MOUNT MARY COLLEGE

IQAC COORDINATOR MOUNT MARY COLLEGE Date.....

[Name of Department/Committee/Cell]:

Meeting Details

Date: 21/5/25

Time: 1pm

Venue: AV room MMC

Meeting Type: Faculty meeting (e.g., First/Quarterly Review/Semester)

Agenda

1. Restructuring POs for the BA programmme.
2. Finalisation of PSOs
3. Explained that there are 7,8 points for the documentation of PO - PSO, CO alignment
4. Finalise PSO

PRINCIPAL
Mount Mary College
Chümoukedima, Nagaland

Members Present

Sl. No.	Name	Designation/Department	Signature
1	Mr. Tereishang Khaling	~~Asst. Prof~~ HOD, Department of Psychology	
2	Dr. Roko	Asst. Prof	HOD, Dept. of Edu.
3	Ms. Chumthungla	"	Dept. of Hist
4	Rullim Yachu	"	Dept of Eng.
5	Ngaichin	"	Dept of Edu
6	Dr. Rokocelie Mezhu		
7	Dr. Barsant Biten	"	Dept. of Hist
8	Jackie Patton	"	Dept of Socio
9	Mridul Gurung	"	Dept of Com
10	Tsuktienla	"	Dept. of Eng.
11	Moamenla	"	"
12.	Phewang	"	Dept. of Pol. Sc.
13.	Kipiteli	"	Dept. of "
14.	Shilwenla	"	" Commerce
16.	Dr. Jana	"	Principal
17.	Ms. Vikuotono	"	Dept. of Socio

Discussion Notes (to be expanded later as formal minutes)

Agenda Item 1:

PO1: Demonstrate a well rounded understanding of humanities & social sciences, including critical inquiry and reflective thinking. PO2 Communicate effectively and engage with historical and cultural debates using academic tools and language. PO3 Apply interdisciplinary knowledge to real world challenges through civic responsibility and social awareness. PO4 Develop analytical skills for examining historical narratives and their impact on contemporary society. PO5: Engage in lifelong learning with a foundation in ethical reasoning and scholarly curiosity.

Agenda Item 2:

PSO1: Master foundational knowledge across major branches of psychology
PSO2: Use assessment tools and methods to understand human behaviour
PSO3: Demonstrate research competence through designing and executing empirical studies.
PSO4: Apply psychological knowledge in real-world and professional insight.
PSO5: Engage in life-long learning and personal growth through psychological

Agenda Item 3:

PSO5: Master foundational knowledge across major branches of psychology
PSO5: Understanding psychological constructs in the Indian and multicultural contexts.

Any Other Business (AOB):

Resolutions / Decisions Taken

Sl. No. Action Point / Person Responsible and Deadline :

- Prepare the department Outcomes & matrix beginning the first session 2024
- Prepare the matrix mapping & submit on 27th May
- Point 4, 5 & 6 to be submitted after 5 days

Decisions

1 Decided that after working on mapping matrix, point no 4, 5, 6 will be done within 5 days.
2 All the faculties came together and finalised the POs
3 PSOs were also cleared and finalised
4
5

Prepared By (on-the-spot):
Name: Tereishang
Signature:
Designation: HOD

IQAC Coordinator
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HoD
Department of Psychology
Mount Mary College
Chümoukedima : Nagaland

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Chümoukedima, Nagaland

Detailed PO - PSO - CO Mapping Matrix
BA Psychology

Course Title: C-1 Introduction to Psychology

Program Outcomes (POs)

PO1: Demonstrate a well-rounded understanding of humanities and social sciences, including critical inquiry and reflective thinking.

PO2: Communicate effectively and engage with historical and cultural debates using academic tools and language.

PO3: Apply interdisciplinary knowledge to real-world challenges through civic responsibility and social awareness.

PO4: Develop analytical skills for examining historical narratives and their impact on contemporary society.

PO5: Engage in lifelong learning with a foundation in ethical reasoning and scholarly curiosity

Program Specific Outcomes (PSOs)

PSO1: Master foundational knowledge across major branches of psychology.

PSO2: Use assessment tools and methods to understand human behavior.

PSO3:Demonstrate research competence through designing and executing empirical studies.

PSO4: Apply psychological knowledge in real-world and professional contexts.

PSO5:Understand psychological constructs in the Indian and multicultural contexts.

Course Outcomes (COs)

CO1: Define key psychological concepts and identify major perspectives in the discipline.

