

STELLA MARIS COLLEGE (AUTONOMOUS), CHENNAI**COURSE PLAN (June - November 2026)**

Department : Psychology
Name/s of the Faculty : Judith Aarthi K
Course Title : General Psychology - I
Course Code : 25PY/MC/GP15
Shift : II

COURSE OUTCOMES (COs)

COs	Description						CL
CO1	define the basic concepts in psychology						K1
CO2	describe the processes underlying the human mind						K2
CO3	apply the understanding of human behavior in everyday life						K3
CO4	correlate the theoretical frameworks which form the basis of psychology						K4
CO5	critique the various approaches and perspectives of psychology						K5
Week	Unit No.	Content	Cognitive Level	Teaching Hours	COs	Teaching Learning Methodology	Assessment Methods

Jun 22, 2026 (Day Order 6)	1	1.1 Definition of Psychology	K1-K2	1	CO1-2	Lecture, Discussion, Debates, Brainstorming	Quiz
Jun 23 – July 1, 2026 (Day Order 1- 6)	1	1.2 Psychology as a science: Research methods of Psychology 1.3 Different schools of Psychology and modern perspectives of Psychology	K1-K2	5	CO1-2	Lecture, Presentation	Quiz
July 2 – July 8, 2026 (Day Order 1- 6)	1, 2	1.4 Scope and branches of Psychology Sensation & Perception 2.1 Sensation: Basic concepts and processes in sensation 2.2 Types of senses - visual, auditory	K3-K5 K1-K3 K1-K4	2 1 2	CO3-5 CO1-3 CO1-4	Lecture, Discussion, Interactive videos, activities	Quiz
July 9 – 16, 2026 (Day Order 1- 6)	2	2.2 Types of senses - olfactory, vestibular and kinesthetic 2.3 Sensory adaptation, habituation and	K1-K4 K2-K5	3 2	CO1-4 CO2-5	Lecture, videos, games, activities	Quiz

		integration of senses					
July 17 – 24, 2026 (Day Order 1- 6)	2	2.4 Perception- basic concepts, learning, set, motivation and emotion; figure ground separation.	K1-K5	5	CO1-5	Lecture, thought experiments, discussions	Quiz- Component I (20 marks)
July 25 – 28, 2026 (Day Order 1- 3)	2	2.5 Different processes of perception- laws of organization	K1-K3	2	CO1-3	Lecture, thought experiments, videos, activities	Quiz
July 29 – Aug 3, 2026	C.A. Test – I						
Aug 4 - 6, 2026 (Day Order 4 - 6)	2	Different processes of perception- depth perception, constancy of perception, perception of movement	K1-K5	3	CO1-5	Lecture, Chalk and board, Debates, Brainstorming	Quiz
Aug 7 – 14, 2026 (Day Order 1- 6)	3	Consciousness 3.1 Fundamental Process, nature of consciousness 3.2 Variations in levels of consciousness and brain activity 3.3 Sleep and dreams:	K1-K3	5	CO1-3	Lecture, Videos	Discussion

		Stages of sleep and sleep disorders					
Aug 17 - 24, 2026 (Day Order 1- 6)	3	3.4 Dreams: theory of dreams 3.5 Meditation, Hypnosis, psi phenomena 3.6 Psychoactive drugs	K3-K5	5	CO3-5	Lecture, Presentation. Videos, Learning by doing	Quiz
Aug 25 – Sep 2, 2026 (Day Order 1- 6)	4	Learning 4.1 Definition of learning 4.2 Classical conditioning – Theories, extinction, spontaneous recovery, stimulus generalization and discrimination, significance of classical conditioning	K1-K5	5	CO1-5	Lecture, videos, experiments, case studies	Discussion
Sep 3 – 11, 2026 (Day Order 1- 6)	4	4.3 Operant conditioning – Reinforcers and punishers, schedules of reinforcement, significance of punishment, shaping,	K1-K5	5	CO1-5	Lecture, case studies, experiments	Discussion

