

**Guidelines for Online Conduction of Practical (Learner) in MA Psychology Ist Year  
(MPCL 007)**

**Date: 25 January 2022**

Dear Learner,

The present guidelines are for the online conduction of practical in MA Psychology Ist Year. These guidelines will be implemented for those learners who will be writing their **Term End Examination in December 2021 and June 2022 (MAPC Ist Year)**.

You must have received the Practical Handbook (MPCL 007) by now; if not then you may access the softcopy from <http://egyankosh.ac.in/bitstream/123456789/20981/5/PG-MPCL-007.pdf>. **It is important to read the Handbook carefully to develop an overview about psychological testing and experiments.** Since lab work is not possible in the present pandemic crisis (COVID 19), the Discipline of Psychology has outlined different activities/tests to be completed as part of online conduction of practical. The activities/test have been given in a simple and self-explanatory manner, though they may be completed under the guidance of academic counsellor.

- Test: You will be administering the test on self, family member, or an acquaintance. A thorough understanding of the test, test history, any theory/framework that it is based upon, as well as the construct that it is assessing should be known to you. The psychological test has to be conducted under the guidance of academic counsellor. In the present situation, you need to inform your academic counsellor about the tests that you will be administering (the links for the tests have been provided from open education resources. However, the tests are primarily meant to create awareness and are meant for educational purpose only).
- Activity: In this format, an article link or a video link related to activity will be provided to you which will be followed by the instructions to complete the task. **Do not copy** content verbatim from any offline or online resources. Write the content in your own words.
- There will be two online sessions, each of two hours duration where the academic counselor will explain the tests/activities mentioned below. Attendance to the online sessions is **mandatory**.
- You need to prepare a document (report) of approximately 15-20 pages that will include all the activities which will be evaluated by the academic counsellor.
- The evaluation methodology and details of Term End Examination (Viva-voce) is also mentioned in the guidelines for your reference.

Please read the activities/ tests as outlined for the course.

All the best,

Faculty, Discipline of Psychology

1. You have read about Social Learning Theory and Social Cognitive Theory. The famous Bobo Doll Experiment (Bandura) answers many questions in understanding patterns of human behaviour.

Visit the link below, read the self-learning material and answer the questions:

<https://www.youtube.com/watch?v=Z0iWpSNu3NU>

- Difference between Social Learning Theory and Social Cognitive Theory.
- Applications of Social Learning Theory.
- Based on the theory and its application, do you think violence is contagious?

2. <https://www.multipleintelligencesoasis.org/blog/2020/9/1/67pmqk1mg1uzre4qlcsetz6pb13ayj>

Visit the above link from Howard Gardner's blog, (Dated 1<sup>st</sup> September, 2020), where Robert J. Sternberg has written on 'COVID-19 has truly taught us what intelligence is...' and about the ability to adapt to the environment.

Read the different theories of intelligence as well as the Sternberg's article and write your interpretation about what true intelligence is.

3. Interview an older adult (interview can be done telephonically or in a face-to-face mode, as the situation permits)
  1. To understand the process of ageing;
  2. Family profile (parents, siblings, education, etc.);
  3. Thoughts on ageing, and have they changed over the years;
  4. Has the participant been able to promote one's wellness?
  5. View on healthcare and coping with physical and psychological challenges;
  6. Any specific stereotypes towards old age.

As an interviewer, you may ask any other relevant question appropriate for the situation. Record the interview (with permission), and thematically analyze the interview responses.

#### **4. Locus of Control**

Rotter (1966) defined locus of control as a 'personality trait referring to a person's stable beliefs about personal efficacy'. Internal locus of control refers to the tendency to perceive the life outcomes as a result of one's action and to be under one's control. External locus of control refers to the tendency to perceive life outcomes because of chance factors or powerful others. Since then, psychologists have added various dimensions to it and many scales have been constructed.

Visit the link [Rotter LoC.pdf \(miller-templeton.info\)](http://Rotter_LoC.pdf(miller-templeton.info)) and follow the steps as given to complete the self-administered scale on locus of control. It is to be used for educational purpose only. The test can be administered first on self and then on one of the family members/ acquaintance/friends/neighbor/colleagues. Self-administration is for your practice and to get acquainted with the test. While administering on self, you need to read the instructions carefully as mentioned in the test. When you administer the test on someone else, remember first to establish rapport and communicate that the responses will be kept confidential. Instructions will be given to the participant as mentioned in the test. The test items are followed by the scoring pattern and interpretation of the scores. Please follow the instructions carefully.

Once the test is completed, you need to prepare a report based on the test administration. The report needs to be typed in word document. The test administered needs to be enclosed in the document. Follow the format for report preparation as has been mentioned in the Handbook. You may adapt to the present context wherever it is required, but overall refer to the format in the handbook (sequence to be followed).

## 5. Cattell's 16 P.F

<https://openpsychometrics.org/tests/16PF.php>

The above link is related to the Personality test based on Raymond B. Cattell's personality theory. It is for personal use only. The test will be administered first on self and then on one of the family members/ acquaintance/friends/neighbor/colleagues. Self-administration is for your practice and to get acquainted with the test. While administering on self, you need to read the instructions carefully as mentioned in the test. When you administer the test on someone else, remember first to establish rapport and communicate that the responses will be kept confidential. Instructions will be given to the participant as mentioned in the test. The scores will be interpreted as per the norms indicated against the test.

Once the test is completed, you need to prepare a report based on the test administration. The report needs to be typed in word document. The test administered needs to be enclosed in the document. Follow the format for report preparation as has been mentioned in the Handbook. You may adapt to the present context wherever it is required, but overall refer to the format in the handbook (sequence to be followed).

