**PSYCHOLOGY (Arts) – XI**

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| **Month** | **WD** | **PRD** | **Chapters** | **Topics** |  **Practicals And Assignment**  |
| **APRIL** | 22 | 3 | 1. What is psychology? | * Introduction
* What is Psychology?

Psychology as a Discipline | * Work motivation questionnaire by K.G Aggarwal

Notes making of chapter 1 and mind map preparation  |
|  |  | 3 | 1.What is psychology? | * Psychology as a Natural Science

Psychology as a Social Science | * Work motivation questionnaire by K.G Aggarwal

Notes making of chapter 1 and mind map preparation  |
|  |  | 3 | 1. What is psychology? | * Understanding Mind and Behaviour
* Popular Notions about the Discipline of Psychology

Evolution of Psychology | * Work motivation questionnaire by K.G Aggarwal

Notes making of chapter 1 and mind map preparation and ncert question answers  |
|  |  | 3 | 1.What is psychology? | * Some Interesting Landmarks in the Evolution of
* Modern Psychology
* Development of Psychology in India
* Branches of Psychology
* Psychology and Other Disciplines

Psychology in Everyday Life | * Work motivation questionnaire by K.G Aggarwal
* Notes making of chapter 1 and mind map preparation and ncert question answers
 |
| **MAY** | 24 | 7 | 2. Methods of enquiry in psychology  | * Introduction
* Goals of Psychological Enquiry
* Steps in Conducting Scientific Research
* Alternative Paradigms of Research
* Nature of Psychological Data
* Some Important Methods in Psychology
* Observational Method
* Example of an Experiment
* Experimental Method

Correlational Research | * Notes making of chapter 2 and mind map preparation
 |
|  |  | 6 | 2. Methods of enquiry in psychology | * Survey Research
* Example of Survey Method
* Psychological Testing
* Case Study
* Analysis of Data
* Quantitative Method
* Qualitative Method
* Limitations of Psychological Enquiry

Ethical Issues | * Notes making of chapter 2 and mind map preparation and ncert question answers
 |
|  |  | 11 | 3. Human Development  | * Introduction
* Meaning of Development
* Life-Span Perspective on Development
* Growth, Development, Maturation, and
* Evolution
* Factors Influencing Development

Context of Development | * Notes making of chapter 3 and mind map preparation
* Adhd scale practical
 |
| **MAY Unit Test-I** | Syllabus | Ch-1 | Chapter 1 What is psychology? | (Part-A) |
| Ch-2 | Chapter 2 Methods of enquiry in psychology | (Part-B) |
| **JULY** | 24 | 6 | 3.Human Development  | * Overview of Developmental Stages
* Prenatal Stage
* Infancy
* Childhood
* Gender and Sex Roles
* Challenges of Adolescence

Adulthood and Old Age | * Notes making of chapter 3 and mind map preparation and NCERT questions answers

ADHD scale practical  |
|  |  | 12 | 4.Sensory,Attentional and perceptual processes | * introduction
* Knowing the World
* Nature and Varieties of Stimulus
* Sense Modalities
* Attentional Processes
* Selective Attention
* Divided Attention
* Sustained Attention
* Span of Attention

Attention Deficit Hyperactivity Disorder | Notes making of chapter 4 and mind map preparation  |
|  |  | **6** | 4.Sensory,Attentional and perceptual processes | * Perceptual Processes
* Processing Approaches in Perception
* The Perceiver
* Principles of Perceptual Organisation
* Perception of Space, Depth, and Distance
* Monocular Cues and Binocular Cues
* Perceptual Constancies
* Illusions

-Cultural Influences on Perception |  Notes making of chapter 4 and mind map preparation and NCERT questions answers  |
| **July/Aug****Unit Test-II** | Syllabus | Ch-3 | Chapter 3 Human Development | (Part-A) |
| Ch-4 | Chapter 4 Sensory,Attentional and perceptual processes | (Part-B) |
| **AUG.** | 22 | 7 | 5.learning  | * Introduction
* Nature of Learning
* Paradigms of Learning
* Classical Conditioning
* Determinants of Classical Conditioning
* Operant/Instrumental Conditioning
* Determinants of Operant Conditioning

Classical and Operant Conditioning : Differences | * Notes making of chapter 5 and mind map preparation
 |
|  |  | 7 | 5.learning  | * Key Learning Processes
* Learned Helplessness
* Observational Learning
* Cognitive Learning
* Verbal Learning
* Skill Learning
* Factors Facilitating Learning

Learning Disabilities | * Notes making of chapter 5
* mind map preparation
* NCERT questions answers
 |
|  |  | 8 | 6. Human Memory  | * Introduction
* Nature of Memory
* Information Processing Approach : The Stage Model
* Memory Systems : Sensory, Short-term and Long-term Memories
* Working Memory
* Levels of Processing
* Types of Long-term Memory
 | * Notes making of chapter 6

 mind map preparation |
| **SEPT.****Term-I** | Syllabus | Chapter 1 to 4 |
| **OCT.** | 19 | 10 | 6. Human Memory  | * Declarative and Procedural; Episodic and Semantic
* Long-term Memory Classification
* Methods of Memory Measurement
* Nature and Causes of Forgetting
* Forgetting due to Trace Decay, Interference and Retrieval Failure
* Repressed Memories
* Enhancing Memory

Mnemonics using Images and Organisation | * Notes making of chapter 6
* mind map preparation

Ncert question answers |
|  |  | 9 | 7. Thinking  | * Introduction
* Nature of Thinking
* Building Blocks of Thought
* Culture and Thinking
* The Processes of Thinking
* Problem Solving
* Reasoning

Decision-making | * Notes making of chapter 7
* mind map preparation
 |
| **NOV.** | 22 | 7 | 7. Thinking  | * Nature and Process of Creative Thinking
* Nature of Creative Thinking
* Lateral Thinking
* Process of Creative Thinking
* Strategies for Creative Thinking
* Thought and Language
* Development of Language and Language Use

Bilingualism and Multilingualism | * Notes making of chapter 7
* mind map preparation

NCERT questions answers |
|  |  | 8 | 8.Motivation and Emotion | * Introduction
* Nature of Motivation
* Types of Motives
* Biological Motives
* Psychosocial Motives

Maslow’s Hierarchy of Needs | * Notes making of chapter 8
* mind map preparation

NCERT questions answers |
|  |  | 7 | 8.Motivation and Emotion | * Nature of Emotions
* Expression of Emotions
* Culture and Emotional Expression
* Culture and Emotional Labeling
* Managing Negative Emotions
* Post-Traumatic Stress Disorder
* Management of Examination Anxiety

Enhancing Positive Emotions | * Notes making of chapter 8
* mind map preparation

NCERT questions answ hu h |
| **DEC.** | 23 | 11 | Revision of chapter 1 to 4 | doubt sessions  | Test of chapter 1 to 4 |
|  |  | 12 | Revision of chapter 5 to 8 | doubt sessions  | Test of chapter 5 and 8 |
| **DEC.** | **Pre-Board** | Ch-1 to 8 |  |  |
| **FEB.**  | **Final Exam** | Ch-1 to 8 |  |  |