



## NMAT Social Science Suggested Study Plan

### ❖ SOCIOLOGY

#### Week 1

Suggested Time Plan: 10 hrs

*Classical Thinkers and Major Perspectives in Sociology*

- Auguste Comte
- Karl Marx
- Max Weber
- Emile Durkheim
- Major Sociological Perspectives-  
Structural-Functionalism, Conflict, Symbolic-Interactionism

*Society and Culture*

- Elements of Society
- Cultural pluralism
- Theories of macro-level social change
- Technology and the Evolution of Societies
- Characteristics and Elements of Culture
- Cultural diversity
- Norms and Beliefs
- Cultural Knowledge and Language

*Research Design*

- Types of Research Orientation
- Qualitative vs Quantitative Research
- Research Methods
- Variables and Validity in Doing Experiments
- Types of Sampling and Sampling Methods

❖ **SOCIOLOGY (cont)**

**Week 2**

Suggested Time Plan: 10 hrs

*Social Structure*

- Social Statuses and Social Roles
- Dramaturgy
- Social Groups
- Formal Organizations and Bureaucracy
- Group Influences: Conformity, Compliance, and Obedience

*Social Institutions*

- Family (Matrilineal, Patriarchal societies)
- Education
- Religion
- Economy
- Politics (Forms of Government)

*Socialization, Deviance, and Social Control*

- Theories of Socialization
- Agents of Socialization
- Gender Socialization Influences
- General Theories of Deviance
- Sociological Theories of Deviance: Labeling Theory and Strain Theory
- Social Control

*Social Stratification and Inequality*

- Open vs Closed System of Stratification
- Slavery and Caste Systems
- Class System
- Poverty
- Prejudice

❖ **PSYCHOLOGY**

**Week 3**

Suggested Time Plan: 12 hrs

*Psychoanalytic Approach to Personality*

- Freudian Theory of Personality
- Defense Mechanisms

*Behavioral Approach*

- Behavioral Learning
- Classical Conditioning
- Ivan Pavlov
- Operant Conditioning
- B.F. Skinner
- Observational Learning
- Albert Bandura

*Humanistic Approach*

- Maslow's Hierarchy of Needs
- Carl Rogers' Person-centered Theory of Personality

*Developmental Psychology*

- Piaget's Theory of Cognitive Development
- Lev Vygotsky's Sociocultural Theory
- Erikson's Theory of Psychosocial Development
- Kohlberg's Theory of Moral Development

*Social Psychology and Industrial Psychology*

- Attribution Theory
- Interpersonal attraction
- Conformity, Obedience, and the Hawthorne Effect
- Group Behavior

❖ **PSYCHOLOGY (cont)**

**Week 4**

Suggested Time Plan: 8 hrs

*Cognitive Psychology*

- Cognitive Model
- Absolute Thresholds
- Gestalt Laws
- Language
- Intelligence and the Howard Gardner Model of Intelligence
- Psychometric Tests
- Intelligence Tests
- Memory Processes
- Memory Formation
- Ebbinghaus Forgetting Curve
- Stress
- Theories of Emotion

*Neurobiological Approach*

- Divisions of the Nervous System
- Parts of the Neuron
- Synapses and Neurotransmitters
- Major Parts of the Brain and their Functions
- The Cerebrum and its Functions

*Abnormal Psychology*

- The Four (4) D's of Abnormal Behavior
- Anxiety Disorders
- Obsessive-Compulsive and Related Disorders
- Trauma and stressor-related disorders
- Common Bipolar and Related Disorders and Depressive Disorders
- Somatic Symptoms and Related Disorders
- Schizophrenia Spectrum and Other Psychotic Disorders
- Dissociative Disorders
- Personality Disorders
- Overview of Therapies and Treatment
- Psychotherapy
- Cognitive-Behavior Therapy
- Humanistic Approach to Therapy
- Family Therapy

**Week 4 (cont)**

**Take Social Science Practice Tests and Mock Exams**

Suggested Time Plan: 4 hrs