## 6. <https://deepblue.lib.umich.edu/bitstream/handle/2027.42/92158/TheHaloEffect.pdf>

Watch the above link on the 'halo effect' experiment conducted by Nisbett and Wilson (1977). In the light of the above video, answer the following:

1. The key takeaways from the main experiment.
2. How is halo effect being used to one's advantage?
3. Find the application and common uses of halo effect.
4. Is there any relationship between learned behaviour and halo effect?

Type the answers coherently in your own words.

**Note:** All the above tests/activities need to be reported in one file (typed in word document) with proper Title page and Table of Contents mentioning the page numbers.

Write a separate section on 'Reference' if you have referred to extra reference material (both online and offline) for the activities/tests. This can be a section after each activity or you may also combine all the references and mention it in the end of the file. The references will be written in APA format (7<sup>th</sup> Ed.)

**Evaluation:** The evaluation of the practical course will involve both internal as well as external evaluation that carries 100 marks (refer table below). The internal evaluation by the academic counsellor will be of 50 marks (based on the practical report, organized way of presenting the content, and overall understanding of the test/activity as reflected in the report). The External evaluation will further consist of 50 marks and will be based on the viva-voce conducted by the External Examiner as a Term End Examination. Pass percentage is 40 (consolidated).

<b>Internal Evaluation</b>		<b>External Evaluation (Term End Examination)</b>	
Component	Marks	Component	Marks
Presentation of content and overall Practical Report	50	Viva Voce	50
<b>Total</b>	<b>50</b>		<b>50</b>

**Guidelines for Online Conduction of Practical (Academic Counsellor) in MA  
Psychology Ist Year  
(MPCL 007)**

Dear Academic Counsellor,

The present guidelines are for the online conduction of practical in MA Psychology Ist Year. These guidelines will be applicable for those learners who will be writing their **Term End Examination in December 2021 and January 2022.**

You must have access to the Practical Handbook (MPCL 007); if not then you may access the softcopy from <http://egyankosh.ac.in/handle/123456789/20981>. The Handbook presents an overview about psychological testing and experiments related to the theory courses in MA Ist Year. Since lab work is not possible in the present pandemic crisis (COVID 19), the Discipline

of Psychology has outlined different activities/tests to be completed as part of online conduction of practical. The activities/test have been given in a simple and self-explanatory manner.

- Tests: About the test, test history, any theory/framework that it is based upon, as well as the construct that it is assessing need to be explained to the learner. The psychological test has to be conducted under your guidance. In the present situation, the learner needs to inform you about the tests that they will be administering.
- Activity: In this format, an article link or a video link related to the activity will be provided to you which will be followed by the instructions to complete the task. Academic counselling sessions will be conducted in this regard.
- There will be two online sessions, each of two hours duration where you need to explain the tests/activities listed in the course. Attendance to the sessions is **mandatory**. The file prepared by the learner will be evaluated by the academic counsellor.
- The evaluation methodology and details of Term End Examination (Viva-voce) is also mentioned in the guidelines for your reference.

**Evaluation:** The evaluation of the practical course will involve both internal as well as external evaluation that carries 100 marks (refer table below). The internal evaluation by the academic counsellor will be of 50 marks (based on the practical report, organized way of presenting the content, and overall understanding of the test/activity as reflected in the report). The External evaluation will further consist of 50 marks and will be based on the viva-voce conducted by the External Examiner as a Term End Examination. Pass percentage is 40 (consolidated).

<b>Internal Evaluation</b>		<b>External Evaluation (Term End Examination)</b>	
Component	Marks	Component	Marks
Presentation of content and overall Practical Report	50	Viva Voce	50
<b>Total</b>	<b>50</b>		<b>50</b>

Thank you for your cooperation.

Faculty, Discipline of Psychology

**Dated: 25 January, 2022**

**Guidelines for Online Conduction of Practical in MA Psychology IInd Year (Learner)**  
**(MPCE 014/24/34)**

Dear Learner,

The present guidelines are for the online conduction of practical in MA Psychology IInd Year. This is **NOT** applicable for the First-year learners of MA Psychology. These guidelines will be implemented for those learners who will be writing their **Term End Examination in December 2021 and June 2022 (MAPC IInd Year)**.

You must have received the Practical Handbook (MPCE 014/ MPCE 24/MPCE 034) by now; if not then you may access the softcopy from <http://www.ignou.ac.in/ignou/aboutignou/school/soss/programmes/detail/405/2>. **It is important to read the Handbook carefully to develop an overview about psychological testing according to the specialization groups that you have opted in the MA IInd Year.** Since lab work is not possible in the present pandemic crisis (COVID 19), the Discipline of Psychology has outlined different activities/tests to be completed as part of online conduction of practical. The three specialization groups have different sets of activities/tests to be completed under the guidance of academic counsellor. The activities/test have been given in a simple and self-explanatory manner.

- Tests: You will be administering the test on self, family member, or an acquaintance. A thorough understanding of the test, test history, any theory/framework that it is based upon, as well as the construct that it is assessing should be known to you. The psychological test has to be conducted under the guidance of academic counsellor. In the present situation, you need to inform your academic counsellor about the tests that you will be administering (the links for the tests have been provided from open education resources. The tests are primarily meant to create awareness and educational purpose only).
- Activity: In this format, an article link or a video link related to activity will be provided to you which will be followed by the instructions to complete the task.
- You need to prepare a document (report) of approximately 15-20 pages that will include all the activities which will be evaluated by the academic counsellor.
- There will be three online sessions, each of two hours duration where the academic counselors can explain the tests/activities mentioned below for each of the specialization groups. Attendance to the online sessions is **mandatory**.

Please read the activities/ tests as outlined separately in the specialization group opted by you. For any queries, please write to us at [monikamisra@ignou.ac.in](mailto:monikamisra@ignou.ac.in)/[smitagupta@ignou.ac.in](mailto:smitagupta@ignou.ac.in).