		stimulus generalization and discrimination, escape learning and avoidance learning, significance of operant conditioning.					
Sep 15-17, 2026 (Day Order 1 - 3)	4	4.4 Cognitive Learning – Latent learning, insight learning, Imitation 4.5 Social Learning – Modelling, characteristics of the Modeling situation, processes of observational learning	K1-K3	2	CO1-5	Lecture, self-reflections	Group Experiments-Component II (30 Marks)
Sep 18 –23, 2026	C.A. Test – II						
Sep 24 - 28, 2026 (Day 4 – 6)	5	Memory 5.1 Meaning and Stages of memory 5.2 Atkinson and Shiffrin Model: sensory, short-term, long term memory 5.3 Levels of processing	K1-K5	3	CO1-5	Lecture, Videos, Experiments	Quiz

STELLA MARIS COLLEGE (AUTONOMOUS), CHENNAI

COURSE PLAN (June - November 2026)

Department : **PSYCHOLOGY**
Name/s of the Faculty : **Ms. Angelin Christina J**
Course Title : **PHYSIOLOGICAL PSYCHOLOGY - I**
Course Code : **25PY/MC/PH15**
Shift : **II**

COURSE OUTCOMES (COs)

COs	Description	CL
CO1	Define key concepts and terms in biopsychology, including the nervous system, synaptic transmission, and brain anatomy	K1
CO2	Explain the biological mechanisms underlying behaviour, such as the role of the nervous system, neurotransmitters, and genetics	K2
CO3	Apply knowledge of the nervous system and brain regions to real-world examples of behaviour or psychological disorders	K3
CO4	Analyse experimental research findings related to the use of animals in biopsychology research or the correlation between brain structure and behaviour	K4
CO5	Evaluate the role of biopsychology with respect to the knowledge of genetics, brain structure, and behaviour to propose hypotheses or solutions to neurological or psychological problems	K5

Week	Unit No.	Content	Cognitive Level	Teaching Hours	COs	Teaching Learning Methodology	Assessment Methods
Jun 22, 2026 (Day Order 6)	1	Biopsychology as a neuroscience 1.1 Definition of Biopsychology	K1	1	CO1	Lecture	Discussion
Jun 23 – July 1, 2026 (Day Order 1- 6)	1	1.2 Biological approach to behaviour 1.2.1 Biological explanations of behaviour 1.2.2 Career Opportunities	K2 &3	3	CO-2& 3	Lecture & Break out groups to reflect	Oral questioning
		1.3 Genetics and Behaviour 1.3.1 Mendelian Genetics	K2-k4	2	CO2-CO4	Presentation with visual aids	Oral questioning
July 2 – July 8, 2026 (Day Order 1- 6)	1	1.3.2 Heredity and Environment 1.3.3 The Evolution of Behaviour	K3-K5	3	CO3-CO5	Presentation	Discussion
		1.4 The Use of Animals in Research 1.4.1 Reasons for	K3-K5	2	CO3-CO5	Videos and discussion	Discussion

Aug 4 - 6, 2026 (Day Order 4 - 6)	3	3.1 The Cerebral Cortex 3.1.1 Organization of the Cerebral Cortex	K1-k3	3	Co1-co3	Presentation with visual aids	Discussion
Aug 7 – 14, 2026 (Day Order 1- 6)	3	3.1.2 The Occipital Lobe 3.1.3 The Parietal Lobe 3.1.4 The Temporal Lobe 3.1.5 The Frontal Lobe 3.1.6 Functioning of the Cerebral Cortex	K1-K5	5	CO-1 – CO5	Lecture with charts and 3D Model	Mind maps
Aug 17 - 24, 2026 (Day Order 1- 6)	3	3.2 Brain Anatomy and Behaviour 3.2.1 Effects of Brain Stimulation 3.2.2 Recording Brain Activity 3.2.3 Correlating Brain Anatomy with Behaviour	K2-K5	5	CO1-CO5	Presentation with audio-visual aids	Q &A in small groups
Aug 25 – Sep 2, 2026 (Day Order 1- 6)	4	Nerve Cells and Nerve Impulses 4.1 The Cells of the Nervous System 4.1.1 Anatomy of Neurons and Glia 4.1.2 The Blood–Brain Barrier 4.1.3 Nourishment in Vertebrate Neurons	K1-K4	5	CO1-CO4	Presentation with audio-visual aids	Mind map framing

