

Date: 18th January, 2021

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

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 December 2020 and June 2021** (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.

For any queries, please write to us at monikamisra@ignou.ac.in/smitagupta@ignou.ac.in.

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:

- o Identify the basic steps of MSE.
- o How is speech and thought assessed in MSE?
- o What are the main domains of cognitive functioning?
- o 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).

1. <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:

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

Write/type the answers coherently in your own words.

2. <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:

- o What are the main reasons of temper tantrums in children?
- o 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:

- o Define emotional intelligence and explain the main domains of EI as propounded by Daniel Goleman.
- o Is there any role of brain in EI?
- o Can EI be developed?
- o 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.

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

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 2020 and June 2021.**

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.

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.

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

Thank you for your cooperation.

Faculty, Discipline of Psychology