

REGIONAL CENTRE, PUNE

Programme Code: MAPC (Master of Arts in Psychology)

Practical Course: MPCE-014 / MPCE-024 / MPCE-034: Practicum for Specialization subject under MAPC-2-year:

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

[http://www.ignou.ac.in/userfiles/Online%20Practical%20Guidelines%20for%20MPCE%20014,024,034%20\(MAPC\)%20\(1\).pdf](http://www.ignou.ac.in/userfiles/Online%20Practical%20Guidelines%20for%20MPCE%20014,024,034%20(MAPC)%20(1).pdf)

- 1) You must have received the Practical Handbook (MPCE-014 / MPCE-024 / MPCE-034) by now; if not then you may access the softcopy from <http://egyankosh.ac.in/bitstream/123456789/50283/1/MPCE-14.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 MPCE-014 / MPCE-024 / MPCE-034

COURSE CODE	Online Counselling-Practical	Day & Date	Time @ one-hour	Name of Counsellor	Link
MPCE-014: Clinical Psychology	Activity-1: Big Five Personality Test Activity-2: Rorschach Inkblot Test Activity-3: DSM-5 Activity-4: National Mental Health Survey of India: 2015-16 Activity-5: Identify Disorder & its Symptoms-hypothetical case analysis	Sunday, 7 th March 2021	11.00 am to 12.00 noon	BAGWAN NAZNEEN AZIZ	https://meet.google.com/uiz-anaa-cug
MPCE-024: Counselling Psychology	Activity-1: Big Five Personality Test Activity-2: Mobile/Internet Addiction Activity-3: DSM-5 Activity-4: Preparing Case History Activity-5: Counselling & Guidance-hypothetical case analysis	Sunday, 7 th March 2021	11.00 am to 12.00 noon	DR SWALAEHA PATHAN	https://meet.google.com/fwz-pgks-fgz
MPCE-034: Industrial & Organizational Psychology	Activity-1: Big Five Personality Test Activity-2: Construct of Decision-making Activity-3: Assessment of Conflict Management Styles Activity-4: Perceived Stress scale Activity-5: Employee of an organization-hypothetical case analysis	Sunday, 7 th March 2021	11.00 am to 12.00 noon	DR. TANMY HALDAR	https://meet.google.com/jez-pucq-dja

REGIONAL CENTRE, PUNE
Programme Code: MAPC (Master of Arts in Psychology)
Practical Course: Practicum in MPCE-014 / MPCE-024 / MPCE-034:

Compulsory component, no exemption to any student

Admission Session	Eligibility	Term End Exam Session	Important information	Link to submit the report
2-year Re-registered under January-2020 (or) Before	Eligible to complete MPCE-014; MPCE-024; and MPCE-034	Evaluation & Vivo-voce will come under DEC-2020 Exam Session	IGNOU will not evaluate: (a) submitted under wrong link/wrong enrolment; (b) submitted twice; (c) scan not proper, report not readable, report not opening etc.; (d) submitted hard copy-not accepted; (e) submitted by email-not accepted	https://forms.gle/xEHSxniosfNEANxz9
2-year Re-registered under July-2020 Session	Eligible to complete MPCE-014; MPCE-024; and MPCE-034	Evaluation & Vivo-voce will come under June-2021 Exam Session	IGNOU will not evaluate: (a) submitted under wrong link/wrong enrolment; (b) submitted twice; (c) scan not proper, report not readable, report not opening etc.; (d) submitted hard copy-not accepted; (e) submitted by email-not accepted	The July 2020 admitted Learners do not Submit the Practicum File in above Link. The New Link & Due date will be send to you in the month of May 2021.

HOW TO SUBMIT MPCE-014 / MPCE-024 / MPCE-034 PRACTICAL ACTIVITY REPORT

- (1) All the 5-Activities under your respective course-specialization are compulsory, complete and prepare the report;
- (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 & pages;
- (3) The Page-2 of the file should have photocopy of the IGNOU Student ID Card;
- (4) All 5-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 15-18 pages (leaving page 1 & 2 as stated above)
- (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);
- (6) Attach the single file, as word-file if typed [OR] as Scanned .pdf file if hand-written;
- (7) Online Report Submission Link: : <https://forms.gle/xEHSxniosfNEANxz9> (**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;**);
- (8) After Online submission you will get an acknowledgement from Google and IGNOU will not send any acknowledgement;
- (9) (a) Do not make any mistake in ONLINE Submission (b) Hard copy not accepted; (c) Submission by email not accepted;
- (10) **Only for Dec 2020 exam Session (Admitted in Jan 2020 & Before) Last date for Practical Report submission is 21st March 2021; there will not be any date extension**

Internal Evaluation: Report: 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.