Sep 3 – 11, 2026 (Day Order 1- 6)	4	4.2 The Nerve Impulse 4.2.1 The Resting Potential of the Neuron 4.2.2 The Action Potential 4.2.3 Propagation of the Action Potential	K2-K5	5	CO2- CO5	Presentation with audio-visual aids	Online quiz
Sep 15-17, 2026 (Day Order 1 - 3)	4	4.2.4 The Myelin Sheath and Saltatory Conduction 4.2.5 Local Neurons	K3-k5	3	CO3-CO5	Lecture and reflection of research studies	COMPONENT II: Synapse and Brain-Behaviour Analysis: write an analytical report on one selected topic related to synaptic transmission, brain structure and behaviour, or ethical issues in animal research. The assignment is intended to develop higher-order thinking
Sep 18 –23, 2026	C.A. Test - II						
Sep 24 - 28, 2026 (Day 4 – 6)	5	Synapses and Synaptic transmission	K1-K3	3	CO1-CO3	Lecture	Discussion in small groups

		5.1 The Concept of the Synapse 5.1.1 The Properties of Synapses					
Sep 29 – Oct 7, 2026 (Day Order 1 - 6)	5	5.1.2 Relationship among EPSP, IPSP, and Action Potentials 5.1.3 Chemical Events at the Synapse 5.1.4 The Discovery of Chemical Transmission at Synapses	K2-K5	5	CO3-CO5	Presentation with audio-visual aids	Oral questioning
Oct 8 - 14, 2026 (Day Order 1 - 6)	5	5.1.5 The Sequence of Chemical Events at a Synapse 5.2 Role of Neurotransmitters	K3-K5 K2-K5	3 2	CO3-CO5 CO2-CO5	Presentation with animated diagrams Presentation	Surprise test Discussion
Oct 15 - 21, 2026 (Day Order 1- 4)	REVISION						

STELLA MARIS COLLEGE (AUTONOMOUS), CHENNAI**COURSE PLAN (June - November 2026)**

Department : PSYCHOLOGY
Name/s of the Faculty : PRATHIKSHA M
Course Title : EMERGING FIELDS IN PSYCHOLOGY
Course Code : 25PY/ME/EF13
Shift : II

COURSE OUTCOMES (COs)

COs	Description						CL
CO1	define concepts, theories, and careers related to human behaviour						K1
CO2	discuss psychological models in local, national and global levels of applied fields						K2
CO3	demonstrate knowledge of how theoretical foundations of psychology translate into practical applications						K3
CO4	dissect the interactions and experiences of individuals in diverse contexts from the lens of psychology						K4
CO5	evaluate the scope and roles of niche fields of applied psychology and their career prospects						K5
Week	Unit No.	Content	Cognitive Level	Teaching Hours	COs	Teaching Learning Methodology	Assessment Methods

Jun 22, 2026 (Day Order 6)	1	Introduction to Applied Psychology 1.1 Definition of Applied Psychology	K1 - K5	1	CO1-CO5	Lecture & Discussion	Quiz
Jun 23 – July 1, 2026 (Day Order 1- 6)		1.2 Overview of sub-fields of applied psychology 1.3 Need for Applied Psychology 1.4 Comparative Psychology 1.4.1 Definition and History of comparative psychology in the origins of psychological science	K1 - K5	2 2	CO1-CO5	Lecture & Case studies	Example discussion
July 2 – July 8, 2026 (Day Order 1- 6)		1.4.2 Comparative Psychology: Behaviourism, Comparative psychopathology, Psychotherapy	K1 - K5	2 2	CO1-CO5	Class Room Discussion	Analysis
July 9 – 16, 2026 (Day Order 1- 6)		1.4.3 Comparative Approach to Research and Practice		3			

