



Overview of the Course- Introduction to Psychology
Basic Course for Freshers- YourCounsellingDost

S.no		Title	Description
1.	<i>Day 1</i>	Welcome To Introduction to Psychology	Starting with Basics learning about Psychology briefly with some interesting discussions.
2.	<i>Day 2</i>	Foundations & Major Schools of Thought in Psychology- Part I	A quick outlook on the history of psychology covering the majors theoretical perspectives.
3.	<i>Day 3</i>	Foundations & Major Schools of Thought in Psychology- Part II	Continued learning the major schools of thought in Psychology
4.	<i>Day 4</i>	Biopsychology - Brain & Behaviour Part I	Learning the role of biology into the understanding of human mind & behaviour.
5	Day 5	Biopsychology- Brain & Behaviour Part II (Contd.)	Continued understanding of the Human Nervous & Endocrine Systems.
6.	<i>Day 6</i>	Cognitive Psychology Part 1 - Sensation & Perception	Deep Diving into Sensation & Perception to learn about mental processes and executive functioning.
7.	<i>Day 7</i>	Theories of Personality	Deducing the major theories of Personality and discussion on Personality assessments
8.	<i>Day 8</i>	Understanding Motivation & Emotion In Depth	A brief session about the major theories of motivation with a discussion on building emotional awareness.
9.	<i>Day 9</i>	States of Consciousness	A quick lookout at the different levels of consiousness.
10.	Day 10	Introduction to Counselling	Understanding Counselling in



			depth alongside breaking some common myths.
11.	Day 11	Clinical Psychology- An Overview	Learning about major mental health disorders alongside getting to know about all mental health professionals.
12.	Day 12	Cognitive Psychology II	Deep Diving into Human Cognition to learn about mental processes and executive functioning.
13.	Day 13	Psychoanalysis & Dream Interpretation	All about the Unconscious mind with additional learning about dream analysis.
14.	Day 14	Social Psychology	Learning about the social engagements in various contexts with an informed knowledge about the processes.
15.	Day 15	Industrial and Organisational Psychology	Getting to know about all that happens in a workplace with respect to Human Behaviour.
16.	Day 16	Introduction to Forensic & Criminal Psychology	Building insightful knowledge about criminal behaviour and the justice system.
17.	Day 17	Human Development Part I	Comprehensive learning about development (The childhood years)
18.	Day 18	Human Development Part II	Continued learning about life span development (Adolescence, Adulthood and Aging)
19.	Day 19	Health, Stress & Coping	Deducing some of the healthy alternatives to improve lifestyle choices with a discussion on stress and anger reduction.



20.	<i>Day 20</i>	Relaxation Techniques	Getting to know about some amazing relaxation exercises to reduce exhaustion and increase productivity in life..
21.	<i>Day 20.</i>	Statistics in Psychology	Finally learning the basic statistical concepts in psychology with a Q& A session.