External Evaluation : Viva Voce: 50 Marks: Based on the viva-voce conducted by the External Examiner as a Term End Examination

Date and time of Vivo-Voce will be done batch-wise & intimated to students separately, in the month of April (last week) & May (first week)

REGIONAL CENTRE, PUNE

Programme Code: MAPC-2year (Master of Arts in Psychology)

Practical Course: MPCE-014: Practicum in Clinical Psychology:

Activity	Do the following practical work	Prepare response / answer for the following
Activity-1: Big Five Personality Test	<p>Visit the link, & read the self-learning material and answer the questions: Big Five Personality Test (openpsychometrics.org) (or) https://openpsychometrics.org/tests/IPIP-BFFM/ 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: Rorschach Inkblot Test	<p>Visit the link https://www.rorschach.org/ Visit the above link related to Rorschach Inkblot Test. The link provides information about the ethical and professional use of Rorschach Inkblot Test. The link also has a 5-minute video clip about the Rorschach Inkblot Test. Read the content and watch the video clip carefully. Summarize the content in your own words and reflect on a case where it can be used as a stand-alone test or if it can be used with other tests to diagnose the symptoms (state your argument for both the conditions). In either case, the content should not be taken from the online material or your self-learning material verbatim. Type the summary and case where the test can be used in your own words.</p>	<p>Read the content, watch the video, understand the case, and write in your own words: (a) summarize the content and (b) reflect on the case, where it can be used. 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 & 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>
Activity-4: National Mental Health Survey of India: 2015-16	<p>Visit the link http://indianmhs.nimhans.ac.in/Docs/Summary.pdf Visit the above link for National Mental Health Survey of India 2015-16. Summarize the key Findings obtained by the survey with respect to mental disorders. Type the content and organize it coherently.</p>	<p>Read carefully the National Mental Health Survey of India 2015-16 and prepare a report: (a) key findings obtained by the survey with respect to mental disorders. . The content should be coherently organized and not to be copied from any source.</p>
Activity-5: Identify Disorder & its Symptoms-hypothetical case analysis	<p>Consider the following hypothetical case of Jai, a 30-year old man. He was brought to you (you as a counsellor) by his wife for psychological treatment.</p> <div style="border: 1px solid black; padding: 5px;"> <p>Jai is a 30 year-old man who was working in the army and who was discharged of his duty in 2018, after serving his term in Afghanistan. His wife reported that since he returned from the posting, he has not been 'his original self'. And this has impacted their relationship also. Jai reports that he has difficulty in sleeping and when he sleeps, he has nightmares. He further says that he has undergone many traumatic and distressing experiences in his last posting which he is not sure of sharing it with anyone. He is irritable and spends his time alone. He becomes startled easily. In his present job, he is not able to perform his duties properly. He has vivid and intrusive memories of the traumatic experiences that he had which he declines to share with anyone and neither wants to meet anyone that reminds him of the experiences.</p> </div>	<p>Read and understand the hypothetical case carefully. Analyze the case carefully and prepare the report on: (a) Identify the disorder and its symptoms. (b) What will you suggest for the psychological treatment for such disorder? The content should be coherently organized and not to be copied from any source.</p>
<p>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 (7th Ed.)</p>		
<p>Internal Evaluation: Report: 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.</p>		
<p>External Evaluation : Viva Voce: 50 Marks: Based on the viva-voce conducted by the External Examiner as a Term End Examination</p>		
<p>Date and time of Vivo-Voce will be done batch-wise & intimated to students separately, in the month of April (last week) & May (first week)</p>		
<p>Students of 2-year re-registered under January-2020 and Before will be considered for Evaluation under DEC-2020 Exam Session for uploading the Practical Marks</p>		
<p>Students of 2-year re-registered under July-2020 will be considered for Evaluation under June-2021 Exam Session for uploading the Practical Marks</p>		

REGIONAL CENTRE, PUNE

Programme Code: MAPC-2year (Master of Arts in Psychology)

Practical Course: MPCE-024: Practicum in Counselling Psychology:

Activity	Do the following practical work	Prepare response / answer for the following
Activity-1: Big Five Personality Test	<p><u>Visit the link</u>, & read the self-learning material and answer the questions: Big Five Personality Test (openpsychometrics.org) (or) https://openpsychometrics.org/tests/IPIP-BFFM/ 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: Mobile/Internet Addiction	<p><u>Visit the link</u> https://www.youtube.com/watch?v=idvdtvmvH1w&feature=youtu.be https://www.youtube.com/watch?v=dX_6WWWH8cw&feature=youtu.be Visit the above links and your next activity will be based on the video links. Prepared by NIMHANS, Bangalore on Mobile/Internet Addiction, the first video clip is approximately of 4-minutes while the second video clip is approximately of 44 minutes, The video gives information about the signs of mobile/internet addiction, at-risk children, preventive measures that can be adopted by the caregiver, research and status of mobile/internet addiction.</p>	<p>In the light of the above videos, answer the following and prepare the report: (a) Is Internet disorder identified as a separate disorder? (b) What are the different names given to internet addiction? (c) Identify the probable causes of such behavioural addictions. (d) If you are placed as a School Counsellor, devise a plan for the parents of school children, especially from Class I to V, to handle the issue of mobile/internet addiction.</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 & 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>
Activity-4: Preparing Case History	<p>Case History: This activity will be conducted in the format mentioned in the Handbook of Practical. Refer to Page. No. 10 of the Handbook for the Case History format. You may take Case History information from any of your acquaintance/ family member, who have faced any psychological problems during the present COVID crisis. Record the information of the Case History in your File</p>	<p>Follow the instructions in the Handbook of Practical. Refer to Page. No. 10 of the Handbook for the Case History format. Record the case history of your acquaintance/ family member, who have faced any psychological problems during the present COVID crisis. Prepare the case history for submission.</p>
Activity-5: Counselling & Guidance-hypothetical case analysis	<p>Consider the following hypothetical case of Tanveer, a 17-year old boy. He was brought to you (you as a counsellor) by his mother for counselling and guidance.</p> <div style="border: 1px solid black; padding: 5px;"> <p>Tanveer, is a 17-old year boy who completed his Class XII with average marks. He is an intelligent and hard-working student, however, for the last two years he has become disinterested in his studies. He is thoroughly dependent upon luck and fortune. Presently, he has been following someone on social media and started to meditate for long hours each day. The duration of meditation is somewhere between five-six hours every day. Though, completely disinterested in studies, he has applied in various colleges and University of his city for an undergraduate programme. He wants to pursue Journalism, but his father wants him to pursue Law (father is a lawyer).</p> </div>	<p>Read and understand the hypothetical case carefully. Analyze the case carefully and prepare the report on: The mother has come to you for counselling and guidance for Tanveer. (a) How will you counsel and guide Tanveer? (b) What measures would you suggest for the family members?</p>
<p>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 (7th Ed.)</p>		
<p>Internal Evaluation: Report: 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.</p>		
<p>External Evaluation : Viva Voce: 50 Marks: Based on the viva-voce conducted by the External Examiner as a Term End Examination</p>		
<p>Date and time of Vivo-Voce will be done batch-wise & intimated to students separately, in the month of April (last week) & May (first week)</p>		
<p>Students of 2-year re-registered under January-2020 and Before will be considered for Evaluation under DEC-2020 Exam Session for uploading the Practical Marks</p>		
<p>Students of 2-year re-registered under July-2020 will be considered for Evaluation under June-2021 Exam Session for uploading the Practical Marks</p>		

REGIONAL CENTRE, PUNE

Programme Code: MAPC-2year (Master of Arts in Psychology)

Practical Course: MPCE-034: Practicum in Industrial & Organizational Psychology:

Activity	Do the following practical work	Prepare response / answer for the following
Activity-1: Big Five Personality Test	<p>Visit the link, & read the self-learning material and answer the questions: Big Five Personality Test (openpsychometrics.org) (or) https://openpsychometrics.org/tests/IPIP-BFFM/ 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: Construct of Decision-making	<p>Visit the link https://bhmt.org/wp-content/uploads/2016/04/BHMT_CC_Life-Values_Inventory.pdf Please follow the above link. The link will take you to a test that relates to the construct of decision-making. 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. Instructions 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>
Activity-3: Assessment of Conflict Management Styles	<p>Visit the link: Conflict Management Styles Assessment.pdf (blake-group.com) (or) http://blake-group.com/sites/default/files/assessments/Conflict_Management_Styles_Assessment.pdf Please follow the above link. The link gives access to Assessment of Conflict Management Styles. The scoring is indicated in the test as well as a brief description of conflict management styles 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. Instructions 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>
Activity-4: Perceived Stress scale	<p>Visit the link: http://www.mindgarden.com/documents/PerceivedStressScale.pdf 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. Instructions 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>
Activity-5: Employee of an organization-hypothetical case analysis	<p>Consider the following hypothetical case of Ms.Preeti, employed in an organization.</p> <div style="border: 1px solid black; padding: 5px;"> <p>Ms. Preeti recently joined as a software engineer in a company. She was thrilled to get a job in this company. After few days of her joining, Mr. Raghav was also recruited at the equivalent post of Ms. Preeti in the same company. She was surprised to find that though Mr. Raghav had less work experience than her, he was getting a higher salary and benefits comparatively. After perceiving that despite of having more expertise, she was being rewarded less than Mr Raghav, she no more felt like giving her full efforts and dedication to the job. Due to her decrease in commitment, the company had to suffer in its service and productivity.</p> </div>	<p>Read and understand the hypothetical case carefully. Analyze the case carefully and prepare the report on the basis of the above given hypothetical case: (a) Outline the theory of motivation that you think deals with such social comparison at organizational level. (b) What are the remedies/ways that you would suggest to motivate Ms Preeti to reduce such perceived inequity?</p>
<p>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 (7th Ed.)</p>		
<p>Internal Evaluation: Report: 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.</p>		
<p>External Evaluation : Viva Voce: 50 Marks: Based on the viva-voce conducted by the External Examiner as a Term End Examination</p>		
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<p>Students of 2-year re-registered under July-2020 will be considered for Evaluation under June-2021 Exam Session for uploading the Practical Marks</p>		