	2	Sports Psychology 2.1 Meaning and Definition of Sports Psychology 2.2 Nature and Scope of Sports Psychology	K1 - K5	2	CO1-CO5	Lecture & Discussion	Oral Presentation
July 17 – 24, 2026 (Day Order 1- 6)		2.3 Role of Sports Psychologists 2.4 Personality characteristics, Motivational types and styles, Pathological Motivation, Aggression, Social factors in sports, Arousal and Anxiety in Performance	K1 - K5	4	CO1-CO5	Video Presentation	Component I MCQ and short answer test
July 25 – 28, 2026 (Day Order 1- 3)		2.4 Personality characteristics, Motivational types and styles, Pathological Motivation, Aggression, Social factors in sports, Arousal and Anxiety in Performance Military Psychology	K1 - K5	4	CO1-CO5	Lecture & Discussion	Analysis

	3	3.1 Meaning and Definition of Military Psychology 3.2 Nature and Scope of Military Psychology		1			
July 29 – Aug 3, 2026	C.A. Test - I						
Aug 4 - 6, 2026 (Day Order 4 - 6)		3.3 Role of Military Psychologists: Fitness for duty evaluations, Behavioural medicine and Neuropsychology, Substance use, Suicide prevention, Combat stress	K1 - K5	2	CO1-CO5	Case study discussions	Example Presentation
Aug 7 – 14, 2026 (Day Order 1- 6)		3.4 Brief Psychotherapy and Psychological interventions for Disaster and Trauma	K1 - K5	4	CO1-CO5	Case study discussions & Research articles	Component II Digital Psychology Project
Aug 17 - 24, 2026 (Day Order 1- 6)	4	Forensic Psychology 4.1 Meaning and Definition of Forensic Psychology	K1 - K5	2	CO1-CO5	Lecture & Discussion	Quiz

Sep 24 - 28, 2026 (Day 4 – 6)		5.2 Short History of Political Psychology, Nature and Scope of Political Psychology, Political Communication cont...	K1 - K5	2	CO1-CO5	Lecture and Classroom Discussion	Component III - Role Play
Sep 29 – Oct 7, 2026 (Day Order 1 - 6)		5.3 Individual-Level Processes	K1 - K5	2	CO1-CO5	Lecture & Example Presentation	Research article Presentation
Oct 8 - 14, 2026 (Day Order 1 - 6)		5.4 Group-Level Processes and Leadership	K1 - K5	2	CO1-CO5	Lecture & Example Presentation	Research article Presentation
Oct 15 - 21, 2026 (Day Order 1- 4)	REVISION						

STELLA MARIS COLLEGE (AUTONOMOUS), CHENNAI

COURSE PLAN (June - November 2026)

Department : Psychology
Name/s of the Faculty : Pearlene Helen Mary D
Course Title : Health Psychology
Course Code : 25PY/ME/HP13
Shift : II

COURSE OUTCOMES (COs)

COs	Description	CL
CO1	identify and explain the fundamental concepts, theories, and models in health psychology	K1
CO2	explain the role of psychological, social, and behavioural factors that influence physical health and disease progression	K2
CO3	demonstrate the ability to apply psychological theories to real-world health behaviours such as stress management, adherence to medical regimens, and lifestyle modifications	K3
CO4	analyse the effectiveness of various psychological interventions in health promotion, chronic disease management, and patient coping mechanisms	K4
CO5	critically examine evidence-based psychological strategies to encourage behavioral change at individual and community levels	K5