CO2: Explain sensory and perceptual processes and relate them to cognitive development.

CO3: Compare major learning theories and apply them to real-life situations.

CO4: Describe memory models and techniques to improve memory performance.

CO5: Analyze theories of motivation and emotion and relate them to human behavior.

CO6: Conduct basic psychology experiments and interpret findings in applied contexts.

Mapping Matrix

CO	Mapped PSOs	Mapped POs	Justification
CO1	PSO1	PO1, PO2	Introduces foundational knowledge and terminology of psychology; fosters critical and academic engagement.
CO2	PSO1	PO1, PO4	Encourages analytical thinking on human cognition and its relevance to individual behavior.
CO3	PSO1, PSO4	PO1, PO3	Applies psychological principles to daily challenges and promotes reflective learning.
CO4	PSO1	PO1, PO5	Encourages lifelong learning and practical application of memory enhancement strategies.
CO5	PSO1, PSO2	PO1, PO3	Links internal drives to social behavior and encourages ethical awareness of human actions.
CO6	PSO2, PSO3	PO2, PO4	Develops scientific inquiry and research interpretation using psychological vocabulary.

FORMAT-I

MOUNT MARY COLLEGE

General Lesson Plan for the Academic Session (June, 2024-Dec, 2024)

Course Name: ~~C-PSY-01~~ INTRODUCTION TO PSYCHOLOGY

Subject Code: C-PSY-01

Semester: BA. 1 SEM.

Name of Teacher: TEREISHANG KHALING

Unit	Chapter	Contents / Topics	No. of Class Required (Duration)
1. Introduction to Psychology	(a)	• What is psychology?	8 14th - 25 June
	(b)	• Perspectives on behavior.	
	(c)	• Methods of Psychology (special emphasis on experimentation)	
	(d)	• Sub fields of psychology	
	(e)	• Psychology in modern India.	
2. Perception, Thinking and Language	(a)	• Sensation: Visual and auditory	8 26 - 12 July June
	(b)	• Perceptual organization Gestalt principles, perceptual constancies, Depth perception, Mental imagery, concepts	
	(c)	• Nature of decision making	
	(d)	• Nature of language and language development	
3. Learning	(a)	• Principles and applications of classical conditioning, operant conditioning.	16 Aug - 27 Aug
	(b)	• Observational learning. Learning strategies, Learning in a digital world.	
4. Memory	(a)	• Models of memory: Atkinson and Shiffrin Memory Model, • Baddeley's model of working memory	28 Aug - 11 Sept
	(b)	• Forgetting	
	(c)	• Improving memory.	
5. Motivation and Emotions	(a)	• Theories of motivation; Mc Clelland's need theory and Maslow's need theory.	12 Sept - 30 sept
	(b)	• Types of motivation	
	(c)	• Motivational conflict	
	(d)	• Theories of emotion: James Lange and Cannon Baird; Physiological bass emotion	
	(e)	• Non-verbal expression of emotion	

Signature

FORMAT-2 **Lesson Plan**

Teacher..... Tercishang .....

Semester..... 1 sem .....

Paper..... C-PSY-01 .....

Lesson Topic	UNIT 1 INTRODUCTION TO PSYCHOLOGY
Desired Outcome	(i) Understand the clear definition of psychology, its nature and scope (ii) Learn the methods of studying psychology and concepts. (iii) Identify the Key perspectives of Behavior (iv) Learn the research methods use in psychology (v) Evaluate the strength and weakness of different methods (vi) Students will be able to identify and describe various subfields within psychology
Teaching / Learning Method	• Class lecture • Discussion • Notes / materials distribution • Compare and contrast perspectives through case studies
Materials Needed	MarkPens Board Classroom A4 sheets
Assignment / Follow Up	Written Assignment Class test
Lesson Duration	14 June – 25 June

FORMAT-2

Lesson Plan

Teacher..... Tenisharg .....

Semester..... 1 Sem .....

Paper..... C-PSY-01 .....

Lesson Topic	UNIT 2 : Perception, Thinking and Language
Desired Outcome	(i) Achieve clear concept of sensation, perception and difference between the two (ii) Understand what stimulus, sensory thresholds and sensory adaptation is. (iii) Learn signal detection theory. (iv) Identify the Basic structure of human eye & ear ~~rods, cones~~ and functions. (v) Understand Gestalt principles, (vi) Learn about concepts and ~~how they represent~~
Teaching / Learning Method	. Lecture . Class discussion . Visual learning on laptop . Presentation . Library Day
Materials Needed	Projector Board Classroom A4 sheets
Assignment / Follow Up	Written assignment Activities Class Test Presentation (individual)
Lesson Duration	26 June — 12 July

FORMAT-2

Lesson Plan

Teacher..... Tereishang.....

