

IAS
2024
2025

PSYCHOLOGY

PERSONAL MENTORSHIP PROGRAMME

**07
JULY
2024**

2024/25/26

By: **SANKET JAIN**



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PERSONAL MENTORSHIP PROGRAM 2024-25

COURSE HIGHLIGHTS



●●● Test Series

01

9 Sectional & 3 Full Length High Quality Tests Covering the Complete Syllabus with Model Answers and 1-1 Discussion with Personal Mentorship.



●●● Crash Course

02

Advance Classes to Cover the Most Important Selected topics From Both Papers.



●●● Regular Answer Writing

03

Practice Answer Writing on Regular Basis with Proper Feedback.



●●● 10 Years PYQ Solved

04

Value addition documents covering last 10 years PYQ topic wise

SESSION PLAN (MODULE 1)

(TEST SERIES+REGULAR ANSWER WRITING+ONLINE SESSION)

RECOMMENDED BY T BHUVANESHRAM, MANASVI SHARMA &
ANUSHTHA KALIA (HIGHEST SCORER IN 2023,2022 AND 2021)

SESSION AND DATE	SECTION AND TOPICS
SESSION 1	<u>Introduction</u> <ul style="list-style-type: none">• Definition of Psychology; Historical antecedents of Psychology and trends in the 21st century• Psychology and scientific methods; Psychology in relation to other social sciences and natural sciences• Application of Psychology to societal problems
SESSION 2	<u>Personality</u> <ul style="list-style-type: none">• Theories of personality (psychoanalytical, sociocultural, interpersonal, Developmental, humanistic, behaviouristic, trait and type approaches) The notion of self
TEST 1 7 JULY	INTRODUCTION & PERSONALITY
SESSION 3	<u>Development of Human Behaviour</u> <ul style="list-style-type: none">• Role of genetic and environmental factors in determining human behaviour• Influence of cultural factors in socialization– Characteristics, development tasks <u>Language and Communication</u> <ul style="list-style-type: none">• Human language – Properties, structure and linguistic hierarchy• critical period hypothesis; Theories of language development
SESSION 4	<u>Learning</u> <ul style="list-style-type: none">• Concept and theories of learning (Behaviourists, Gestalt and Information processing models) The Processes of extinction, discrimination and generalization; <u>Memory</u> <ul style="list-style-type: none">• Short term memory, Long term memory, Sensory memory, Iconic memory, The Multi store model, levels of processing Theories of forgetting: decay, interference and retrieval
TEST 2 14 JULY	DEVELOPMENT+LANGUAGE+LEARNING+MEMORY

<p style="text-align: center;">SESSION 5</p>	<p style="text-align: center;"><u>Sensation, Attention and Perception</u></p> <ul style="list-style-type: none"> • Sensation: concepts of threshold, absolute and difference thresholds, signal-detection and vigilance • Theories of Attention Perception Concept related to Perception <p style="text-align: center;"><u>Thinking and Problem Solving</u></p> <ul style="list-style-type: none"> • Piaget's theory of cognitive development; Concept formation processes; Information processing • Reasoning and problem solving,
<p style="text-align: center;">SESSION 6</p>	<p style="text-align: center;"><u>Intelligence and Aptitude</u></p> <ul style="list-style-type: none"> • Nature and theories of intelligence – Spearman, Thurstone, Guilford Vernon, Sternberg and J.P; Das • Emotional Intelligence, Social intelligence, measurement of intelligence and aptitudes • Fluid intelligence and crystallized intelligence
<p style="text-align: center;">TEST 3 21 JULY</p>	<p style="text-align: center;">SENSATION +THINKING +INTELLIGENCE</p>
<p style="text-align: center;">SESSION 7</p>	<p style="text-align: center;"><u>Attitudes, Values and Interests</u></p> <ul style="list-style-type: none"> • Definition of attitudes, values and interests; Components of attitudes; • Theories of attitude change; Strategies for fostering values, Theories of attribution
<p style="text-align: center;">SESSION 8</p>	<p style="text-align: center;"><u>Psychological problems of social integration</u></p> <ul style="list-style-type: none"> • The concept of social integration; • Nature and manifestation of prejudice between the in-group and out-group • Psychological strategies for handling the conflicts and prejudices • Measures to achieve social integration <p style="text-align: center;"><u>Psychology of Gender</u></p> <ul style="list-style-type: none"> • Glass ceiling effect Self-fulfilling prophecy, Women and Indian society
<p style="text-align: center;">TEST 4 28 JULY</p>	<p style="text-align: center;">ATTITUDE+SOCIAL INTEGRATION+GENDER</p>
<p style="text-align: center;">SESSION 9</p>	<p style="text-align: center;"><u>Motivation and Emotion</u></p> <ul style="list-style-type: none"> • Psychological and physiological basis of motivation and emotion; • Extrinsic and intrinsic motivation • Factors influencing intrinsic motivation;

