

REGIONAL CENTRE, PUNE

Programme Code: BA (Psychology)

Practical Course: BPCE-022: Practicum for Specialization subject under BA-3 year (for BPCE-014 / BPCE-017 / BPCE-015):

Also see the link for detailed guidelines given by Faculty of IGNOU, New Delhi:

[http://www.ignou.ac.in/userfiles/Online%20Practical%20Conduction%20Guidelines%20for%20BPCE%20022%20\(BDA-BA%20Psychology\)18012021%20\(1\).pdf](http://www.ignou.ac.in/userfiles/Online%20Practical%20Conduction%20Guidelines%20for%20BPCE%20022%20(BDA-BA%20Psychology)18012021%20(1).pdf)

- 1) You must have received the Practical Handbook (BPCE-022) by now; if not then you may access the softcopy from <http://egyankosh.ac.in/bitstream/123456789/24232/1/Handbook.pdf>
- 2) **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);**
- 3) The faculty of Discipline of Psychology, IGNOU, New Delhi, have listed the activities to be carried out by you and report to be prepared for submission;
- 4) To guide the student, individual Academic Counsellors and face-to-face guidance cannot be provided during COVID 19, hence ONLINE counselling sessions are arranged;
- 5) Go through the activists before attending the ONLINE counselling sessions. Only brief discussion & explanation on each activity will be provided by the Academic Counsellors; and all the students are requested to concentrate & listen to the ONLINE counselling Sessions carefully;

**ONLINE COUNSELLING SESSIONS FOR BPCE-022 (Under BPCE-014 / BPCE-017 / BPCE-015)**

COURSE CODE	Online Counselling-Practical	Day & Date	Time @ one-hour	Name of Counsellor	Link
BPCE-022: Practical Under BPCE-014: Psychopathology Elective Course	Activity-1: Mental Status Examination Activity-2: Clinical Interviewing Activity-3: DSM-5	Sunday, 14 <sup>th</sup> March 2021	10.00 am to 11.00am	BAGWAN NAZNEEN AZIZ	<a href="https://meet.google.com/pvq-wquy-sep">https://meet.google.com/pvq-wquy-sep</a>
BPCE-022: Practical Under BPCE-017: Counselling Psychology Elective Course	Activity-1: Big Five Personality Test Activity-2: Anxiety among Children Activity-3: Temper Tantrums in Children	Sunday, 14 <sup>th</sup> March 2021	11.10 am to 12.10pm	BAGWAN NAZNEEN AZIZ	
BPCE-022: Practical Under BPCE-015: Industrial & Organizational Psychology Elective Course	Activity-1: Big Five Personality Test Activity-2: Emotional Intelligence Activity-3: Perceived Stress Scale	Sunday, 14 <sup>th</sup> March 2021	12.20 pm to 01.20 pm	BAGWAN NAZNEEN AZIZ	

**REGIONAL CENTRE, PUNE**  
**Programme Code: BA-3 year (Psychology)**  
**Practical Course: BPCE-022 under BA-3-year (for BPCE-014 / BPCE-017 / BPCE-015):**

Compulsory component, no exemption to any student				
Admission Session	Eligibility	Term End Exam Session	Important information	Link to submit the report
3-year re-registered under <b>January-2020</b> <b>(or) Before Session</b>	Eligible to complete BPCE-022	Evaluation & Vivo-voce will come under <b>DEC-2020 Exam Session</b>	IGNOU will not evaluate, if: (a) submitted under wrong link; (b) submitted under wrong enrolment no. (c) submitted twice; (d) scan not proper, report not readable, report not opening etc.; (e) submitted as hard copy-not accepted; (f) submitted by email-not accepted	<a href="https://forms.gle/xEHSxniosfNEANxz9">https://forms.gle/xEHSxniosfNEANxz9</a>
3-year re-registered Under <b>July-2020 Session</b>	Eligible to complete BPCE-022	Evaluation & Vivo-voce will come under <b>June-2021 Exam Session</b>		The July 2020 admitted Learners <b>do not Submit</b> the Practicum File in above Link. The New Link & Due date will be send to you in the month of <b>May 2021.</b>
After Online submission you will <b>get an acknowledgement from Google</b> and IGNOU will not send any acknowledgement				
Students of 3-year re-registered under January-2020 and Before will be considered for Evaluation under DEC-2020 Exam Session for uploading the Practical Marks Students of 3-year re-registered under July-2020 will be considered for Evaluation under June-2021 Exam Session for uploading the Practical Marks				