All the best,

Faculty, Discipline of Psychology

## TESTS AND ACTIVITIES RELATED TO EACH SPECIALIZATION

### GROUP A: CLINICAL PSYCHOLOGY (MPCE 014)

1. [Big Five Personality Test \(openpsychometrics.org\)](https://openpsychometrics.org/)

The above link is related to the Personality test based on Five-Factor Model. It is for educational purpose and to learn about personality assessment. The test will be administered first on self and then on one of the family members/acquaintance/friends/neighbor/colleagues. Self-administration is for your practice and to get acquainted with the test. While administering on self, you need to read the instructions carefully as mentioned in the test. When you administer the test on someone else, remember first to establish rapport and communicate that the responses will be kept confidential. Instructions will be given to the participant as mentioned in the test. The scores will be interpreted as per the norms indicated against the test.

Once the test is completed, you need to prepare a report based on the test administration. The report needs to be typed in word document. The test administered needs to be enclosed in the document. Follow the format for report preparation as has been mentioned in the Handbook. You may adapt to the present context wherever it is required, but overall refer to the format in the handbook (sequence to be followed).

2. <https://www.rorschach.org/>

Visit the above link related to Rorschach Inkblot Test. The link provides information about the ethical and professional use of Rorschach Inkblot Test. The link also has a 5-minute video clip about the Rorschach Inkblot Test. Read the content and watch the video clip carefully. Summarize the content in your own words and reflect on a case where it can be used as a stand-alone test or if it can be used with other tests to diagnose the symptoms (state your argument for both the conditions). In either case, the content should not be taken from the online material or your self-learning material verbatim. Type the summary and case where the test can be used in your own words.

3. You are aware that mental disorders are diagnosed with the help of DSM and ICD criteria. DSM-IV- TR is also mentioned in your self-learning material. DSM-5 was published by American Psychiatric Association in 2013. Now with the help of online or offline resources, discuss and figure out the key changes that have been made in DSM-5. The content should be coherently organized and not to be copied from any source.

4. <http://indianmhs.nimhans.ac.in/Docs/Summary.pdf>

Visit the above link for National Mental Health Survey of India 2015-16. Summarize the key findings obtained by the survey with respect to mental disorders. Type the content and organize it coherently.

5. Consider the following hypothetical case of Jai, a 30-year old man. He was brought to you (you as a counsellor) by his wife for psychological treatment.

Jai is a 30 year-old man who was working in the army and who was discharged of his duty in 2018, after serving his term in Afghanistan. His wife reported that since he returned from the posting, he has not been 'his original self'. And this has impacted their relationship also. Jai reports that he has difficulty in sleeping and when he sleeps, he has nightmares. He further says that he has undergone many traumatic and distressing experiences in his last posting which he is not sure of sharing it with anyone. He is irritable and spends his time alone. He becomes startled easily. In his present job, he is not able to perform his duties properly. He has vivid and intrusive memories of the traumatic experiences that he had which he declines to share with anyone and neither wants to meet anyone that reminds him of the experiences.

- a) Identify the disorder and its symptoms.
- b) What will you suggest for the psychological treatment for such disorder?

All the above five tests/activities need to be reported in one file (typed in word document) with proper Title page and Table of Contents mentioning the page numbers.

### **GROUP B: COUNSELLING PSYCHOLOGY (MPCE 024)**

1. [Big Five Personality Test \(openpsychometrics.org\)](https://openpsychometrics.org)

The above link is related to the Personality test based on Five-Factor Model. It is for personal use only. The test will be administered first on self and then on one of the family members/ acquaintance/friends/neighbor/colleagues. Self-administration is for your practice and to get acquainted with the test. While administering on self, you need to read the instructions carefully as mentioned in the test. When you administer the test on someone else, remember first to establish rapport and communicate that the responses will be kept confidential. Instructions will be given to the participant as mentioned in the test. The scores will be interpreted as per the norms indicated against the test.

Once the test is completed, you need to prepare a report based on the test administration. The report needs to be typed in word document. The test administered needs to be enclosed in the document. Follow the format for report preparation as has been mentioned in the Handbook. You may adapt to the present context wherever it is required, but overall refer to the format in the handbook (sequence to be followed).

2. <https://www.youtube.com/watch?v=idvdtvmvH1w&feature=youtu.be>  
[https://www.youtube.com/watch?v=dX\\_6WVWH8cw&feature=youtu.be](https://www.youtube.com/watch?v=dX_6WVWH8cw&feature=youtu.be)

Visit the above links and your next activity will be based on the video links. Prepared by NIMHANS, Bangalore on Mobile/Internet Addiction, the first video clip is approximately of 4-minutes while the second video clip is approximately of 44 minutes, The video gives information about the signs of mobile/internet addiction, at-risk children, preventive measures that can be adopted by the caregiver, research and status of mobile/internet addiction.

In the light of the above videos, answer the following:

- Is Internet disorder identified as a separate disorder?
  - What are the different names given to internet addiction?
  - Identify the probable causes of such behavioural addictions.
  - If you are placed as a School Counsellor, devise a plan for the parents of school children, especially from Class I to V, to handle the issue of mobile/internet addiction.
3. You are aware that mental disorders are diagnosed with the help of DSM and ICD criteria. DSM-IV- TR is also mentioned in your self-learning material. DSM-5 was published by American Psychiatric Association 2013. Now with the help of online or offline resources, discuss and figure out the key changes that have been made in DSM-5. The content should be coherently organized and not to be copied from any source.
4. Case History: This activity will be conducted in the format mentioned in the Handbook of Practical. Refer to Page. No. 10 of the Handbook for the Case History format. You may take Case History information from any of your acquaintance/ family member, who have faced any psychological problems during the present COVID crisis. Record the information of the Case History in your File.
5. Consider the following hypothetical case of Tanveer, a 17-year old boy. He was brought to you (you as a counsellor) by his mother for counselling and guidance.