<p style="text-align: center;">SESSION 10</p>	<p style="text-align: center;"><u>Work Psychology and Organisational Behaviour</u></p> <ul style="list-style-type: none"> • Theories of work motivation – Herzberg, Maslow, Adam Equity theory, Porter and Lawler, Vroom; • Transformational leadership; Sensitivity training; Power and politics in organizations <p style="text-align: center;"><u>Psychology and Economic development</u></p> <ul style="list-style-type: none"> • Characteristics of entrepreneurial behaviour • Motivating and training people for entrepreneurship and economic development •
<p style="text-align: center;">TEST 5 4 AUGUST</p>	<p style="text-align: center;">MOTIVATION&EMOTION +WORK+ECONOMIC DEV</p>
<p style="text-align: center;">SESSION 11</p>	<p style="text-align: center;"><u>Therapeutic Approaches</u></p> <ul style="list-style-type: none"> • Psychodynamic therapies; Behaviour therapies; Client centred therapy • Cognitive therapies; Indigenous therapies (Yoga, Meditation); Biofeedback therapy <p style="text-align: center;"><u>Psychological well being and Mental Disorders</u></p> <ul style="list-style-type: none"> • Causal factors in mental disorders (Anxiety disorders, mood disorders, schizophrenia and delusional disorders; personality disorders, substance abuse disorders)
<p style="text-align: center;">SESSION 12</p>	<p style="text-align: center;"><u>Rehabilitation Psychology</u></p> <ul style="list-style-type: none"> • Rehabilitation of persons suffering from substance abuse, juvenile delinquency, criminal behaviour • Rehabilitation of victims of violence, Rehabilitation of HIV/AIDS victims, the role of social agencies
<p style="text-align: center;">TEST 6 11 AUGUST</p>	<p style="text-align: center;">WELL BEING +REHAB+THEREAUPITIC APPROACH</p>
<p style="text-align: center;">SESSION 13</p>	<p style="text-align: center;"><u>Application of Psychology to Educational Field</u></p> <ul style="list-style-type: none"> • Psychological principles underlying effective teaching-learning process • Learning styles; Gifted, retarded, learning disabled and their training • Use of psychological tests in educational institutions;

<p>SESSION 14</p>	<p><u>Application of Psychology to disadvantaged groups</u></p> <ul style="list-style-type: none"> • The concepts of disadvantaged, deprivation; Social, physical, cultural and economic consequences of disadvantaged and deprived groups • Relative and prolonged deprivation <p><u>Application of psychology in other fields</u></p> <ul style="list-style-type: none"> • Military + Sports+ terrorism (PSYCHOLOGY)
<p>TEST 7 18 AUGUST</p>	<p>EDUCATION +DISADVANTAGE+OTHER FIELD</p>
<p>SESSION 15</p>	<p><u>Community Psychology</u></p> <ul style="list-style-type: none"> • Arousing community consciousness and action for handling social problems • Effective strategies for social change <p><u>Application of psychology to environment and related fields</u></p> <p>Motivating for small family norm; Impact of rapid scientific and technological growth on degradation of the environment</p>
<p>SESSION 16</p>	<p><u>Application of Psychology in Information Technology and Mass Media</u></p> <ul style="list-style-type: none"> • The present scenario of information technology and the mass media boom and the role of psychologists • Psychological consequences of recent developments in Information Technology
<p>TEST 8 25 AUGUST</p>	<p>COMMUNITY+ENVIRONMENT+IT&MASS MEDIA</p>
<p>SESSION 17</p>	<p>Research Method + Method of Psychology</p>
<p>SESSION 18</p>	<p>Measurement of Individual Differences</p>
<p>TEST 9 1 SEPTEMBER</p>	<p>RESEARCH+METHOD+INDIVIDUAL DIFFERENCE</p>
<p>SESSION 19</p>	<p>Extra session for the Remaining Topics</p>
<p>SESSION 20</p>	<p>Extra session for the Remaining Topics</p>
<p>TEST 10, 11 8 SEPTEMBER</p>	<p>FLT-1, FLT-2</p>
<p>TEST 12 15 SEPTEMBER</p>	<p>FLT-3</p>

PERSONAL MENTORSHIP PROGRAMME 2024-2025

ABOUT THE FACULTY

- Widely acknowledged for his UPSC exam oriented and student-centric teaching style.
- Commanding knowledge in the field of Psychology, Ethics & Essay .
- Associated with various institutes - STUDYIQ Education, Stellar IAS, Prepp IAS, Jigyasa IAS, Pratham Institute of financial Management.
- Mentoring Civil services aspirants for more than 7 years.
- He is well-known for his pedagogical strategy, which emphasizes the junction of the three—subjects, students, and the exam—and gives students constant motivation for their UPSC Journey .



SANKET JAIN

(FOUNDER & LEAD MENTOR
PSYCHE SIMPLIFIED)

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FEE STRUCTURE

MODULE	ONLY TESTS and PERSONAL MENTORSHIP	TESTS, PERSONAL MENTORSHIP and ONLINE SESSION
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NOTE

- Online Recorded Session are only to highlight the Important Areas and Major Themes
- Validity of the Test Series can be Extended to Next Year if you did not clear the exam.
- All the Tests Include Model Answer and One To One Discussions.
- All the Modules are in Online Mode.

For Any queries related to the Fee Structure of the Course, Please call at :- 7987391094



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