**PSYCHOLOGY (Arts) – XII**

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| **Month** | **WD** | **PRD** | **Chapters** | **Topics** |  **Practicals And Assignment**  |
| **APRIL** | 22 | 6 | 1.Variations in psychological attributes  | Introduction, individual differences in human functioning, assessment of psychological attributes, intelligence | * Dr. S.S Jalota (a group test for mental abilities to calculate IQ scores of an individual)
* Notes making of chapter 1 and mind map preparation
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|  |  | 6 | 1.Variations in psychological attributes  | Theories of intelligence (Alfred binet, Charles spearman, Louis Thurstone, Arthur Jensen, J.P guilford model, Howard gardner theory, Robert sternberg ,PASS model of intelligence) | * Dr. S.S Jalota (a group test for mental abilities to calculate IQ scores of an individual)
* Notes making of chapter 1 and mind map preparation
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|  |  | 6 | 1. Variations in psychological attributes | Intelligence: Interplay of nature and nurture, assessment of intelligence, variations in intelligence(intellectual deficiency and intellectual giftedness), types of intelligence test, creativity, emotional intelligence, aptitude. | * Dr. S.S Jalota (a group test for mental abilities to calculate IQ scores of an individual)
* Notes making of chapter 1 and mind map preparation and ncert question answers
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|  |  | 2 | 2. Self and personality | Introduction, self and personality, concept of self, cognitive and behavioural aspects of self. | * NEO FFI personality questionnaire practical
* Notes making of chapter 2 and mind map preparation
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| **MAY** | 24 | 8 | 2. Self and personality | Major Approaches to the Study of Personality(Type Approaches,Trait Approaches,Five-Factor Model of Personality ,Psychodynamic Approach,Behavioural Approach,Cultural Approach,Humanistic Approach,Who is a Healthy Person?) | * NEO FFI personality questionnaire practical
* Notes making of chapter 2 and mind map preparation
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|  |  | 8 | 2. Self and personality  | Assessment of Personality(Self-report Measures,Projective Techniques,Behavioural Analysis | * NEO FFI personality questionnaire practical
* Notes making of chapter 2 and mind map preparation and ncert question answers
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|  |  | 8 | 3. Meeting life challenges  | Introduction,Nature, Types and Sources of Stress,A Measure of Stressful Life Events,Effects of Stress on Psychological Functioning and Health | * Notes making of chapter 3 and mind map preparation
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| **MAY Unit Test-I** | Syllabus | Ch-1 | Chapter 1 variations in psychological attributes  | (Part-A) |
| Ch-2 | Chapter 2 self and personality  | (Part-B) |
| **JULY** | 24 | 6 | 3. Meeting life challenges  | Examination Anxiety,Stress and Health,General Adaptation Syndrome,Stress and Immune System,Lifestyle | * Notes making of chapter 3 and mind map preparation
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|  |  | 5 | 3. Meeting life challenges  | Coping with Stress,Stress Management Techniques,Promoting Positive Health and Well-being,Life Skills,Resilience and Health | * Notes making of chapter 3 and mind map preparation and ncert question answers
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|  |  | 4 | 4. Psychological Disorders | Introduction,Concepts of Abnormality and Psychological Disorders,Classification of Psychological Disorders,Factors Underlying Abnormal Behaviour  | * Notes making of chapter 4 and mind map preparation
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|  |  | 9 | 4. Psychological Disorders | Major Psychological Disorders(Anxiety Disorders,Obsessive-Compulsive and Related Disorders,Trauma- and Stressor-Related Disorders,Somatic Symptom and Related Disorders,Dissociative Disorders,Salient Features of Somatic Symptom and Related Disorders and Dissociative Disorders ,Depressive Disorders,Bipolar and Related Disorders,Schizophrenia Spectrum and Other,Psychotic Disorders,Neurodevelopmental Disorders,Disruptive, Impulse-Control and Conduct Disorders,Feeding and Eating Disorders,Substance- Related and Addictive Disorders,Effects of Alcohol : Some Facts,Commonly Abused Substances | * Notes making of chapter 4 and mind map preparation

Ncert question answers  |
| **July/Aug****Unit Test-II** | Syllabus | Ch-3 | Chapter 3 Meeting life challenges  | (Part-A) |
| Ch-4 | Chapter 4 Psychological Disorders | (Part-B) |
| **AUG.** | 22 | 4 | 5. Therapeutic Approaches  | Nature and Process of Psychotherapy,Therapeutic Relationship | * Group discussion on psychological therapies
* Notes making of chapter 5 and mind map preparation
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|  |  | 10 | 5. Therapeutic Approaches | Type of Therapies,Steps in the Formulation of a Client’s Problem,Behaviour Therapy,Relaxation Procedures,Cognitive Therapy,Humanistic-existential Therapy,Alternative Therapies,Rehabilitation of the Mentally Ill | * Notes making of chapter 5
* mind map preparation
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|  |  | 8 | 6.Attitude and social cognition  | IntroductionExplaining Social Behaviour,Nature and Components of AttitudeAttitude Formation and Change,Attitude Formation,Attitude Change | * Notes making of chapter 6
* mind map preparation
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| **SEPT.****Term-I** | Syllabus | Chapter 1 to 4 |
| **OCT.** | 19 | 10 | 6.Attitude and social cognition | Telling a Lie for Twenty Dollars, Attitude-Behaviour Relationship,Prejudice And Discrimination,Strategies for Handling Prejudice | * Notes making of chapter 6
* mind map preparation
* Ncert question answers
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|  |  | 9 | 7.Social influence and group process | Introduction,Nature and Formation of Groups,Groupthink,Type of Groups,The Minimal Group Paradigm Experiments, Influence of Group on Individual Behaviour,Social Loafing,Group PolarisationDoubt session  | * Notes making of chapter 7
* mind map preparation

Ncert question answers |
| **NOV.** | 22 | 7 | Revision of Chapter 1 | doubt sessions | Test of chapter 1 |
|  |  | 8 | Revision of Chapter 2 | doubt sessions | Test of chapter 2 |
|  |  | 7 | Revision of Chapter 3 | doubt sessions | Test of chapter 3 |
| **DEC.** | 23 | 11 | Revision of chapter 4 and 5 | doubt sessions  | Test of chapter 4 and 5 |
|  |  | 12 | Revision of chapter 6 and 7 | doubt sessions  | Test of chapter 6 and 7 |
| **Jan.** | **Pre-Board** | Ch-1 to 7 |  |  |
| **FEB.**  | **Final Exam** | Ch-1 to 7 |  |  |