

**SWAYAM COURSE ON “STUDENT PSYCHOLOGY”**

**COURSE SYLLABUS**

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**WEEK 1: TEACHING LEARNING PROCESS**

Teaching – Training – Learning – Teaching Model – Domains of Learning – Laws of Learning – Factors Influencing Learning – Principles of Teaching and Learning – Critical Teacher Behaviours

**WEEK 2: STUDENT CHARACTERISTICS, TYPES AND PROBLEMS**

Personality – Students – Adolescents and Young People – Characteristics – Physical Characteristics – Cognitive Characteristics – Emotional Characteristics – Social Characteristics – Students Types and Problems – Gen Z Learners

**WEEK 3: PSYCHOLOGICAL TESTS AND INVENTORIES**

Definition – Purpose – Rational – Classification – Types – Measurement – Aptitude – Intelligence – Interest – Personality

**WEEK 4: STUDENT MOTIVATION**

Motivation – Terminology – Classification – Functions – Causes of Demotivation – Identification of Demotivated Students – Characteristics of Motivating Teachers – Integrating Motivation into Instruction – Inculcating Achievement Motivation

**WEEK 5: PHYSICAL AND COGNITIVE DEVELOPMENT**

Physical Characteristics Revisited – Self Image – Problems/Issues – Nutrition – Goal Setting – Personal Planning – Stress Management Strategies – Cognitive Characteristics revisited – IQ – Brain Gym

**WEEK 6: EMOTIONAL AND SOCIAL DEVELOPMENT**

Emotional Characteristics revisited – Understanding Emotions – Managing Self – Understanding others – Managing other’s Emotions – Emotional Intelligence – Meditation – EFT – Handling and Building Relationships – Transactional Analysis

## WEEK 7: NEURO LINGUISTIC PROGRAMMING

Basics of NLP – Communication Model – Brain and Mind – Conscious and Subconscious Mind – Techniques of NLP – NLP Patterns – Confidence Building – Removing Addictions – Improving Intellect – Improving Health – Removing Phobias

## WEEK 8: COUNSELLING SKILLS AND SUMMARY

Student Problems – Definition of Counselling – Why we need Counselling – Skills in Counselling – Qualities of a Counselor – A few Observations in Counseling – Case Studies – Mock Counseling - Summary of the entire programme

### REFERENCES:

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2. Sharma, R.A. (2007). Psychology of Teaching-Learning Process. Meerut : Surya Publications
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4. Barki & Mukhopadhyay. (1995). Guidance and Counselling. New Delhi : Sterling Publishers.
5. Agochya, D. (2010). Life competencies for adolescents. New Delhi : Sage Publications
6. Davies, I.K. (1971). Management of Learning. Berkshire : McGraw Hill
7. Dusay. (1980). Egograms. New York : harper & Row
8. Goleman, D. (1996). Emotional Intelligence. New York : Bantom Books.
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