Tanveer, is a 17-old year boy who completed his Class XII with average marks. He is an intelligent and hard-working student, however, for the last two years he has become disinterested in his studies. He is thoroughly dependent upon luck and fortune. Presently, he has been following someone on social media and started to meditate for long hours each day. The duration of meditation is somewhere between five-six hours everyday. Though, completely disinterested in studies, he has applied in various colleges and University of his city for an undergraduate programme. He wants to pursue Journalism, but his father wants him to pursue Law (father is a lawyer).

The mother has come to you for counselling and guidance for Tanveer.

- How will you counsel and guide Tanveer?
- What measures would you suggest for the family members?

All the above five tests/activities need to be reported in one file (typed in word document) with proper Title page and Table of Contents mentioning the page numbers.

### **GROUP C: INDUSTRIAL AND ORGANIZATIONAL PSYCHOLOGY (MPCE 034)**

1. [Big Five Personality Test \(openpsychometrics.org\)](https://openpsychometrics.org)

The above link is related to the Personality test based on Five-Factor Model. It is for personal use only. The test will be administered first on self and then on one of the family members/ acquaintance/friends/neighbor/colleagues. Self-administration is for your practice and to get acquainted with the test. While administering on self, you need to read the instructions carefully as mentioned in the test. When you administer the test on someone else, remember first to establish rapport and communicate that the responses will be kept confidential. Instructions will be given to the participant as mentioned in the test. The scores will be interpreted as per the norms indicated against the test.

Once the test is completed, you need to prepare a report based on the test administration. The report needs to be typed in word document. The test administered needs to be enclosed in the document. Follow the format for report preparation as has been mentioned in the Handbook. You may adapt to the present context wherever it is required, but overall refer to the format in the handbook (sequence to be followed).

2. [https://bhmt.org/wp-content/uploads/2016/04/BHMT\\_CC\\_Life-Values\\_Inventory.pdf](https://bhmt.org/wp-content/uploads/2016/04/BHMT_CC_Life-Values_Inventory.pdf)

Please follow the above link. The link will take you to a test that relates to the construct of decision-making. The test can be administered on self, family members, and acquaintance. However, if you administer the tool on someone else, do not forget to establish rapport and communicate that the responses will be kept confidential. Instructions will be given to the participant (if it is self-administered, then please read carefully) as mentioned in the test. The scores will be interpreted as per the norms indicated against the test.

Once the test is completed, you need to prepare a report based on the test administration. The report needs to be typed in word document. The test administered needs to be enclosed in the document. Follow the format for report preparation as has been mentioned in the Handbook. You may adapt to the present context wherever it is required, but overall refer to the format in the handbook (sequence to be followed).

3. [Conflict Management Styles Assessment.pdf \(blake-group.com\)](https://blake-group.com)

Please follow the above link. The link gives access to Assessment of Conflict Management Styles. The scoring is indicated in the test as well as a brief description of conflict management styles are also mentioned. The test can be administered on self, family

members, and acquaintance. However, if you administer the tool on someone else, do not forget to establish rapport and communicate that the responses will be kept confidential. Instructions will be given to the participant (if it is self-administered, then please read carefully) as mentioned in the test. The scores will be interpreted as per the norms indicated against the test.

Once the test is completed, you need to prepare a report based on the test administration. The report needs to be typed in word document. The test administered needs to be enclosed in the document. Follow the format for report preparation as has been mentioned in the Handbook. You may adapt to the present context wherever it is required, but overall refer to the format in the handbook (sequence to be followed).

4. <http://www.mindgarden.com/documents/PerceivedStressScale.pdf>

Please follow the above link. The link gives access to Perceived Stress Scale. The scoring is indicated in the test as well as a brief description of perceived stress is also mentioned. The test can be administered on self, family members, and acquaintance. However, if you administer the tool on someone else, do not forget to establish rapport and communicate that the responses will be kept confidential. Instructions will be given to the participant (if it is self-administered, then please read carefully) as mentioned in the test. The scores will be interpreted as per the norms indicated against the test.

Once the test is completed, you need to prepare a report based on the test administration. The report needs to be typed in word document. The test administered needs to be enclosed in the document. Follow the format for report preparation as has been mentioned in the Handbook. You may adapt to the present context wherever it is required, but overall refer to the format in the handbook (sequence to be followed).

5. Consider the following hypothetical case of Ms.Preeti, employed in an organization.

Ms. Preeti recently joined as a software engineer in a company. She was thrilled to get a job in this company. After few days of her joining, Mr. Raghav was also recruited at the equivalent post of Ms. Preeti in the same company. She was surprised to find that though Mr. Raghav had less work experience than her, he was getting a higher salary and benefits comparatively. After perceiving that despite of having more expertise, she was being rewarded less than Mr Raghav, she no more felt like giving her full efforts and dedication to the job. Due to her decrease in commitment, the company had to suffer in its service and productivity.

On the basis of the above case,

1. Outline the theory of motivation that you think deals with such social comparison at organizational level.
2. What are the remedies/ways that you would suggest to motivate Ms Preeti to reduce such perceived inequity?

All the above five tests/activities need to be reported in one file (typed in word document) with proper Title page and Table of Contents mentioning the page numbers.

