

कक्षा : बारहवीं
विषय : Psychology
पाठ्यक्रम

मास	पुस्तक का नाम	विषय-वस्तु	शिक्षण पिरियड	दोहराई पिरियड	प्रयोगात्मक कार्य
April		Unit-I Variation in psychological Attributes. 1 Introduction 2 Individual Differences in Human functioning 3 Assessment of psychological Attributes 4 Intelligence 5 Theories of Intelligence a) Theory of multiple intelligences b) Triarchic theory of Intelligence c) Planning , attention- arousal and simultaneous –successive model of Intelligence 6 Individual Differences in Intelligence a) Variations of Intelligence 7 Culture and Intelligence 8 Emotional Intelligence 9 Special Abilities a) Aptitude: Nature and measurement 10 Creativity	18	4	Verbal or Non verbal or Performance intelligence test 4
May		Unit-II Self and Personality The Topics in this unit are: 1 Introduction 2 Self and Personality 3 Concept of Self 4 Cognitive and Behaviours Aspects of self a) Self esteem , Self efficacy and self regulation 5 Culture and self 6 Concept of personality 7 Major Approaches to the study of personality a) Type approaches b) Trait of approaches c) Psychodynamic Approaches d) Behavioural Approaches e) Cultural Approach f) Humanistic Approach 8 Assessment of personality	18	6	Self esteem, Self efficacy and personality test. (8)

		a) Self report measures b) Projective Techniques c) Behavioural Analysis Unit-III Meeting life challenges The topic in this unit are: 1 Introduction 2 Nature, Types and Sources of Stress 3 Effects of Stress on Psychological Functioning and Health a) Stress and Health b) General Adaptation syndrome c) Stress and Immune system d) Life style 4 Coping with Stress a) Stress Management Techniques 5 Promoting Positive Health and well-being a) Life Skills			
June		Summer Vacation			
July		Unit-IV Psychology Disorders The Topics in this unit are: 1 Introduction 2 Concepts of abnormality and psychological Disorders 3 Classification of psychological Disorders 4 Factors underlying abnormal Behaviour 5 Major Psychological Disorders a) Anxiety Disorders b) Somatoform Disorders c) Dissociative Disorders d) Mood Disorders e) Schizophrenic Disorders f) Behavioural and Developmental Disorders g) Substance- Use Disorders	18	4	Assessment of stress or Assessment of coping style. Assessment of anxiety or Assessment of depression (8)
Aug		Unit-V Therapeutic Approaches The topics in this unit are: 1 Nature and process of psychotherapy a) Therapeutic relationship 2 Types of Therapies Behaviour Therapy	18	4	4
Sept		Unit-V Therapeutic Approaches The topics in this unit are: a) Cognitive Therapy	06	03	06

		b) Humanistic –Existential Therapy c) Alternative Therapies 3 Rehabilitation of mentally ill			
Oct.		Unit-VI Attitude and Social Cognition The topic in this unit are: 1 Introduction 2 Explaining social Behaviours 3 Nature and Components of attitudes 4 Attitude formation and change a) Attitude formation b) Attitude change c) Attitude behaviour relationship 5 Prejudice and Discrimination 6 Strategies for Handling Prejudice 8 Schemas and Stereotypes 9 Impression formation and explaining 10 Behaviour of others through attributions a) Impression formation b) attribution of causality 11 Behaviour in presence of others 12 Prosocial Behaviour Factors affecting pro-social behavior	18	4	Sentence completion word association Test. (4) Assessment of Attitude or Assessment of Steriotypes. 4
Nov.		Unit-VII Social Influence and Group Processes The topic in this unit are: 1 Introduction 2 Nature and formation of Group 3 Type of Groups 4 Influence of Group on Individual Behaviour a) Social Learning b) Group Polarisation Unit-VIII Psychology and life The topics in this unit are: 1 Introduction 2 Human- Environment relationship a) Different views of the Human – Environment relationship	17	4	Social Conformity or Socio Metric. 5
Dec			08	03	Testing of noise pollution or Aggression scale

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Jan			18	4	Case Study 4
Feb		Revision			
March		Exam			