Week	Unit No.	Content	Cognitive Level	Teaching Hours	COs	Teaching Learning Methodology	Assessment Methods
Jun 22, 2026 (Day Order 6)	1	Introduction to Health Psychology - Health Behaviour 1.1 Definition and Need	K1 – K2	1	CO 1 -2	Brainstorming	Oral
Jun 23 – July 1, 2026 (Day Order 1- 6)	1	1.2 The biopsychosocial model 1.3 Patient Practitioner relationship	K3-K4	4	CO3-4	Lecture, Discussions, Debate, Case Study	Pop Quiz
July 2 – July 8, 2026 (Day Order 1- 6)	1	1.4 Training for a career in health psychology 1.5 Introduction to health behaviour- Factors influencing the practice of health behaviour	K3-K5	4	CO3-5	Lecture, Audiovisual inputs, Group Activities (Research)	Essay submissions
July 9 – 16, 2026 (Day Order 1- 6)	2	Models of Health Behaviour 2.1 Changing health habits using theoretical models - Health belief model, Theory of plan	K3-K5	4	CO3-5	Lecture, thought experiments, discussions	Oral assessments

July 17 – 24, 2026 (Day Order 1- 6)	2	Cognitive behavioural approaches to change health behaviour, Trans theoretical model of behaviour change	K3-K5	4	CO3-5	Lecture, thought experiments, discussions	Oral assessments
July 25 – 28, 2026 (Day Order 1- 3)	2	2.2Avenues for health habit modification	K1-K2	3	CO 1 -2	Lecture	Oral assessments
July 29 – Aug 3, 2026	C.A. Test - I						
Aug 4 - 6, 2026 (Day Order 4 - 6)	3	Chronic Illness and Pain 3.1 Illness Factors 3.2 Onset, Progression, Types of Symptoms	K1-K2	3	CO 1 -2	Lecture	Oral assessments
Aug 7 – 14, 2026 (Day Order 1- 6)	3	3.3 Quality of Life, Personal issues in chronic illness, coping with chronic illness 3.4 Co-management of chronic illness	K3-K5	4	CO3-5	Lecture, thought experiments, discussions	Oral assessments
Aug 17 - 24, 2026 (Day Order 1- 6)	3	3.5 Psychosocial Interventions, Pain: definition 3.6 Types of pain, Pain control techniques, Pain management	K3-K5	4	CO3-5	Lecture, thought experiments, discussions	Oral assessments

Aug 25 – Sep 2, 2026 (Day Order 1- 6)	4	Stress And Coping 4.1 Stress - definition, dimensions of stress- sources of chronic stress	K1-K2	3	CO 1 -2	Lecture	Oral assessments
Sep 3 – 11, 2026 (Day Order 1- 6)	4	Theoretical contributions - Lazarus's Appraisal Model, Flight or fight response, General adaptation Syndrome, Tending and Befriending Model	K3-K5	4	CO3-5	Lecture, thought experiments, discussions	Oral assessments
Sep 15-17, 2026 (Day Order 1 - 3)	4	4.3 Coping with stress	K3-K5	4	CO3-5	Lecture, thought experiments, discussions	Oral assessments
Sep 18 –23, 2026	C.A. Test - II						
Sep 24 - 28, 2026 (Day 4 – 6)	5	Promoting Healthy Behaviour 5.1 Smoking – Causes	K1-K2	1	CO1-2	Lecture	Oral assessments
Sep 29 – Oct 7, 2026 (Day Order 1 - 6)	5	Smoking - , Effects, reasons and intervention 5.2 Alcoholism – Causes, Effects, reasons and interventions	K3-K5	4	CO3-5	Lecture, Chalk and board, Debates, Brainstorming	Oral assessments

Oct 8 - 14, 2026 (Day Order 1 - 6)	5	5.3 Obesity- Causes, effects and management	K3-K5	4	CO3-5	Lecture, Chalk and board, Debates, Brainstorming	Oral assessments
Oct 15 - 21, 2026 (Day Order 1- 4)	REVISION						