**HOW TO SUBMIT BPCE-022 (BPCE-014 / BPCE-017 / BPCE-015 Elective Courses) PRACTICAL ACTIVITY REPORT**

<p>(1) All the 3-Activities under your respective course-specialization are compulsory, complete and prepare the report;</p> <p>(2) The Page-1 (cover-page) of the file should have the following details: (a) Enrolment Number and Student Name, (c) Programme Code, (d) Course Code (e) Study Centre Code, and (f) Student Signature; (g) Table of content, giving the Activity number &amp; pages;</p> <p>(3) The Page-2 of the file should have photocopy of the IGNOU Student ID Card;</p> <p>(4) All 3-activities combined, it should be made as a single file; Use A-4 size paper (ruled or un-ruled), total size of the Practical Report should be approximately 10-12 pages (leaving page 1 &amp; 2 as stated above)</p> <p>(5) You have to fill-in the Google Form, do not make any mistake (Enrolment Number; Study Centre Code, Course Code and your Email ID);</p> <p>(6) Attach the single file, as word-file if typed [OR] as Scanned .pdf file if hand-written;</p> <p>(7) Online Report Submission Link: <a href="https://forms.gle/xEHSxniosfNEANxz9">https://forms.gle/xEHSxniosfNEANxz9</a> (The July 2020 admitted Learners do not Submit the Practicum File in above Link. The New Link will be send to you in the month of May 2021);</p> <p>(8) After Online submission you will get an acknowledgement from Google and IGNOU will not send any acknowledgement;</p> <p>(9) (a) Do not make any mistake in ONLINE Submission (b) Hard copy not accepted; (c) Submission by email not accepted;</p> <p>(10) Only for Dec 2020 exam Session (Admitted in Jan 2020 &amp; Before) Last date for Practical Report submission is 31<sup>st</sup> March 2021; there will not be any date extension</p>
Students of 3-year re-registered under January-2020 and Before will be considered for Evaluation under DEC-2020 Exam Session for uploading the Practical Marks Students of 3-year re-registered under July-2020 will be considered for Evaluation under June-2021 Exam Session for uploading the Practical Marks

**REGIONAL CENTRE, PUNE**  
**Practical Course: BPCE-022:**  
**Under BPCE-014: Psychopathology Elective Course:**

Activity	Do the following practical work	Prepare response / answer for the following
Activity-1: Mental Status Examination	<p><b>Visit the link,</b>  <a href="https://www.youtube.com/watch?v=SJFQCpUOnec">https://www.youtube.com/watch?v=SJFQCpUOnec</a> Part I  <a href="https://www.youtube.com/watch?v=RUM8vlotVjM">https://www.youtube.com/watch?v=RUM8vlotVjM</a> Part II  <a href="https://www.youtube.com/watch?v=NJ5xJcmAWHo">https://www.youtube.com/watch?v=NJ5xJcmAWHo</a> Part III            Watch the above links on demonstration of Mental Status Examination (MSE), prepared by NIMHANS, Bangalore</p>	<p>In light of the videos, answer the following:            (a) Identify the basic steps of MSE.            (b) How is speech and thought assessed in MSE?            (c) What are the main domains of cognitive functioning?            (d) 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). You should prepare the report in your own words, do not copy from video-content or from study material.</p>
Activity-2: Clinical Interviewing	<p><b>Visit the link</b> <a href="https://www.youtube.com/watch?v=vohjjW5xA40">https://www.youtube.com/watch?v=vohjjW5xA40</a>            Watch the above link on Clinical Interviewing carefully.</p>	<p>Summarize the key features of Clinical Interview and write/type it coherently (also refer to Page No.13 of the Handbook on Practicum). You should prepare the report in your own words, do not copy from video-content or from study material.</p>
Activity-3: DSM-5	<p>You are aware that mental disorders are diagnosed with the help of DSM and ICD criteria. DSM-IV- TR is also mentioned in your self-learning 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.</p>	<p>Go through carefully relevant study material, online &amp; offline resources that you can access and prepare a report: (a) Discuss and (b) 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.</p>
<p><b>Internal Evaluation: Practical Report: 50 Marks:</b> Based on the practical report, organized way of presenting the content, and overall understanding of the test/activity as reflected in the report).</p>		
<p><b>External Evaluation: Viva Voce: 50 Marks:</b> Based on the viva-voce conducted by the External Examiner as a <b>Term End Examination</b>)</p>		
<p><b>Date and time of Vivo-Voce</b> will be intimated to students separately, since it will be conducted batch-wise in the month of April (last week) &amp; May (first week)</p>		
<p><b>Students of 3-year re-registered under January-2020 and Before will be considered for Evaluation under DEC-2020 Exam Session for uploading the Practical Marks</b></p>		
<p><b>Students of 3-year re-registered under July-2020 will be considered for Evaluation under June-2021 Exam Session for uploading the Practical Marks</b></p>		