Semester..... 1 Sem.....

Paper..... C-PSY-01.....

Lesson Topic	UNIT -3 LEARNING
Desired Outcome	(i) Principles and applications of classical and operant conditioning will be understood thoroughly (ii) Theories of learning (iii) Learn the concept of observational learning (iv) Learn the process and gain understanding about the learning in Digital world.
Teaching / Learning Method	. Visual Screening . Lectures . Class Presentations . Discussions
Materials Needed	Projector classroom Ag sheets
Assignment / Follow Up	. Written Assignments . Class Test . Class presentation (individual)
Lesson Duration	16 Aug — 27 Aug

FORMAT-2

Lesson Plan

Teacher..... Tereishang

Semester..... 1 sem

Paper..... C - PSY - 01

Lesson Topic	UNIT - 5 MEMORY
Desired Outcome	(I) Be clear about the stages of memory (II) Understand the concepts of models of memory. · Atkinson & Shiffrin Memory Model, · Baddeley's model of working memory (III) Learn the psychological understanding of forgetting and its contrasting views (IV) Define memory and understand the emphasis of schema.
Teaching / Learning Method	Lectures · Class Discussion · Library class · Presentations · Visual learning.
Materials Needed	· Projector · Classroom · A4 sheets.
Assignment / Follow Up	· Written assignments · Class test · Class Presentations · Activities
Lesson Duration	26 Aug - 11 Sept

FORMAT-2

Lesson Plan

Teacher..... Texuishang.....

Semester..... 1 Sem.....

Paper..... 1 - PSY - 01.....

Lesson Topic	UNIT – 5 MOTIVATION AND EMOTIONS
Desired Outcome	(I) Learn the theories of motivation : Drive theory, Arousal, Expectancy, Goal-setting (II) Clear understanding of Maslow's Hierarchy of needs, • ERG theory, • Mc Clelland's need theory. (III) Understanding the meaning of emotions & theories Nature, Expression and impact (IV) Learn the physiological basis of emotions (V) Understand the Non-verbal cues of emotions
Teaching / Learning Method	• Visual learning • Lectures • Discussion • Presentation • Library Day
Materials Needed	• Projector • Classroom Books Ag sheets.
Assignment / Follow Up	• Written Assignments • Presentations • Class test
Lesson Duration	12 Sept – 30 Sept

Detailed PO - PSO - CO Mapping Matrix

Course Title: C-2 Biopsychology

Program Outcomes (POs)

PO1: Demonstrate a well-rounded understanding of humanities and social sciences, including critical inquiry and reflective thinking.

PO2: Communicate effectively and engage with historical and cultural debates using academic tools and language.

PO3: Apply interdisciplinary knowledge to real-world challenges through civic responsibility and social awareness.

PO4: Develop analytical skills for examining historical narratives and their impact on contemporary society.

PO5: Engage in lifelong learning with a foundation in ethical reasoning and scholarly curiosity

Program Specific Outcomes (PSOs)

PSO1: Master foundational knowledge across major branches of psychology.

PSO2: Use assessment tools and methods to understand human behavior.

PSO3:Demonstrate research competence through designing and executing empirical studies.

PSO4: Apply psychological knowledge in real-world and professional contexts.

PSO5:Understand psychological constructs in the Indian and multicultural contexts.

Course Outcomes (COs)

CO1: Explain the nature, scope, and methods of biopsychology.

CO2: Describe the structure and functions of the brain, including hemispheric specialization and neuroplasticity.

CO3:Illustrate the organization and functioning of the nervous system, including neural conduction and synaptic transmission. I

CO4: Analyze the role and dysfunction of key neurotransmitters in behavior and psychological disorders.

CO5: Evaluate the functioning of the endocrine system and its impact on human behavior.

Mapping Matrix

CO	Mapped PSOs	Mapped POs	Justification
CO1	PSO1	PO1, PO5	Encourages critical thinking on biological aspects of behavior, supporting scholarly curiosity.
CO2	PSO1, PSO2	PO1, PO3	Develops understanding of neural processes relevant to daily life and challenges.
CO3	PSO1	PO1, PO4	Trains students in biological foundations for analyzing behavioral responses.
CO4	PSO1, PSO5	PO1, PO4	Encourages interdisciplinary analysis of behavior and mental health.
CO5	PSO1	PO1, PO3	Fosters biological understanding of psychological states in real-world scenarios.

