

**Dated: 18<sup>th</sup> January, 2021**

**Guidelines for Online Conduction of Practical (Learner) in MA Psychology Ist Year  
(MPCL 007)**

Dear Learner,

The present guidelines are for the online conduction of practical in MA Psychology Ist Year. These guidelines will be implemented for those learners who will be writing their **Term End Examination in December 2020 and June 2021 (MAPC Ist Year)**.

You must have received the Practical Handbook (MPCL 007) by now; if not then you may access the softcopy from <http://egyankosh.ac.in/bitstream/123456789/20981/5/PG-MPCL-007.pdf>. **It is important to read the Handbook carefully to develop an overview about psychological testing and experiments.** 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 activities/test have been given in a simple and self-explanatory manner, though they may be completed under the guidance of academic counsellor.

- Test: 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. However, the tests are primarily meant to create awareness and are meant for educational purpose only).
- Activity: In this format, an article link or a video link related to activity will be provided to you which will be followed by the instructions to complete the task. **Do not copy** content verbatim from any offline or online resources. Write the content in your own words.
- There will be two online sessions, each of two hours duration where the academic counselor will explain the tests/activities mentioned below. Attendance to the online sessions is **mandatory**.
- You need to prepare a document (report) of approximately 15-20 pages that will include all the activities which will be evaluated by the academic counsellor.
- The evaluation methodology and details of Term End Examination (Viva-voce) is also mentioned in the guidelines for your reference.

Please read the activities/ tests as outlined for the course. For any queries, please write to us at [monikamisra@ignou.ac.in](mailto:monikamisra@ignou.ac.in)/[smitagupta@ignou.ac.in](mailto:smitagupta@ignou.ac.in)

All the best,

Faculty, Discipline of Psychology

1. You have read about Social Learning Theory and Social Cognitive Theory. The famous Bobo Doll Experiment (Bandura) answers many questions in understanding patterns of human behaviour.

Visit the link below, read the self-learning material and answer the questions:

<https://www.youtube.com/watch?v=Z0iWpSNu3NU>

- o Difference between Social Learning Theory and Social Cognitive Theory.
- o Applications of Social Learning Theory.
- o Based on the theory and its application, do you think violence is contagious?

2. <https://www.multipleintelligencesoasis.org/blog/2020/9/1/67pmqk1mg1uzre4qlcsetz6pbl3ayj>

Visit the above link from Howard Gardner's blog, (Dated 1<sup>st</sup> September, 2020), where Robert J. Sternberg has written on 'COVID-19 has truly taught us what intelligence is...' and about the ability to adapt to the environment.

Read the different theories of intelligence as well as the Sternberg's article and write your interpretation about what true intelligence is.

3. Interview an older adult (interview can be done telephonically or in a face-to-face mode, as the situation permits)
  1. To understand the process of ageing;
  2. Family profile (parents, siblings, education, etc.);
  3. Thoughts on ageing, and have they changed over the years;
  4. Has the participant been able to promote one's wellness?
  5. View on healthcare and coping with physical and psychological challenges;
  6. Any specific stereotypes towards old age.

As an interviewer, you may ask any other relevant question appropriate for the situation. Record the interview (with permission), and thematically analyze the interview responses.

#### **4. Locus of Control**

Rotter (1966) defined locus of control as a 'personality trait referring to a person's stable beliefs about personal efficacy'. Internal locus of control refers to the tendency to perceive the life outcomes as a result of one's action and to be under one's control. External locus of control refers to the tendency to perceive life outcomes because of chance factors or powerful others. Since then, psychologists have added various dimensions to it and many scales have been constructed.

Visit the link [Locus of Control \(uaex.edu\)](http://Locus of Control (uaex.edu)) and follow the steps as given to complete the self-administered scale on locus of control. It is for personal use only. The test can 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).

#### **5. Cattell's 16 P.F**

<https://openpsychometrics.org/tests/16PF.php>

The above link is related to the Personality test based on Raymond B. Cattell's personality theory. 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).

#### **6. <https://deepblue.lib.umich.edu/bitstream/handle/2027.42/92158/TheHaloEffect.pdf>**

Watch the above link on the 'halo effect' experiment conducted by Nisbett and Wilson (1977). In the light of the above video, answer the following:

1. The key takeaways from the main experiment.
2. How is halo effect being used to one's advantage?
3. Find the application and common uses of halo effect.
4. Is there any relationship between learned behaviour and halo effect?

Type the answers coherently in your own words.

**Note:** All the above 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.

Write a separate section on 'Reference' if you have referred to extra reference material (both online and offline) for the activities/tests. This can be a section after each activity or you may also combine all the references and mention it in the end of the file. The references will be written in APA format (7<sup>th</sup> Ed.)

**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.

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

**Guidelines for Online Conduction of Practical (Academic Counsellor) in MA  
Psychology Ist Year  
(MPCL 007)**

Dear Academic Counsellor,

The present guidelines are for the online conduction of practical in MA Psychology Ist Year. These guidelines will be applicable for those learners who will be writing their **Term End Examination in December 2020 and June 2021**.

You must have access to the Practical Handbook (MPCL 007); if not then you may access the softcopy from <http://egyankosh.ac.in/handle/123456789/20981>. The Handbook presents an overview about psychological testing and experiments related to the theory courses in MA Ist 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 activities/test have been given in a simple and self-explanatory manner.

- Tests: About the test, test history, any theory/framework that it is based upon, as well as the construct that it is assessing need to be explained to the learner. The psychological test has to be conducted under your guidance. In the present situation, the learner needs to inform you about the tests that they will be administering.
- 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. Academic counselling sessions will be conducted in this regard.
- There will be two online sessions, each of two hours duration where you need to explain the tests/activities listed in the course. Attendance to the sessions is **mandatory**. The file prepared by the learner will be evaluated by the academic counsellor.
- The evaluation methodology and details of Term End Examination (Viva-voce) is also mentioned in the guidelines for your reference.

**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.

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

Thank you for your cooperation.

Faculty, Discipline of Psychology