**Evaluation:** The evaluation of the practical course will involve both internal as well as external assessment that carries 100 marks (refer table below). The internal evaluation by the academic counsellor will be of 50 marks (based on the attendance in online sessions, practical report, organized way of presenting the content, and overall understanding of the test/activity as reflected in the report). The External evaluation will further consist of 50 marks and will be based on the viva-voce conducted by the External Examiner as a Term End Examination. Pass percentage is 40 (consolidated).

<b>Internal Evaluation</b>		<b>External Evaluation</b>	
Component	Marks	Component	Marks
Presentation of content	50	Viva Voce	50
And overall Practical Report			
<b>Total</b>	<b>50</b>		<b>50</b>

### **Guidelines for Online Conduction of Practical in MA Psychology IInd Year (Academic Counsellor)**

**(MPCE 014/024/034)**

Dear Academic Counsellor,

The present guidelines are for the online conduction of practical in MA Psychology IInd Year. This is **NOT** applicable for the First-year learners of MA Psychology. These guidelines will be implemented for those learners who will be writing their **Term End Examination in December 2021 and January 2022.**

You must have access to the Practical Handbook (MPCE 014/ MPCE 24/MPCE 034); if not then you may access the softcopy from <http://www.ignou.ac.in/ignou/aboutignou/school/soss/programmes/detail/405/2>. The Handbook presents an overview about psychological testing according to the specialization groups that is opted by the learner in MA IInd Year. Since lab work is not possible in the present pandemic crisis (COVID), the Discipline of Psychology has outlined different activities/tests to be completed as part of online conduction of practical. The three specialization groups have different sets of activities/tests to be completed under your guidance. The activities/test have been given in a simple and self-explanatory manner.

- Tests: About the test, test history, any theory/framework that it is based upon, as well as the construct that it is assessing need to be explained to the learner. The

psychological test has to be conducted under your guidance. In the present situation, the learner needs to inform you about the tests that they will be administering.

- Activity: In this format, an article link or a video link related to the activity will be provided to you which will be followed by the instructions to complete the task.
- There will be three online academic counselling sessions, each of two hours duration where you need to explain the tests/activities mentioned below for each of the specialization groups. Attendance to the sessions is **mandatory**.
- Please read the tests/activities before conducting online sessions. The activities/ tests are outlined separately for each specialization group.

**Evaluation:** The evaluation of the practical course will involve both internal as well as external evaluation that carries 100 marks (refer table below). The internal evaluation by the academic counsellor will be of 50 marks (based on the practical report, organized way of presenting the content, and overall understanding of the test/activity as reflected in the report). The External evaluation will further consist of 50 marks and will be based on the viva-voce conducted by the External Examiner as a Term End Examination. Pass percentage is 40 (consolidated).

<b>Internal Evaluation</b>		<b>External Evaluation (TEE)</b>	
Component	Marks	Component	Marks
Presentation of content and overall Practical Report	50	Viva Voce	50
<b>Total</b>	<b>50</b>		<b>50</b>

Thank you for your cooperation.

Faculty, Discipline of Psychology

**Guidelines for Online Conduction of Practical in Bachelor's Degree Programme- BA Psychology IIIrd Year (BPCE 022)**

**Date: 25 January 2022**

Dear Learner,

The present guidelines are for the online conduction of practical in BA Psychology IIIrd Year. **This is NOT applicable for the Second-year learners of BA Psychology (BDP-BA Psychology) or the learners of BAG or BAPCH Programmes.** These guidelines will be implemented for those learners who will be writing their **Term End Examination in June 2020** (BDP-BA Psychology IIIrd year).

You must have received the Practical Handbook (BPCE 022) by now; if not then you may access the softcopy from <http://www.egyankosh.ac.in/handle/123456789/24232>. **It is important to read the Handbook carefully to develop an overview about psychological testing related to the Elective Course from Group-5 (BPCE 014/ BPCE 015/ BPCE 017) that you have opted in the BA IIIrd Year.** Since lab work is not possible in the present pandemic crisis (COVID 19), the Discipline of Psychology has outlined different activities/tests to be completed as part of online conduction of practical. The three Elective Courses have different sets of activities/tests to be completed under the guidance of academic counsellor. The activities/test have been given in a simple and self-explanatory manner.

- Tests: You will be administering the test on self, family member, or an acquaintance. A thorough understanding of the test, test history, any theory/framework that it is based upon, as well as the construct that it is assessing should be known to you. The psychological test has to be conducted under the guidance of academic counsellor. In the present situation, you need to inform your academic counsellor about the tests that you will be administering (the links for the tests have been provided from open education resources. The tests are primarily meant to create awareness and are for educational purpose only).
- Activity: In this format, an article link or a video link related to the activity will be provided to you which will be followed by the instructions to complete the task.
- There will be two online sessions, each of two hours duration where the academic counselors can explain the tests/activities mentioned below for each of the specialization groups. Attendance to the online sessions is **mandatory**.

Please read the activities/ tests as outlined separately for the specialization group opted by you.

All the best,

Faculty, Discipline of Psychology

## TESTS AND ACTIVITIES RELATED TO ELECTIVE COURSE BPCE 014

1. <https://www.youtube.com/watch?v=SJFQCpUOnec> Part I  
<https://www.youtube.com/watch?v=RUm8vlotVjM> Part II  
<https://www.youtube.com/watch?v=NJ5xJcmAWho> Part III

Watch the above links on demonstration of Mental Status Examination (MSE), prepared by NIMHANS, Bangalore. In light of the above video, answer the following:

- Identify the basic steps of MSE.
- How is speech and thought assessed in MSE?
- What are the main domains of cognitive functioning?
- Discuss the importance of MSE in clinical assessment.

You need to write/type the content coherently in your own words (refer to Page No.9 of the Handbook on Practicum).