FORMAT-1

MOUNT MARY COLLEGE

General Lesson Plan for the Academic Session (June, 2024-Dec, 2024)

Course Name: BIOPSYCHOLOGY

Subject Code: C- PSY – 02

Semester: BA 1. SEM

Name of Teacher: TEREISHANG KHALING

Unit	Chapter	Contents / Topics	No. of Class Required (Duration)
1. Introduction to Biopsychology	(I)	Nature and scope of Biopsychology	14 June – 24 June
	(II)	Methods of studying Biopsychology	
	(III)	Modern methods of studying the Brain	
	(IV)	Ethics of Bio psychology	
	(V)	Division of Biopsychology	
2. The functioning of Brain	(I)	Structure and functions of Brain	29 June – 12th July
	(II)	Neuroplasticity of Brain	
	(III)	Types of neuroplasticity • Neural degeneration " regeneration " reorganization	
	(IV)	~~Hemispheric Specialization~~	
3. Organization of Nervous system	(I)	Structure and functions of neurone	~~27 June~~ 16 Aug – 31 Aug
	(II)	Neural conduction and synaptic transmission.	
	(III)	Structure and function of CNS	
	(IV)	" " & PNS	
4. Neuro-transmitters	(I)	Types and role of neurotransmitters	1 Sept – 15 Sept
	(II)	Functional abnormalities of neurotransmitters	
5. Endocrine System	(I)	Structure and functions of major glands (Thyroid, Adrenal, Gonads, Pituitary, Pancreas and Pineal)	16 Sept – 30 Sept
	(II)	Abnormalities of major glands.	

Signature

FORMAT-2

Lesson Plan

Teacher..... Teresa Hang .....

Semester..... 1 SEM .....

Paper..... C-02 PSY .....

Lesson Topic	Unit 1: INTRODUCTION TO BIOPSYCHOLOGY
Desired Outcome	(i) Understand the nature and scope of Biopsychology (ii) Learn the different methods of studying Biopsychology (iii) Differentiate the modern methods of studying the brain and the function and process (iv) Learn the importance of Ethics in Biopsychology and why it exist. (v) Identify the diff. divisions of Biopsychology and the nature.
Teaching / Learning Method	. Lecture . Activities . Presentation . Visuals . Notes and materials . Discussion
Materials Needed	. Projector and Classroom
Assignment / Follow Up	. Written assignment on "Modern Methods of Brain Study" . Class Project – Create 3D model of Limbic system and Hind Brain . Class Test.
Lesson Duration	14 June 9 – 24 June

FORMAT-2

Lesson Plan

Teacher......Tereishang......

Semester......1 sem......

Paper......C-02 PSY......

Lesson Topic	Unit 2: The functioning Brain. ① Learn the functions of different parts of the brain (Lobes, hind brain, Brain stem, limbic system) ②. Indepth understanding of meaning of Neuroplasticity of Brain ~~(neural degeneration~~, and its types. ③. Gain insight into the functional differences of the two brain hemisphere.
Desired Outcome	① Learn the functions of different parts of the brain (Lobes, Hind Brain, Brain stem, Limbic system) ② Indepth understanding of Neuroplasticity of Brain and its types. ③ Gain insight into the functional difference of the two brain hemisphere.
Teaching / Learning Method	. Lectures . Visual learning (videos and pictures) . presentation · Notes & materials. . Discussion . Activities
Materials Needed	Projector. A4 sheets Coloring materials
Assignment / Follow Up	• Written Assignment on "Explain in detail the structure and functions of the brain". . Class Tests ° Individual class presentation . Project – creating posters.
Lesson Duration	29 June — 12 July

FORMAT-2

Lesson Plan

Teacher..... Teresthang.....

Semester..... 1sem.....

Paper..... C-02 PSY.....

Lesson Topic	UNIT - 3 ORGANIZATION OF NERVOUS SYSTEMS
Desired Outcome	① Learn indepth the structure of neuron ② Identify the types of neurons. ③ Understand thoroughly the system of neural conduction and synaptic transmission. ④ Learn the structure and function of CNS and PNS
Teaching / Learning Method	Lectures Discussions Notes writing Visual learning (using laptop) Presentation
Materials Needed	Projector Classroom Drawing & writing materials.
Assignment / Follow Up	· Gathering previous questions. · Written assignments. · Group work / team. · Class Test
Lesson Duration	16 Aug — 31 Aug

FORMAT-2

Lesson Plan

Teacher..... Teresshang.....

