

ST. MIRA' S COLLEGE FOR GIRLS, PUNE
(Autonomous - Affiliated to Savitribai Phule Pune University)

SKILL ENHANCEMENT COURSE

CLASS: TYBA

SUBJECT: Psychology Special 3 SEC (SEC)

TITLE: Statistics in Behavioural Sciences

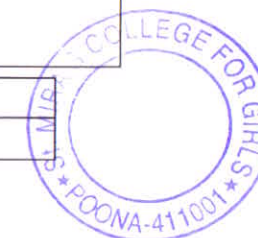
Semester: V	Credits: 2	Subject Code: PS52220	Lectures: 30
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Course Outcomes:

At the end of the course, the learner will be able to:

- Describe basic concepts of statistics
- Solve the problems related to mean, median and mode
- Solve the problems of standard and quartile deviation
- Solve the problems of correlation and rank order
- Test and interpret the hypothesis

Sr. No.	Unit	Pedagogy	Evaluation & Assessment	Skills to be imparted
1.	Unit 1: Introduction to Statistics 1.1 Meaning and importance of statistics- Descriptive and inferential statistics 1.2 Ranges and frequencies 1.3 Grouped and ungrouped data 1.4 Test of significance	1. Classroom lectures and discussions 2. Sample problems 3. Audio-visual aid	Calculating ranges and frequencies	1. Describing and utilizing basic concepts of statistics
Board of Studies		Name	Signature	
Chairperson (HoD)		Dr. Jaya Rajagopalan	Jaya	



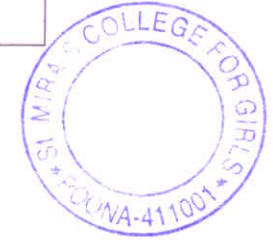
2.	Unit 2: Measures of central tendency (Descriptive Statistics) 2.1 Mean 2.2 Median 2.3 Mode	1. Classroom lectures and discussions 2. Sample problems 3. Audio-visual aid	Solving problems related to central tendency	1. Utilizing basic concepts of central tendency 2. Solving problems of mean, median and mode
3.	Unit 3: Measures of Variability (Descriptive Statistics) 3.1 Normal distribution curve (NDC) 3.2 Standard Deviation 3.3 Quartile deviation	1. Classroom lectures and discussions 2. Sample problems 3. Audio-visual aid	Solving problems related to variability	1. Utilizing basic concepts of central tendency 2. Solving problems of standard deviation and quartile deviation
4.	Unit 4: Correlation (Inferential Statistics) 4.1 Meaning and types of correlation 4.2 Person's Product Moment Correlation 4.3 Rank order	1. Classroom lectures and discussions 2. Sample problems 3. Audio-visual aid	Solving problems related to correlation and rank order	1. Utilizing basic concepts of central tendency 2. Solving problems of correlation and rank order

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Chairperson (HoD)	Dr. Jaya Rajgopalan	Jaya 12/8/21
Faculty	Ms. Sharmin Palsetia	Palsetia 12/8/21



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Chairperson (HoD)	Dr. Jaya Rajagopalan	Jaya

Faculty	Ms. Pooja Jain	<i>Pooja Jain</i> 12/8/21	
Faculty	Ms. Hasina Shaikh		<i>Hasina</i> 12/8/21
Subject Expert (Outside SPPU)	Dr. Sairaj Patki	<i>Sairaj Patki</i> 12/8/21	
Subject Expert (Outside SPPU)	Dr. Vivek Belhekar		<i>Vivek Belhekar</i> 12/8/21
VC Nominee	Dr. Amruta Oke	<i>Amruta Oke</i> 12-8-21	
Industry Expert	Ms. Sandy Dias Andrade		<i>Sandy Dias Andrade</i> 12/8/21
Alumni	Ms. Trupti Poduval	<i>Trupti Poduval</i> 12/8/21	



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SKILL ENHANCEMENT COURSE

CLASS: TY BA

SUBJECT: Psychology Special 3 (SEC)

TITLE: Embodied Listening, Mindfulness & ACT

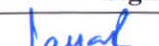
Semester: VI	Credits: 2	Subject Code: PS62220	Lectures: 30
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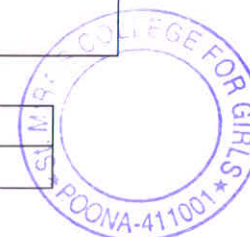
Course Outcomes:

At the end of the course, learner will be able to:

- Discuss philosophical and psychological perspectives of mindfulness as it applies in listening
- Apply skills and attitudes of listening – overt and covert.
- Apply Mindfulness in listening.
- Develop embodiment in listening as a means of self-regulation and co-regulation in the listening process.
- Develop capacity for self-awareness, and empathy.
- Develop an experiential understanding of ACT processes

Sr. No.	Unit	Pedagogy	Evaluation & Assessment	Skills to be imparted
1.	Unit 1: Attentiveness in Listening <ul style="list-style-type: none"> • Capacity for sustained attention • Observation as a skill in listening process • Being present for the client and taking a non- 	Working in Dyads and Triads Reflexive Learning Group Discussion	Self-Assessment Teacher Observation	Listening, Observation, Present Moment Awareness

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	<p>judgmental stance in listening</p> <ul style="list-style-type: none"> • Self-regulation and co-regulation. • ACT process – contact in the present moment 			
2.	<p>Unit 2: Self Awareness & Empathy</p> <ul style="list-style-type: none"> • Capacity for Self-awareness • Capacity for Embodiment in Listening • Capacity of Embodiment of Emotions • Developing the skills of empathy during listening process. • Understanding feelings-needs and listening for resources • Bringing in Acceptance – ACT process 	<p>Reflexive Learning Practices</p> <p>Journaling</p> <p>Group Discussion</p>	<p>Self-Assessment</p> <p>Teacher Observation</p>	<p>Interoceptive skills, self-reflection, emotional awareness, sensing-feeling</p>
3.	<p>Unit 3: Mindfulness & Relational Mindfulness</p> <ul style="list-style-type: none"> • Introduction to Mindfulness skills. • Role of mindfulness in listening process. • Understanding the philosophical and psychological applications of mindfulness in the listening process • Self as Context – ACT process 	<p>Practices</p> <p>Reflexive Learning</p> <p>Group Discussion</p> <p>Art & Movement</p>	<p>Essay</p>	<p>Mindful awareness, Moment to moment awareness</p>
4.	<p>Unit 4: Overt & Covert Listening Skills & Self Care Practices</p> <ul style="list-style-type: none"> • Receptivity in listening • Accepting body language • Tone of voice • Embodiment – tracking one's own bodily sense • Working with mindful awareness 	<p>Self-Practice</p> <p>Practice in Dyads & Triads</p> <p>Art & Movement</p> <p>Reflexive Learning</p> <p>Group Discussion</p>	<p>Self-Assessment</p> <p>Teacher Observation</p>	<p>Micro-skills of listening, attentiveness in relationships</p>



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	<ul style="list-style-type: none"> Techniques used during Listening Self-Care Exercises 			
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