2. <https://www.youtube.com/watch?v=vohjjW5xA40>  
Watch the above link on Clinical Interviewing carefully. Summarize the key features of Clinical Interview and write/type it coherently (also refer to Page No.13 of the Handbook on Practicum).
3. You are aware that mental disorders are diagnosed with the help of DSM and ICD criteria. DSM-IV-TR is also mentioned in your study material. DSM-5 was published by American Psychiatric Association in 2013. Now with the help of online or offline resources, discuss and figure out the key changes that have been made in DSM-5. The content should be coherently organized and not to be copied from any source.

All the above three tests/activities need to be reported in one file (typed in word document) with proper Title page and Table of Contents mentioning the page numbers.

## TESTS AND ACTIVITIES RELATED TO ELECTIVE COURSE BPCE 017

1. [Big Five Personality Test \(openpsychometrics.org\)](https://openpsychometrics.org)

The above link is related to the Personality test based on Five-Factor Model. It is for personal use only. The test will be administered first on self and then on one of the family members/acquaintance/friends/neighbor/colleagues. Self-administration is for your practice and to get acquainted with the test. While administering on self, you need to read the instructions carefully as mentioned in the test. When you administer the test on someone else, remember first to establish rapport and communicate that the responses will be kept confidential. Instructions will be given to the participant as mentioned in the test. The scores will be interpreted as per the norms indicated against the test.

Once the test is completed, you need to prepare a report based on the test administration. The report needs to be typed in word document. The test administered needs to be enclosed in the document. Follow the format for report preparation as has been mentioned in the Handbook. You may adapt to the present context wherever it is required, but overall refer to the format in the handbook (sequence to be followed).

2. <https://www.youtube.com/watch?v=yksCtS8SVxI&feature=youtu.be>

Watch the above video link on 'Anxiety among Children', prepared by NIMHANS, Bangalore. In light of the above video, answer the following:

- What are the main symptoms of anxiety in children?
- Differentiate between normal and pathological anxiety.
- As a counsellor, suggest measures to manage anxiety among children.

Write/type the answers coherently in your own words.

3. <https://www.youtube.com/watch?v=SthCYKCrL7w&feature=youtu.be>

Watch the above link on 'Temper tantrums in Children', prepared by NIMHANS Bangalore. In the light of the above video, answer the following:

- What are the main reasons of temper tantrums in children?
- Suggest measures for caregivers for handling temper tantrums among children.

Write/type the answers coherently in your own words.

All the above three tests/activities need to be reported in one file (typed in word document) with proper Title page and Table of Contents mentioning the page numbers.

## TESTS AND ACTIVITIES RELATED TO ELECTIVE COURSE BPCE 015

### 1. [Big Five Personality Test \(openpsychometrics.org\)](http://openpsychometrics.org)

The above link is related to the Personality test based on Five-Factor Model. It is for personal use only. The test will be administered first on self and then on one of the family members/ acquaintance/friends/neighbor/colleagues. Self-administration is for your practice and to get acquainted with the test. While administering on self, you need to read the instructions carefully as mentioned in the test. When you administer the test on someone else, remember first to establish rapport and communicate that the responses will be kept confidential. Instruction will be given to the participant as mentioned in the test. The scores will be interpreted as per the norms indicated against the test.

Once the test is completed, you need to prepare a report based on the test administration. The report needs to be typed in word document. The test administered needs to be enclosed in the document. Follow the format for report preparation as has been mentioned in the Handbook. You may adapt to the present context wherever it is required, but overall refer to the format in the handbook (sequence to be followed).

### 2. <https://www.youtube.com/watch?v=Y7m9eNoB3NU>

Visit the above link on Emotional Intelligence (EI). The video clip is of approximately 5 minutes that gives information about EI and the speaker is Daniel Goleman.

In the light of the above video, answer the following:

- Define emotional intelligence and explain the main domains of EI as propounded by Daniel Goleman.
- Is there any role of brain in EI?
- Can EI be developed?
- As a school counselor, develop a classroom session (with activities) for school children to 'manage emotions'.

Write/type the answers coherently in your own words.

### 3. <http://www.mindgarden.com/documents/PerceivedStressScale.pdf>

Please follow the above link. The link gives access to Perceived Stress Scale. The scoring is indicated in the test as well as a brief description of perceived stress is also mentioned. The test can be administered on self, family members, and acquaintance. However, if you administer the tool on someone else, do not forget to establish rapport and communicate that the responses will be kept confidential. Instruction will be given to the participant (if it is self-administered, then please read carefully) as mentioned in the test. The scores will be interpreted as per the norms indicated against the test.

Once the test is completed, you need to prepare a report based on the test administration. The report needs to be typed in word document. The test administered needs to be enclosed in the document. Follow the format for report preparation as has been mentioned in the Handbook.

You may adapt to the present context wherever it is required, but overall refer to the format in the handbook (sequence to be followed).

All the above three tests/activities need to be reported in one file (typed in word document) with proper Title page and Table of Contents mentioning the page numbers.

**Evaluation:** The evaluation of the practical course will involve both internal as well as external evaluation that carries 100 marks (refer table below). The internal evaluation by the academic counsellor will be of 50 marks (based on the practical report, organized way of presenting the content, and overall understanding of the learner as reflected in the report). The External evaluation will further consist of 50 marks and will be based on the viva-voce conducted by the External Examiner as a Term End Examination. Pass percentage is 35 (consolidated).