Semester..... 1 Sem.....

Paper..... C-02 : Psy.....

Lesson Topic	UNIT - 4 LEARN ~~THE~~ TYPES : NEUROTRANSMITTERS
Desired Outcome	(i) Learn the ~~function~~ of Neurotransmitters. (ii) Understand the different roles and function of various types of Neuro-transmitters (iii) Understand the different functional abnormalities of Neurotransmitters.
Teaching / Learning Method	. Lectures . Visual learning through video screening . Notes distribution . Class room Discussion . Quiz . Presentation .
Materials Needed	Projector AV room Classroom
Assignment / Follow Up	. Written Assignment on . Individual presentation . Class Test
Lesson Duration	1 Sept - 15 Sept

FORMAT-2

Lesson Plan

Teacher: Tereishang

Semester: 1 sem

Paper: C – 02 PSY

Lesson Topic	Unit 5 ENDOCRINE SYSTEM
Desired Outcome	(i) Learn the different structure of and functions of endocrine system (ii) Learn the different major glands and functions. (Thyroid, Adrenal, Gonads, Pituitary, Pancreas and Pineal)
Teaching / Learning Method	Lectures Presentations Visual learning through video screening Notes / Materials distribution Class room Discussion.
Materials Needed	Projector Classrooms
Assignment / Follow Up	· Written Assignment · Project on Endocrine system · Library note making · Individual presentation · Class Test
Lesson Duration	16 Sept – 30 Sept

Detailed PO - PSO - CO Mapping Matrix

Course Title: C-3 Psychology of Individual differences

Program Outcomes (POs)

PO1: Demonstrate a well-rounded understanding of humanities and social sciences, including critical inquiry and reflective thinking.

PO2: Communicate effectively and engage with historical and cultural debates using academic tools and language.

PO3: Apply interdisciplinary knowledge to real-world challenges through civic responsibility and social awareness.

PO4: Develop analytical skills for examining historical narratives and their impact on contemporary society.

PO5: Engage in lifelong learning with a foundation in ethical reasoning and scholarly curiosity

Program Specific Outcomes (PSOs)

PSO1: Master foundational knowledge across major branches of psychology.

PSO2: Use assessment tools and methods to understand human behavior.

PSO3:Demonstrate research competence through designing and executing empirical studies.

PSO4: Apply psychological knowledge in real-world and professional contexts.

PSO5:Understand psychological constructs in the Indian and multicultural contexts.

Course Outcomes (COs)

CO1: Compare different theories of personality, including biological, psychodynamic, trait, and humanistic models.

CO2: Discuss the concept of intelligence, including emotional intelligence and Gardner's multiple intelligences.

CO3: Explain Indian approaches to self, including Advaita, Anatta, and Visishta-Advaita.

CO4: Evaluate motivational theories related to self-enhancement, creativity, and cognitive potential.

CO5: Describe the concept of aptitude and the use of aptitude tests for evaluating individual strengths.

CO6: Administer and interpret standardized tests on personality and intelligence (practicum).

Mapping Matrix

CO	Mapped PSOs	Mapped POs	Justification
CO1	PSO1, PSO5	PO1, PO3	Encourages critical comparison of perspectives and cultural analysis.
CO2	PSO1, PSO2	PO1, PO3	Integrates psychological and social dimensions in evaluating individual capacities.
CO3	PSO5	PO1, PO2	Incorporates local philosophy into academic discourse, enhancing contextual understanding.
CO4	PSO2, PSO4	PO3, PO5	Links internal drives to personal growth and applied contexts.
CO5	PSO2	PO1, PO4	Encourages assessment literacy and analytical application in human potential.
CO6	PSO2, PSO3	PO2, PO4	Applies empirical tools to understand and communicate individual differences.

