

**MSW-W-IV-18 Behaviour, Stress and Coping**  
**Dr. Shradha Mathur**  
**Teaching Plan- 2015**

<b>S.No.</b>	<b>Unit</b>	<b>Topic</b>	<b>Week</b>	<b>Reading List</b>
1.	Unit: 1 concept and meaning of behaviour	Behaviour: concept and theories	4 <sup>th</sup> Week Jan 2015	(1) Morgan, C.T., Weisz, J.R., King, R.A., & Schopler, J. (2004). Introduction to Psychology (7th Ed.), Tata Mc Graw Hill. (2) Zimbardo, P.G., Johnson, R.L., & Weber, A.L. (2006). Psychology: Core Concepts (5 <sup>th</sup> Ed.). Boston, MA: Allyn & Bacon
		Biological and psychological base of behaviour	1 <sup>st</sup> Week Feb 2015	Morgan, C.T., Weisz, J.R., King, R.A., & Schopler, J. (2004). Introduction to Psychology (7th Ed.), Tata Mc Graw Hill.
		Sociological and environment basis of behaviour	2 <sup>nd</sup> week Feb. 2015	(1) Atkinson and Hilgard's - Introduction to Psychology  (2) Zimbardo, P.G., Johnson, R.L., & Weber, A.L. (2006). Psychology: Core Concepts (5 <sup>th</sup> Ed.). Boston, MA: Allyn & Bacon
		Anomalies of behaviour: an outcome of stress	3-4 <sup>th</sup> week Feb. 2015	(1) Atkinson and Hilgard's - Introduction to Psychology  (2) Zimbardo, P.G., Johnson, R.L., & Weber, A.L. (2006). Psychology: Core Concepts (5 <sup>th</sup> Ed.). Boston, MA: Allyn & Bacon
2.	Unit 2: understanding stress, crisis and burnout	Stress, crisis and burnout: concept and factors	March 1 <sup>st</sup> week 2015	Zimbardo, P.G., Johnson, R.L., & Weber, A.L. (2006). Psychology: Core Concepts (5 <sup>th</sup> Ed.). Boston, MA: Allyn & Bacon
		Life events, stress and crisis: impact	March 2 <sup>nd</sup> – 3 <sup>rd</sup> week 2015	Zimbardo, P.G., Johnson, R.L., & Weber, A.L. (2006). Psychology: Core Concepts (5 <sup>th</sup> Ed.). Boston, MA: Allyn & Bacon
		Theories of stress	March 3 <sup>rd</sup> -4 <sup>th</sup> week 2015	Morgan, C.T., Weisz, J.R., King, R.A., & Schopler, J. (2004). Introduction to Psychology (7th Ed.), Tata Mc Graw Hill.
		Manifestations	March last	Gerrig, R. J., & Zimbardo, P. G.

		of stress	week 2015	(2008). Psychology and Life (18th Ed.). Boston, M.A.: Pearson Education
3.	Unit 3: managing, stress and crisis intervention	Stressors: concept and typology	1 <sup>st</sup> week April 2015	(1) Morgan, C.T., Weisz, J.R., King, R.A., & Schopler, J. (2004). Introduction to Psychology (7th Ed.), Tata Mc Graw Hill.  (2) Kahn, A.P. (2006). The Encyclopedia of Stress and Stress-Related Diseases (2nd Edition). Facts on File Library of Health and Living.  (3) Selye, H. (1978). The Stress of Life (2nd Edition), New York-McGraw-Hill
		Coping: concept and mechanism	2 <sup>nd</sup> week April 2015	Gerrig, R. J., & Zimbardo, P. G. (2008). Psychology and Life (18th Ed.). Boston, M.A.: Pearson Education
		Managing stress and burnout	3 <sup>rd</sup> week April 2015	Morgan, C.T., Weisz, J.R., King, R.A., & Schopler, J. (2004). Introduction to Psychology (7th Ed.), Tata Mc Graw Hill.
		Crisis intervention	4 <sup>th</sup> -last week April 2015	Gerrig, R. J., & Zimbardo, P. G. (2008). Psychology and Life (18th Ed.). Boston, M.A.: Pearson Education  Zimbardo, P.G., Johnson, R.L., & Weber, A.L. (2006). Psychology: Core Concepts (5 <sup>th</sup> Ed.). Boston, MA: Allyn & Bacon