fixing an appointment. Telephonic interviews too can be conducted. Compile it in a folder consisting of A4 size sheets.

2. A. TO BE DONE BY ALL STUDENTS WITH ODD ROLL NUMBERS (1, 3, 5 and so on)

During this period of Lockdown, we all have gone through a variety of experiences and emotions. We have witnessed unexpected, sudden and rather unimaginable disturbances in areas of social, economic and psychological wellbeing. This is certainly a test of our Resilience. The measure of success will be how well we cope today. Resilient people know how to manage stress effectively, to maximize performance and they are more goal oriented. Also they permit themselves to calm down, relax and deal with self-defeating thoughts also very efficiently. In times of stress and uncertainty, principles of Positive Psychology can come to our rescue.

In view of the above, take a feedback in form of telephonic interview or through online mode, from any 20 people (age group 35 to 45 years of age) on following points-

INTERVIEW SCHEDULE

Kindly rate the responses on a 5 point rating scale from less to more applicability in your case.

Your responses will be kept confidential, so feel free to participate in this research based study.

NAME: _____ (optional)

Age: _____ yrs.

Profession: _____

This lockdown period has some impact on everyone. You are requested to report how it has affected you, by bringing about some positive or negative changes in your thoughts and behavior. There is no right or wrong answers as we all are unique personalities. It is just a small research project. Thanks.

Impact of lockdown with respect to various aspects

1. SYSTEMATIC WITH RESPECT TO TIME MANAGEMENT SKILLS :

1 2 3 4 5

Justify with one example:

2. EMPATHETIC TOWARDS PEOPLE

:

1 2 3 4 5 Justify with one example

3.BELIEVING IN DIGNITY OF LABOUR :

1 2 3 4 5

Justify with one example _____

4. JUDICIOUS BUYING :

1 2 3 4 5

Justify with one example _____

5.JUDICIOUS USE OF RESOURCES/SPENDING BEHAVIOUR :

1 2 3 4 5

Justify with one example _____

6.CARE FOR ENVIRONMENT (FLORA AND FAUNA) :

1 2 3 4 5

Justify with one example _____

7.DEVELOPING POSITIVE ATTITUDE TOWARDS HEALTH AND HYGIENE :

1 2 3 4 5

Justify with one example _____

8.NURTURING A HOBBY/HOBBIES :

1 2 3 4 5

Justify with one example _____

9.QUALITY TIME WITH FAMILY :

1 2 3 4 5

Justify with one example _____

10.BEING A POSITIVE ROLE MODEL :

1 2 3 4 5

Justify with one example _____

11.PRACTICE SELF COMPASSION :

1 2 3 4 5

Justify with one example _____

- Present your findings in the form of analysis of the responses with respect to rating scale on A4 sheets.
- Later, a collaborative analysis of the data collected by all students ,to be done.

2 B. TO BE DONE BY ALL STUDENTS WITH EVEN ROLL NUMBERS (2, 4, 6 and so on)

Considering the trying and hard times for all be it students, teachers, housewives, IT professionals, shopkeepers, watchmen, policemen, medical professionals, etc., this lockdown period is perceived differently by each one of us.

Prepare a PPT /Video depicting the views, anxieties, stresses and stress management techniques applied by people under such challenging circumstances. You can choose at least two people each from two different walks of life, for example, two students and two doctors.

