



Departmental Activities (2018-2019)

The Department of Psychology organized following activities during the session 2018-2019 to enhance various learning outcomes:

- **Student group seminars/group** discussions were regularly conducted that encouraged a team of students to work together and do independent research on a pre assigned topic. They had the choice to present their work to the rest of the class by utilizing any creative modality of their preference. They were also encouraged to obtain objective feedback about the strengths of their work from the audience.

A session in progress:





*Department of Psychology
St. Bede's College, Shimla*

- **Peer Teaching Sessions** were conducted by senior students for the benefit of students of lower classes. Not only did it provide an opportunity to senior batch to enhance their interaction and communication skills but also provided a chance to the juniors to foster an academic bond with their seniors.

Peer Teaching: Psychology Third Semester (Honours) to Psychology First Year (Pass Course)





- **Peer demonstration sessions** were also conducted which helped students to understand the actual performance of an experiment, or use of a psychological test, in measuring various psycho-social variables influencing human behaviour.



- **Classroom Quiz:** Learning is a process that is not limited only to books, pens and regular classes; it is an experience that leaves an impression in our memory. So, to manifest these words into reality a class quiz was held on 7th September 2018.

The class was divided into three groups: - 'A', 'B', and 'C', each consisting of 8 randomly chosen students. The willingness to win brought amongst the students the zeal of healthy competition.

RULES

1. 21 questions were asked in total. 7 questions to each group.
2. Each question carried of one mark.
3. Complete correct answer for each question fetched each group 1 mark.
4. Few questions were left unanswered by any of the group
5. Lastly a question carrying 5 marks was asked as tie-breaker.

RESULTS

1. The winner of the game was team 'A'.



2. Team 'A' scored 12 marks
3. Team 'B' scored 05 marks
4. Team 'C' scored 07 marks
5. There was a tie-breaker round between group 'A' and 'C'.
6. Team 'B' did not qualify for the tie-breaker.
7. Team 'A' won the tie-breaker round by pressing the buzzer first.

There was unexpected enthusiasm amongst students to participate in the quiz. As the groups were formed, each group showed interpersonal attraction between their team members even if they were not connected to each other. The quiz helped them to learn in a more friendly way. It enforced the spirit of team work. It was greatly enjoyed and cherished by the students.

Classroom Quiz:



- **Remedial classes** were organized on the basis of class/minor tests evaluation and after obtaining feedback from students. The objectives of these classes were to assist students having problems with advanced concepts, to fully understand the basics of a subject and to gain a more complete grasp of difficult ideas or rules.



- **Student Research:** The students of third semester (honours) conducted a comparative research to examine the difference in the attitudes, as well as concern between males and females regarding their surroundings and environment.

A Null Hypothesis was proposed that there is no difference in stress level between males and females regarding their environment and that both are equally concerned about their environment. Using the Questionnaire Method, the students developed a close-ended and structured questionnaire titled as 'Environment and Behavior'. The questionnaire consisted of 25 questions in 'Yes' and 'No' format that attempts to assess the stress level/concern individuals have regarding their environment.

The sampling techniques of Convenience Sampling and Stratified Sampling were employed and the students selected the sample group, and collected the data from 10 males and females each of all age group and status for greater generalization. The Scoring Procedure was such that each 'Yes' response was awarded 1 mark and the total score was calculated.

After the total score for 20 people was calculated, the hypothesis was tested using a t-Test. The result came out to be Non-Significant indicating that there is no difference in stress level/concern among males and females regarding their environment.

The hypothesis was thus proved and it was concluded that there does exist a relationship between the physical environment and human behavior and both males and females are equally concerned about their environment.

The academic year 2018-2019 was a successful one for the department. The annual examination results under the UGC CBCS have been outstanding for both honours and pass courses in Psychology. There is maximum utilization of the departmental library. Many innovative methods of teaching were adopted. All teaching methods were based on active learning and student involvement strategies. Departmental goals and plans were successfully achieved for the session 2018-19.