

Indraprastha College for Women

University of Delhi

WORK PLAN FOR ODD SEMESTER – 2026

Course Name _____

Paper Title School Psychology

Paper Code DSE-10

Semester _____ 7 _____

Faculty(s) Jaswant Singh Yadav

Year 2026

Work Plan

<i>Unit No.</i>	Learning Objective	Lecture No.	Topics to be Covered
<i>I</i>	To introduce students to the basic concepts, scope, professional functions and contemporary context of School Psychology, with particular emphasis on the Indian school system and socio-cultural diversity.	1	Introduction to School Psychology: Nature, Concept and Significance
		2	Historical Development and Current Trends in School Psychology
		3	Scope of School Psychology and Allied Fields
		4	Role and Functions of School Psychologist as a Professional
		5	Overview of the Indian School System and Educational Policy in India
		6	Socio-cultural Diversity in School Settings
		7	Contemporary School Psychology: Professional Role and Educational Context
<i>II</i>	To develop an understanding of major psychological theories relevant to	8	Theoretical and Conceptual Underpinnings of School

	classroom teaching-learning processes and the role of family, community and Indian perspectives in schooling.		Psychology
		9	Piaget and Application of Cognitive Development Theory in Classrooms
		10	Vygotsky and Application of Sociocultural Theory in Classrooms
		11	Gardner and Multiple Intelligences in Classroom Settings
		12	Erikson and Psychosocial Development in School Settings
		13	Bronfenbrenner and the Ecological Perspective on Schooling
		14	Indian Perspectives on Teaching-Learning and Schooling: Guru-Shishya Parampara; Role of Family and Community
III	To develop an understanding of academic, social-emotional and behavioural concerns among school students and their implications for school functioning and well-being.	15	Contemporary Concerns among School Students: Overview and Classification
		16	Academic Concerns: Learning Difficulties
		17	Neurodevelopmental Issues among School Students
		18	Exceptional and Gifted Children
		19	Social-Emotional Concerns: Stress and Anxiety
		20	Body Image and Peer Pressure among School Students
		21	Behavioural Concerns: Conduct Issues
		22	Digital Dependency and its Implications for School Students
IV	To develop knowledge and understanding of comprehensive psycho-educational assessment and school-based interventions for promoting academic, psychological, social-emotional and behavioural well-being.	23	Assessment in School Settings: Principles and Approaches

	24	Comprehensive Psycho-educational Assessment
	25	School Mental Health and Promotion of Student Well-being
	26	Crisis Intervention in School Settings
	27	Bullying and Abuse: Identification, Prevention and Intervention
	28	School-based Remedial Programme: Art Therapy, Play Therapy and Problem-solving
	29	Vocational and Career Guidance in School Settings
	30	Integrating Assessment and Intervention in School Psychology

Tutorial Work Plan

Tutorial No.	Tutorial Activity	Focus
1	Orientation and Interactive Discussion	Introduction to School Psychology
2	Concept Mapping	Nature, Scope and Allied Fields of School Psychology
3	Group Discussion	Historical and Current Trends in School Psychology
4	Professional Role Activity	Role and Functions of School Psychologist
5	Group Discussion	Indian School System
6	Policy Review	Educational Policy in India
7	Case Discussion	Socio-cultural Diversity in School Settings
8	Research Review Presentation	Piaget and Classroom Learning
9	Research Review Presentation	Vygotsky and Classroom Learning
10	Classroom Activity	Gardner's Multiple Intelligences
11	Case Study Analysis	Erikson's Psychosocial Development in School Settings
12	Ecological Mapping Activity	Bronfenbrenner's Ecological Perspective
13	Group Discussion	Guru-Shishya Parampara and Indian Perspectives
14	Case Discussion	Role of Family and Community in Schooling
15	Case Study Analysis	Learning Difficulties
16	Case Study Analysis	Neurodevelopmental Issues
17	Case Study Analysis	Exceptional and Gifted Children
18	Research Review Presentation	Academic Concerns among School Students

Tutorial No.	Tutorial Activity	Focus
19	Case Study Analysis	Stress and Anxiety
20	Group Discussion	Body Image among School Students
21	Group Discussion	Peer Pressure
22	Case Study Analysis	Conduct Issues
23	Group Discussion	Digital Dependency
24	Movie/Documentary Review	Psychological Concerns among School Students
25	Psycho-educational Testing Activity	Assessment Applicable in School Settings
26	Case Study Analysis	Comprehensive Psycho-educational Assessment
27	Role Play	Teacher-Learner Interaction and School Mental Health
28	Role Play / Simulation	Crisis Intervention, Bullying and Abuse
29	Intervention Design Activity	Art Therapy, Play Therapy, Problem-solving and Remedial Programmes
30	Career Guidance Activity + Reflection	Vocational and Career Guidance; Integrative School Psychology Practice

Unit-wise Syllabus Coverage

Unit I: Introduction to School Psychology

7 Lectures + 7 Tutorials

Coverage includes:

- Nature of School Psychology
- Historical and Current Trends
- Scope
- Allied Fields
- Role and Function of School Psychologist
- Indian School System
- Educational Policy in India
- Socio-cultural Diversity

Unit II: Theoretical and Conceptual Underpinnings

7 Lectures + 7 Tutorials

Coverage includes:

- Piaget
- Vygotsky

- Gardner
- Erikson
- Bronfenbrenner
- Application of psychological theories in classrooms
- Guru-Shishya Parampara
- Role of Family and Community in Schooling

Unit III: Addressing Contemporary Concerns among School Students

8 Lectures + 9 Tutorials

Academic Concerns

- Learning Difficulties
- Neurodevelopmental Issues
- Exceptional and Gifted Children

Social-Emotional Concerns

- Stress and Anxiety
- Body Image
- Peer Pressure

Behavioural Concerns

- Conduct Issues
- Digital Dependency

Unit IV: Assessments and Interventions in School Settings

8 Lectures + 7 Tutorials

Assessment

- Comprehensive Psycho-educational Assessment

Intervention

- School Mental Health
- Crisis Intervention
- Bullying
- Abuse
- School-based Remedial Programme
- Art Therapy
- Play Therapy
- Problem-solving

- Vocational and Career Guidance

Tutorial Component

Total Tutorials: 30

The 30 tutorials incorporate and expand the suggested activities prescribed in the syllabus:

- Psycho-educational testing applicable in school settings
- Teacher-learner role plays
- Case study analysis
- Movie/documentary review
- Mental health interventions
- Social-emotional interventions
- Academic interventions
- Behavioural interventions
- Book/research review
- Policy review around child development
- Documentation and reflection on experiences of school children
- Career guidance activities

Paper Components

Credits	Lecture (L)	Tutorial (T)	Practical/Practice (P)
4	3	1	0

Eligibility and Pre-requisite

Eligibility Criteria Pre-requisite
Passed Class 12th Nil

Learning Objectives

1. To introduce basic concepts of School Psychology to students.
2. To develop knowledge of strategies for effective assessment and intervention to support students' academic, social-emotional and behavioural development.
3. To promote the well-being of children and adolescents in the school setting.

Learning Outcomes

After completing the course, students will be able to:

1. Develop an understanding of the fundamentals of School Psychology.

2. Understand strategies for effective assessment and intervention to support students' academic, social-emotional and behavioural development.
3. Understand approaches for promoting the well-being of children and adolescents in school settings.

Essential / Recommended Reading

1. Berk, L. E. (2018). *Development through the lifespan* (7th ed.). Pearson.
2. Chaudhary, N. (2013). *Parent beliefs, socialisation practices and children's development in Indian families* [Major Research Project]. University Grants Commission.

Note

Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.