FORMAT-I

MOUNT MARY COLLEGE

General Lesson Plan for the Academic Session (Dec. — May 2025)

Course Name: PSYCHOLOGY OF INDIVIDUAL DIFFERENCES

Subject Code: C - PSY - 03

Semester: II Semester

Name of Teacher: Tercisharg

Unit	Chapter	Contents / Topics	No. of Class Required (Duration)
I - PERSONALITY	~~Nature of~~ PERSONALITY	· Nature of personality. · Biological foundations of personality · Culture, gender and personality · Perspectives on personality. * Psychodynamic * Socio cultural, * ~~Humanistic~~ * ~~Trait & type~~	10
II	INTELLIGENCE	· Concept of Intelligence · Gardner's multiple intelligences · Emotional intelligence · Heredity, environment.	10
III	INDIAN APPROACH	· Self in Indian thought. · The Anatta view of Buddhism · The non-dualist view of ~~Shankara~~, · The Vaisishta - Advaita view of Ramanuja.	10
IV	ENHANCING INDIVIDUAL'S POTENTIAL	· Motivation : Intrinsic motivation and self determination theory. · Enhancing cognitive potential, self regulation and self enhancement, · Fostering creativity.	10
V	APTITUDE	· Concept of aptitude. · Specific abilities · Aptitude tests and application	10

50 days.

Signature

FORMAT-2

Lesson Plan

Teacher: Teresi Shaw

Semester: II

Paper: C-PSY-03

Lesson Topic 1	PERSONALITY: ✓ Nature of Personality ✓ Biological foundations of personality ✓ Culture, gender and personality ✓ Perspectives on personality · Psychodynamic · Socio-cultural · Humanistic · Trait & Type
Desired Outcome	· Understand Personality. · Indepth knowledge on, Culture, gender and personality · Learn the diff. perspectives of personality and relate it to real life
Teaching / Learning Method	· Lecture · Self study · Activities · Library use · Demonstration · Practicals/experiments · Assignments · Outdoor learning
Materials Needed	Chalk, Marker, A4 size papers, Projectors,
Assignment / Follow Up	· Presentation · Class test · Activities. · Class performance
Lesson Duration	10

FORMAT-2

Lesson Plan

Teacher..... Tereesthang.....

Semester..... C-PSYC-03 II

Paper..... ~~Fa~~ C-PSY-03.....

Lesson Topic 2	INTELLIGENCE . Concept of intelligence : . Gaidners multiple intelligence. . Emotional intelligence . Heredity . Environment and intelligence . Group differences in intelligence . Extremes of intelligence
Desired Outcome	. Understand intelligence . Gain clear Knowledge of intelligence and intellectual disabilities. . Nature and nurture of intelligence learned in detail and gain clear concept of it
Teaching / Learning Method	. Lecture . Practicals . Class reading . Self study . Activities . Demonstration
Materials Needed	Marker / chalk A4 paper Psychological tools
Assignment / Follow Up	Presentation Assignments Class test Reports.
Lesson Duration	10

FORMAT-2

Lesson Plan

Teacher..... Teresa Lang.....

Semester..... II.....

Paper..... C-PSY-03.....

Lesson Topic 3	INDIAN APPROACH • Self in Indian thought • The Anatta view of Buddhism • The non-dualist view of Advaita • The Visishta - Advaita view of Ramanuja
Desired Outcome	• Gain insight about the Indian thought and approach of Psychology • Learn the Anatta view of Buddhism, the non dualist view and Visishta - advaita view.
Teaching / Learning Method	• Lecture • Demonstration • Self reading • Library use • Screening / video lectures • Activities
Materials Needed	Markers / chalk A4 paper Projector Books
Assignment / Follow Up	Presentation Assignments. Class test Reports.
Lesson Duration	10

FORMAT-2

Lesson Plan

Teacher..... Teeeshang .....

Semester..... II .....

Paper..... C-PSY-03 .....

Lesson Topic 4	ENHANCING INDIVIDUAL'S POTENTIAL · Motivation · Intrinsic motivation and self determination theory · Enhancing cognitive potential. · Self regulation and self enhancement · Fostering creativity.
Desired Outcome	· Understand motivation · Learn its application and enhancement · Apply it oneself and improve/work on it. · Develop and build motivation · Learn to foster creativity.
Teaching / Learning Method	Lecture method Presentation Assignment writing Note making Self study Activities Demonstration
Materials Needed	A4 Papers Markers/chalk Projectors Spea' Rewards Text Books
Assignment / Follow Up	Presentation Assignments Class test Activities.
Lesson Duration	10

FORMAT-2

Lesson Plan

Teacher..... T. Keerthana .....

Semester..... II .....

Paper..... C-PSY-03 .....