<b>Internal Evaluation</b>		<b>External Evaluation</b>	
Component	Marks	Component	Marks
Presentation of content and overall Practical Report	50	Viva Voce	50
<b>Total</b>	<b>50</b>		<b>50</b>

**Guidelines for Online Conduction of Practical in Bachelor's Degree Programme- BA Psychology IIIrd Year (Academic Counsellor)**  
**(BPCE 022)**

Dear Academic Counsellor,

The present guidelines are for the online conduction of practical in BA Psychology IIIrd Year. **This is NOT applicable for the Second-year learners of BA Psychology (BDP-BA Psychology) or the learners of BAG or BAPCH Programmes.** These guidelines will be implemented for those learners who will be writing their **Term End Examination in December 2021 and June 2022.**

You must be having access to Practical Handbook (BPCE 022); if not then you may access the softcopy from <http://www.egyankosh.ac.in/handle/123456789/24232>. The Handbook gives an overview about psychological testing related to the Elective Course from **Group-5 (BPCE 014/ BPCE 015/ BPCE 017)** opted by the learner in the BA IIIrd Year. Since lab work is not possible in the present pandemic crisis (COVID 19), the Discipline of Psychology has outlined

different activities/tests to be completed as part of online conduction of practical. The three Elective Courses have different sets of activities/tests to be completed by the learner under your guidance. The activities/test have been given in a simple and self-explanatory manner.

- Tests: Test history, any theory/framework that it is based upon, as well as the construct that it is assessing, needs to be discussed in the counselling session. The psychological test has to be conducted under your guidance. In the present situation, the learner will inform you about the tests that they are administering.
- Activity: In this format, an article link or a video link related to the activity is provided, followed by the instructions to complete the task.
- There will be two online sessions, each of two hours duration where will explain the tests/activities mentioned below for each of the specialization groups. Attendance to the online sessions is **mandatory**.
- Please read the tests/activities before conducting the online sessions. The activities/ tests are outlined separately for the three specialization groups.

Thank you for your cooperation.

Faculty, Discipline of Psychology

**Guidelines for Online Conduction of Practical (Learner) in BDP-BA Psychology**  
**IInd Year (BPCL 007 and BPCL 008)**

**Date: 25 January 2022**

Dear Learner,

The present guidelines are for the online conduction of practical in BDP-BA Psychology IInd Year. These guidelines are applicable for those learners who will be writing their **Term End Examination in December 2021 and June 2022 (BDP-BA Psychology)**.

You must have received the Practical Handbook (BPCL 007 and BPCL 008) by now; if not then you may access the softcopy from <http://egyankosh.ac.in/handle/123456789/51111>. **It is important to read the Handbook carefully to develop an overview about psychological testing and experiments.** Since lab work is not possible in the present pandemic crisis (COVID 19), the Discipline of Psychology has outlined different activities/tests to be completed as part of online conduction of practical. The activities/test have been given in a simple and self-explanatory manner, though may be completed under the guidance of an academic counsellor also.

- Test: You will be administering the test on self, family member, or an acquaintance. A thorough understanding of the test, test history, any theory/framework that it is based upon, as well as the construct that it is assessing should be known to you. The psychological test has to be conducted under the guidance of academic counsellor. In the present situation, you need to inform your academic counsellor about the tests that you will be administering (the links for the tests have been provided from open education resources. The tests are primarily meant to create awareness and are for educational purpose only).
- Activity: In this format, an article link or a video link related to activity is provided to you, followed by the instructions to complete the task. **Do not copy** content verbatim from any offline or online resources. Write the content in your own words.
- There will be two online sessions (combined session for BPCL 007 and BPCL 008), each of two hours duration where the academic counselors can explain the tests/activities mentioned below. Attendance to the online sessions is **mandatory**.
- **BPCL 007 and BPCL 008** are two separate courses, hence you will prepare two separate files (approximately 10-12 pages). The files will be separately evaluated by the academic counsellor.
- Separate TEE (only Viva-voce based on the activities that you have completed) will be conducted for the two courses.
- The evaluation methodology and details of Term End Examination is also mentioned in the guidelines for your reference.

Please read the activities/ tests as outlined for each course.

All the best,

Faculty, Discipline of Psychology

## **BPCL 007 Practicum in Psychology Testing**

### **1. Cattell's 16 P.F**

<https://openpsychometrics.org/tests/16PF.php>

The above link is related to the Personality test based on Raymond B. Cattell's personality theory. It is for personal use only. The test will be administered first on self and then on one of the family members/ acquaintance/friends/neighbor/colleagues. Self-administration is for your practice and to get acquainted with the test. While administering on self, you need to read the instructions carefully as mentioned in the test. When you administer the test on someone else, remember first to establish rapport and communicate that the responses will be kept confidential. Instructions will be given to the participant as mentioned in the test. The scores will be interpreted as per the norms indicated against the test.

Once the test is completed, you need to prepare a report based on the test administration. The report needs to be typed in word document. The test administered needs to be enclosed in the document. Follow the format for report preparation as has been mentioned in the Handbook. You may adapt to the present context wherever it is required, but overall refer to the format in the handbook (sequence to be followed).

### **2. Letter Memorization Test**

<https://sites.google.com/site/whydontstudentslikeschoolbook/interactive-activities/letter-memorization-test>

Visit the above link that will take you to the letter memorization test. There are two tests that you have to attempt. Once the test is completed, you need to prepare a report based on the test administration. The report needs to be typed in word document. The test administered needs to be enclosed in the document. Follow the format for report preparation as has been mentioned in the Handbook. You may adapt to the present context wherever it is required, but overall refer to the format in the handbook (sequence to be followed).

### **3. Piaget's Mountain Task**

<https://www.youtube.com/watch?v=v4oYOjVDgo0> (University of Minnesota and the Science Museum of Minnesota, funded by the National Science Foundation).

Watch the above link for the video that shows 'Three Mountain Task' developed by Jean Piaget and answer the following:

- What does the activity 'Three Mountain Task' determine in children?
- How does play impact cognitive development in children?
- What are the key takeaways from Piaget's concepts of cognitive development from an infant to adult thinking?