**REGIONAL CENTRE, PUNE**  
**Practical Course: BPCE-022:**  
**Under BPCE-017: Counselling Psychology Elective Course:**

Activity	Do the following practical work	Prepare response / answer for the following
Activity-1: Big Five Personality Test	<p><u>Visit the link</u>, &amp; read the self-learning material and answer the questions:  <b>Big Five Personality Test (openspsychometrics.org) (or) <a href="https://openspsychometrics.org/tests/IPIP-BFFM/">https://openspsychometrics.org/tests/IPIP-BFFM/</a></b> The above link is related to the Personality test based on Five-Factor Model. It is for educational purpose and to learn about personality assessment. 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.</p>	<p>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).</p>
Activity-2: Anxiety among Children	<p><u>Visit the link</u>  <a href="https://www.youtube.com/watch?v=yksCtS8SVxi&amp;feature=youtu.be">https://www.youtube.com/watch?v=yksCtS8SVxi&amp;feature=youtu.be</a>            Watch the above video link on 'Anxiety among Children', prepared by NIMHANS, Bangalore.</p>	<p>In the light of the video, answer the following and prepare the report:            (a) What are the main symptoms of anxiety in children?            (b) Differentiate between normal and pathological anxiety.            (c)As a counsellor, suggest measures to manage anxiety among children. Write/type the answers coherently in your own words.            You should prepare the report in your own words, do not copy from video-content or from study material.</p>
Activity-3: Temper Tantrums in Children	<p><u>Visit the link</u>  <a href="https://www.youtube.com/watch?v=SthCYKCrL7w&amp;feature=youtu.be">https://www.youtube.com/watch?v=SthCYKCrL7w&amp;feature=youtu.be</a>            Watch the above link on 'Temper tantrums in Children', prepared by NIMHANS Bangalore.</p>	<p>In the light of the video, answer the following and prepare the report:            (a) What are the main reasons of temper tantrums in children?            (b) Suggest measures for caregivers for handling temper tantrums among children. Write/type the answers coherently in your own words. You should prepare the report in your own words, do not copy from video-content or from study material.</p>
<p><b>Internal Evaluation: Practical Report: 50 Marks:</b> Based on the practical report, organized way of presenting the content, and overall understanding of the test/activity as reflected in the report).</p>		
<p><b>External Evaluation: Viva Voce: 50 Marks:</b> Based on the viva-voce conducted by the External Examiner as a <b>Term End Examination</b>)</p>		
<p><b>Date and time of Viva-Voce</b> will be intimated to students separately, since it will be conducted batch-wise in the month of April (last week) &amp; May (first week)</p>		
<p><b>Students of 3-year re-registered under January-2020 and Before will be considered for Evaluation under DEC-2020 Exam Session for uploading the Practical Marks</b></p>		
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**REGIONAL CENTRE, PUNE**

**Practical Course: BPCE-022:**

**Under BPCE-015: Industrial & Organizational Psychology Elective Course:**

Activity	Do the following practical work	Prepare response / answer for the following
Activity-1: Big Five Personality Test	<p><u>Visit the link</u>, &amp; read the self-learning material and answer the questions:  <b>Big Five Personality Test (openpsychometrics.org) (or) <a href="https://openpsychometrics.org/tests/IPIP-BFFM/">https://openpsychometrics.org/tests/IPIP-BFFM/</a></b> The above link is related to the Personality test based on Five-Factor Model. It is for educational purpose and to learn about personality assessment. 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.</p>	<p>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).</p>
Activity-2: Emotional Intelligence	<p><u>Visit the link</u>  <a href="https://www.youtube.com/watch?v=Y7m9eNoB3NU">https://www.youtube.com/watch?v=Y7m9eNoB3NU</a>            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.</p>	<p>In the light of the video, answer the following and prepare the report::            (a) Define emotional intelligence and explain the main domains of EI as propounded by Daniel Goleman.            (b) Is there any role of brain in EI?            (c) Can EI be developed?            (d) As a school counselor, develop a classroom session (with activities) for school children to 'manage emotions'.</p>
Activity-3: Perceived Stress Scale	<p><u>Visit the link:</u>  <a href="http://www.mindgarden.com/documents/PerceivedStressScale.pdf">http://www.mindgarden.com/documents/PerceivedStressScale.pdf</a>            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.</p>	<p>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).</p>
<p><b>Internal Evaluation: Practical Report: 50 Marks:</b> Based on the practical report, organized way of presenting the content, and overall understanding of the test/activity as reflected in the report).</p>		
<p><b>External Evaluation: Viva Voce: 50 Marks:</b> Based on the viva-voce conducted by the External Examiner as a <b>Term End Examination)</b></p>		
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