

WEST BENGAL COUNCIL OF HIGHER SECONDARY EDUCATION
SYLLABUS FOR CLASS XII
SUBJECT : PSYCHOLOGY (PSYC)

Course Overview

Psychology has been introduced as an elective subject in Higher Secondary school education as a social science aiming wholesome development of the students. The discipline Psychology explores the human mental processes and life experiences shaped by biology and rooted in a definite socio-historic and cultural perspective. The syllabus focuses on teaching fundamental principles, explanations and methods of Psychology. Introduction of the discipline at this academic level aims to create a critical reasoning, rational thinking and deeper understanding of human experiences with an application based orientation in resolving human problems.

Course Objective

- * The aim is to orient the students to learn about human behaviour, life experiences in the socio-cultural context.
- * To develop in the students an attitude to understand and apply the knowledge to solve day to day life problems.
- * To help the students to become socially aware, receptive, self- reflective and to facilitate their personal growth.
- * To enhance the ability of adjustment of the students with the environment.

Career Prospect

- * This discipline helps the student to build a critical and rational thinking about human psychological processes and socio-cultural context. Thus they can engage themselves in academic and research career.
- * The students are also being trained to apply the knowledge in practical field. Thus they can engage themselves later as psychologists for curative, rehabilitation and organizational purposes.

CLASS - XII

SEMESTER – III

SUBJECT : PSYCHOLOGY (PSYC)

FULL MARKS : 35

CONTACT HOURS : 70 Hours

COURSE CODE : THEORY

Sub-topics

UNIT No.	TOPICS	CONTACT HOURS	MARKS
Unit – 1	Variations in Psychological attributes i) Introduction ii) Individual differences in human functioning iii) Assessment of psychological attributes - different domains- intelligence, aptitude, interest, personality, values iv) Methods of assessments - Psychological test, interview, observation, case study, self report v) Intelligence - Concept vi) Theories of intelligence - .Spearman’s two-factor theory, . Guilford’s structure of intellect model, . Gardner’s Multiple intelligences, . . Sternberg’s Triarchic theory of intelligence, . Pass Model by Das vii) . Individual difference in intelligence with special reference to normal probability curve - . Concept of IQ and categories of intellectual ability with special reference to Weschler. viii) Classification of Intelligence test ix) . Emotional intelligence - Concept by Salovey and Mayer, Goleman x) Creativity	20 hours contact hours for sub-topics (1+1+3+4+2+4+2+2+1)	09

UNIT No.	TOPICS	CONTACT HOURS	MARKS
Unit – 2	Social Influence and Group Processes i) Introduction ii) Group - Concept and characteristics iii) Types of groups iv) Why do people join groups v) Formation of group - Factors and stages of group formation vi) Influence of group on individual behaviour - . Social Facilitation, .social Loafing, . Group Polarization vii) Process of social influences - .Conformity, . Compliance, .Obedience	15 hours contact hours for sub-topics (1+2+2+1+2+4+3)	09
Unit – 3	Identity Development i) Introduction ii) Identity - concept iii) Identity development - Erikson's theory of psycho-social development. iv) Identity crisis - Theory of Erikson and Marcia v) Factors influencing identity development	10 hours contact hours for sub-topics (1+1 + 3+ 2+2+1)	08
Unit – 4	Meeting life challenges i) Introduction ii) Nature, types and sources of Stress iii) Effect of Stress . General adaptation syndrome . Stress and immune system . Lifestyle iv) Coping with stress - . Stress management techniques v) Promoting positive health and wellbeing - . Life skills, . positive health	25 hours contact hours for sub topics (2+6+6+2+4)	09

CLASS - XII

SEMESTER – IV

SUBJECT : PSYCHOLOGY (PSYC)