**Note:** All the above tests/activities need to be reported in one file (typed in word document) with proper Title page with Course Code and Table of Contents mentioning the page numbers.

Write a separate section on ‘Reference’ if you have referred to extra reference material (both online and offline) for the activities/tests. This can be a section after each activity or you may also combine all the references and mention it in the end of the file. The references will be written in APA format (7<sup>th</sup> Ed.)

**Evaluation:** The evaluation of the practical course will involve both internal as well as external evaluation that carries 100 marks (refer the table below). The internal evaluation by the academic counsellor will be of 50 marks (based on the practical report, organized way of presenting the content, and overall understanding of the test/activity as reflected in the report). The External evaluation will further consist of 50 marks and will be based on the viva-voce conducted by the External Examiner as a Term End Examination. Pass percentage is 35 (consolidated).

<b>Internal Evaluation</b>		<b>External Evaluation (Term End Examination)</b>	
Component	Marks	Component	Marks
Presentation of content and overall Practical Report	50	Viva Voce	50
<b>Total</b>	<b>50</b>		<b>50</b>

## BPCL 008 Practicum in Experimental Psychology

### 1. Experiment with Baby Albert- Watson and Rayner

[https://www.youtube.com/watch?v=FMnhyGozLyE&list=TLijGHR5tdqJMrfg-LFJbKg-Qa4taw\\_Da-](https://www.youtube.com/watch?v=FMnhyGozLyE&list=TLijGHR5tdqJMrfg-LFJbKg-Qa4taw_Da-)

Watch the above video and summarize the experiment. What are its implications for human behaviour?

### 2. Experiment on Conformity

[https://www.youtube.com/watch?feature=player\\_embedded&v=-qJqR4GmKw](https://www.youtube.com/watch?feature=player_embedded&v=-qJqR4GmKw)

Watch the above video, read the related content from the study material and answer the following questions.

- Summarize the findings of Asch's conformity experiment.
- What are the main factors that influence conformity?

### 3. Selective attention test

<https://www.youtube.com/watch?v=vJG698U2Mvo>

Visit the above link for the video on selective attention. It is based on a famous study by Simons and Chabbris (1999). This is an online exercise. Complete the test according to the instructions as being given by the instructor.

After completing the exercise, reflect whether you failed to notice something that was clearly visible and why did this happen. Write your views on the above activity in your own words.

**Note:** All the above tests/activities need to be reported in one file (typed in word document) with proper Title page with Course Code and Table of Contents mentioning the page numbers.

Write a separate section on 'Reference' if you have referred to extra reference material (both online and offline) for the activities/tests. This can be a section after each activity or you may also combine all the references and mention it in the end of the file. The references will be written in APA format (7<sup>th</sup> Ed.)

**Evaluation:** The evaluation of the practical course will involve both internal as well as external evaluation that carries 100 marks (refer the table below). The internal evaluation by the academic counsellor will be of 50 marks (based on the practical report, organized way of presenting the content, and overall understanding of the test/activity as reflected in the report). The External evaluation will further consist of 50 marks and will be based on the viva-voce conducted by the External Examiner as a Term End Examination. Pass percentage is 35 (consolidated).

<b>Internal Evaluation</b>		<b>External Evaluation (Term End Examination)</b>	
Component	Marks	Component	Marks
Presentation of content and overall Practical Report	50	Viva Voce	50
<b>Total</b>	<b>50</b>		<b>50</b>

**Guidelines for Online Conduction of Practical (Academic Counsellor) in BDP-BA  
Psychology IInd Year  
(BPCL 007 and BPCL 008)**

Dear Academic Counsellor,

The present guidelines are for the online conduction of practical in BDP-BA Psychology IInd Year. These guidelines will be implemented for those learners who will be writing their **Term End Examination in December 2021 and June 2022**.

You must have access to the Practical Handbook (BPCL 007 and BPCL 008); if not then you may access the softcopy from <http://egyankosh.ac.in/handle/123456789/51111>. The Handbook presents an overview about psychological testing and experiments based on the theory courses. Since lab work is not possible in the present pandemic crisis (COVID 19), the Discipline of Psychology has outlined different activities/tests to be completed as part of online conduction of practical by the learner. Though, the activities/test have been given in a simple and self-explanatory manner, guidance needs to be given for completion of the practical activities.

- Tests: About the test, test history, any theory/framework that it is based upon, as well as the construct that it is assessing need to be explained to the learner. The psychological test has to be conducted under your guidance. In the present situation, the learner needs to inform you about the tests that they will be administering.
- Activity: In this format, an article link or a video link related to the activity will be provided to you which will be followed by the instructions to complete the task.
- There will be two online sessions (that includes both BPCL 007 and BPCL 008), each of two hours duration where you need to explain the tests/activities listed for the two courses. Attendance to the sessions is **mandatory**.
- **BPCL 007 and BPCL 008** are two separate courses, hence two files will be made by the learner and separately evaluated.
- Separate TEE will be conducted for the two courses.
- The evaluation methodology and details of Term End Examination is also mentioned in the guidelines for your reference.

**Evaluation:** The evaluation of the practical course will involve both internal as well as external evaluation that carries 100 marks (refer table below). The internal evaluation by the academic counsellor will be of 50 marks (based on the practical report, organized way of presenting the content, and overall understanding of the test/activity as reflected in the report). The External evaluation will further consist of 50 marks and will be based on the viva-voce conducted by the External Examiner as a Term End Examination. Pass percentage is 35 (consolidated).

<b>Internal Evaluation</b>		<b>External Evaluation</b>	
Component	Marks	Component	Marks
Presentation of content and overall Practical Report	50	Viva Voce	50
<b>Total</b>	<b>50</b>		<b>50</b>

Thank you for your cooperation.

Faculty, Discipline of Psychology