Lesson Topic 5	APTITUDE · Concept of aptitude · Specific abilities · Aptitude tests and applications
Desired Outcome	· Understand clear concept of aptitude and its application · Learn the specific abilities · Learn what the different aptitudes tests are.
Teaching / Learning Method	· Lecture · Demonstration · Activities · Notes. · Practical learning
Materials Needed	Chalk / marker Tools. Rewards Books.
Assignment / Follow Up	Presentation Notes Class test Practicals.
Lesson Duration	10 days

Detailed PO - PSO - CO Mapping Matrix

Course Title: C-4 Statistical Methods for Psychological Research

Program Outcomes (POs)

PO1: Demonstrate a well-rounded understanding of humanities and social sciences, including critical inquiry and reflective thinking.

PO2: Communicate effectively and engage with historical and cultural debates using academic tools and language.

PO3: Apply interdisciplinary knowledge to real-world challenges through civic responsibility and social awareness.

PO4: Develop analytical skills for examining historical narratives and their impact on contemporary society.

PO5: Engage in lifelong learning with a foundation in ethical reasoning and scholarly curiosity

Program Specific Outcomes (PSOs)

PSO1: Master foundational knowledge across major branches of psychology.

PSO2: Use assessment tools and methods to understand human behavior.

PSO3:Demonstrate research competence through designing and executing empirical studies.

PSO4: Apply psychological knowledge in real-world and professional contexts.

PSO5:Understand psychological constructs in the Indian and multicultural contexts.

Course Outcomes (COs)

CO1: Describe the role of statistics in psychological research and distinguish between descriptive and inferential statistics

CO2: Construct and interpret various graphical representations such as histograms, polygons, and pie charts.

CO3: Calculate and interpret measures of central tendency (mean, median, mode) and variability (range, SD, variance).

CO4: Explain and apply concepts of the normal probability curve (NPC), standard scores, skewness, and kurtosis.

CO5: Compute and interpret Pearson's correlation coefficient using raw and deviation scores.

Mapping Matrix

CO	Mapped PSOs	Mapped POs	Justification
CO1	PSO3	PO1, PO4	Introduces scientific reasoning and statistical inquiry in behavioral science.
CO2	PSO3	PO2, PO4	Develops visual literacy in communicating data effectively.
CO3	PSO3	PO1, PO4	Builds critical analytical skills for interpreting psychological findings.
CO4	PSO3	PO1, PO4	Enhances understanding of statistical assumptions and their implications.
CO5	PSO3	PO1, PO3	Enables interpretation of relationships between variables in real-world research.

FORMAT-1

MOUNT MARY COLLEGE

General Lesson Plan for the Academic Session (Dec – May, 2025)

Course Name: STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH – I

Subject Code: C-PSY- 04

Semester: 2nd Sem

Name of Teacher: TEREISHANG KHALING

Unit	Chapter	Contents / Topics	No. of Class Required (Duration)
1	INTRODUCTION	• Relevance of Statistics in Psychological Research • Descriptive and inferential statistics • Variables • Scales of measurements • Frequency Distributions • Percentiles and Percentile ranks	10
2.	GRAPHIC REPRESENTATION OF FREQUENCY DISTRIBUTIONS	• Use of graphical • The Histogram • The Frequency Polygon • The Bar Diagram • Pie chart • The Cumulative Percentage Curve	10
3.	MEASURE OF CENTRAL TENDENCY AND VARIABILITY	• Central Tendency • Properties and calculation of Mean, median and mode • Variability, Variance • Properties of the range and semi-interquartile range • Standard Deviation • Quartile deviation	10+5
4.	THE NORMAL PROBABILITY CURVE (NPC)	• The nature of the NPC • Standard scores and the NPC. • Finding areas from the NPC when the score is known. • Finding scores when the area is not known • Divergence from normality (Skewness and Kurtosis)	10+5
5.	CORRELATION	• Correlation co-efficient. • Calculating Pearson's Correlation coefficient. • Deviation scores and raw scores • Cautions Concerning Correlation Coefficients.	10+5

65 days.

Signature

FORMAT-2

Lesson Plan

Teacher.... Teresia hang

Semester..... II Semester

Paper..... C-PSY-05

Lesson Topic	1: INTRODUCTION METHODS FOR PSYCHOLOGICAL RESEARCH • Relevance of Statistics in Psychological Research • Descriptive and inferal statistics. • Variables • Scale of measurements. • Frequency Distributions • Quencentiles • Percentile ranks
Desired Outcome	• Understand the importance of statistics in research and psychology. • Concept of statistical datas and analysis. • Understand the meaning of measurements • why measurement is required. • Learn the concept of frequency, percentage and percentile.
Teaching / Learning Method	• Lecture method • Practical • Seminar time / visual learning • Outside Classroom learning • Assignment, notes making • Reading • Activities (quiz, debate etc.) • Experiential learning
Materials Needed	• Papers (blank) • Markers / chalk • Projectors • Speakers • Rewards.
Assignment / Follow Up	• Presentation • Class test • Groups activities • Play • Quiz, Debate
Lesson Duration	10 days.