FULL MARKS : 35

CONTACT HOURS : 70 Hours

COURSE CODE : THEORY

Sub Topics

UNIT No.	TOPICS	CONTACT HOURS	MARKS
Unit – 5	Attitude and Social Cognition i) Introduction ii) Explaining social behaviour - .Social Cognition, . Schemas and . Different pro-social behaviour iii) Nature and components of attitude: A-B-C components iv) Attitude formation and change - . Attitude formation, .Attitude change, . Attitude -behaviour relationship v) Prejudice, Stereotype and Discrimination vi) Strategies for handling prejudice	12 hours contact hours for sub-topics (1+3+2+4+3+1)	Consult Question Pattern to be published by the Council
Unit – 6	Self and Personality i) Introduction ii) Self and Personality - .concepts of Self - Personal and Social self iii) Cognitive and Behavioural aspects of self - . Self concept, . Self esteem, .Self efficacy, . Self regulation iv) Culture and Self v) Concept and characteristics of personality vi) Major approaches to the study of personality - . Type approaches, .Trait approaches, . Psychodynamic approach, . Behavioural approach, . Humanistic approach vii) Assessment of Personality - .Self report Measures, Projective Techniques, Behavioural Analysis	15 hours contact hours for sub-topics (1+2+3+1+2+4+2)	

UNIT No.	TOPICS	CONTACT HOURS	MARKS
Unit – 7	Psychological Disorders i) Introduction ii) Concept of Abnormality and Psychological Disorder . Classification of Psychological Disorders (ICD 11 & DSM V) iii) Factors underlying abnormal behaviour - . Biological, . Psychological and . Socio-economic iv) Major Psychological Disorders - . Anxiety Disorders, . Obsessive -compulsive and Related Disorders, . Somatic symptoms and related disorders, . Dissociative disorders, . Depressive disorders, . Bipolar and related disorders, . Schizophrenia spectrum and other psychotic disorders, . Neuro-developmental disorders, . Disruptive, Impulse control and Conduct disorders . Substance related and Addictive disorders	25 hours contact hours for sub-topics (1+3+6+15)	
Unit – 8	Therapeutic approaches i) Introduction ii) Nature and process of Psychotherapy iii) Therapeutic Relationship iv) Types of Therapies - . Psychodynamic Therapy . Behaviour Therapy . Cognitive Therapy . Humanistic - Existential Therapy . Alternative Therapies - Kriya Yoga v) Ethics in Psychotherapy vi) Rehabilitation	18 hours contact hours for sub-topics (1+2 + 2+ 10+2+1)	

CLASS - XII

SEMESTER – IV

SUBJECT : PSYCHOLOGY (PSYC)

FULL MARKS : 30

CONTACT HOURS : 40 Hours

COURSE CODE : PRACTICAL

Sub-topic

1	Students will administer and interpret any one Intelligence Test from the following. Intelligence Tests -Alexander Pass along test/ Dearborn Form Board Test	10 hours
2	Students will administer and interpret Academic Stress Scale [Educational Stress Scale for Adolescents -(ESSA) by Sun, Dunne, Xiang-yu Hou and Xu] This test should be administered on two participants to compare and interpret the results.	10 hours
3	Students will administer and interpret any one Personality Test from the following. Personality tests - Kundu Neurotic Personality Inventory-KNPI/ Kundu Introversion Extroversion Inventory -KIEI	10 hours
	PROJECT Development of a comparative case study using General health questionnaire of male and female participants.	10 hours

[**Note** : 20 Hours reserved for Remedial classes, Tutorials and Home Assignments.]

Distribution of Marks in Practical (Total= 30)

Topics	Marks
Practical Problem	10
Project	10
Practical File	5
Viva Voce	5

Distribution of Marks in Theory (Total 35+35=70)**Semester III**

Type of Question	Allotted Marks	Marks Pattern
MCQ	35	1 x 35
		Total = 35

Semester IV

Types of Question	Allotted Marks	Marks Pattern
SAQ	6	2 x 3
LAQ	9	3 x 3
LAQ	8	4 x 2
LAQ	12	6 X 2
		Total = 35