ORMAT-2

Lesson Plan

Teacher: Tessis Lang

Semester: II Semester

Paper: C-PSY-04

Lesson Topic	GRAPHIC REPRESENTATION OF FREQUENCY DISTRIBUTIONS · Use of graphical representation of data. · The Histogram · The Frequency polygon · The Bar Diagram · Pie Chart · The cumulative Percentage Curve
Desired Outcome	· Understand types of graph, its importance and application in psychology and research. · Clear concept and knowledge of graphical representations.
Teaching / Learning Method	· Lecture method. · Presentation · Assignment writing · Calculations & problems solving · Group discussions.
Materials Needed	· Chalk /marker · Notes.
Assignment / Follow Up	Class test Assignments writing Problem solving & sum
Lesson Duration	10 days

FORMAT-2

Lesson Plan

Teacher: Tenishang

Semester: ~~C-~~II ~~SY-04~~

Paper: C-PSY—04

Lesson Topic	3. MEASURE OF CENTRAL TENDENCY & VARIANCE · Central Tendency · Properties and calculation of Mean, Median and Mode. · Variability · Properties of the range and semi-interquartile range. · The Variance · Standard Deviation and Quartile Deviation · Calculation of Standard Deviation
Desired Outcome	· Clear concept of central tendency · Understand mean, median, mode, · Learn about the concept ideas of variance, deviations, Quartiles, MD, SD · Learn formulas and solve problems
Teaching / Learning Method	· Lecture method · Presentation · Assignment writing · Calculation & problem solving · Group discussions.
Materials Needed	· Chalk/marker · Notes.
Assignment / Follow Up	Class test Problem solvings. Homework. Assignment writing.
Lesson Duration	15 days

FORMAT-2

Lesson Plan

Teacher..... Teresiahang.....

Semester..... II.....

Paper..... C-PSY-05.....

Lesson Topic	1: THE NORMAL PROBALITY CURVE (NPC) · The Nature of the NPC · Standared Scores and the NPC. · Finding areas from the NPC when the score is Known. · Finding scores when the area is not known. · Divergence from normality (Skewness and Kurtosis)
Desired Outcome	· Learn the meaning of NPC · Understand the concepts and formula · Learn the application · Solve problems & calculations.
Teaching / Learning Method	Lecture Demonstration Practice Problem solving
Materials Needed	Chalk / marker A4 papers. Notes. makes.
Assignment / Follow Up	Class test Homework Seams Assignment writing
Lesson Duration	15 days.

FORMAT-2

Lesson Plan

Teacher: Tsering hang

Semester: II

Paper: C-PSY-05

Lesson Topic	5. CORRELATION • Correlation co-efficient. • Calculating Pearson's Correlation Coefficient from Deviation Scores and raw scores • Caution Concerning Correlation coefficients
Desired Outcome	• Acquire Clear concept of correlations • Learn to calculate Pearson's correlation • Meaning of deviation, deviation scores and raw scores. • Understand what the cautions of correlation coefficient. • Gain clear concept and formula of correlation
Teaching / Learning Method	• Lecture method • Presentation • Assignment writing • Notes making • Self study / library used • Calculations & Problem solving
Materials Needed	• A4 Papers • Markers /chalk • Projectors • Speakers • Rewards. • Homeworks materials
Assignment / Follow Up	• Presentation • Class test • Group activities • Calculations
Lesson Duration	15 days

CO1:

Describe the goals and steps of psychological research, and **explain** the ethical considerations involved in conducting both qualitative and quantitative studies.

CO2:

Differentiate between various sampling techniques and **evaluate** their appropriateness in psychological research design.

CO3:

- **Identify** and **select** appropriate methods for data collection (e.g., observation, surveys, interviews, archival methods), and **justify** their use in different research contexts.

CO4:

- **Compare and contrast** experimental, quasi-experimental, and non-experimental methods, and **apply** them to formulate suitable psychological research designs.

CO5:

- **Explain** the principles of psychological testing and **evaluate** the reliability, validity, and standardization of psychological tools and scales.