

PSYCHOLOGY

SYLLABUS FOR HIGHER SECONDARY COURSE

Rationale:

Psychology is introduced as an elective subject at the higher secondary stage of school education. As a discipline, psychology specialises in the study of experiences, behaviours and mental processes of human beings within a socio-cultural and socio-historical context. This course purports to introduce the learners to the basic ideas, principles and methods in psychology so as to enable them to understand themselves and their social world better. The emphasis is put on creating interest and exposure needed by learners to develop their own knowledge base and understanding.

The course deals with psychological knowledge and practices which are contextually rooted. It emphasises the complexity of behavioural processes and discourages simplistic cause-effect thinking. This is pursued by encouraging critical reasoning, allowing students to appreciate the role of cultural factors in behaviour and illustrating how biology and experience shape behaviour. The course while developing an appreciation of subjectivity, also focuses on multiplicity of worldviews.

It is suggested that the teaching-learning processes should involve students in evolving their own understanding. Therefore, teaching of psychology should be based on the use of case studies, narratives, experiential exercises, analysis of common everyday experiences etc.

1. To develop appreciation about human behaviour and human mind in the context of learners' immediate society and environment.
2. To develop in learners an appreciation of multidisciplinary nature of psychological knowledge and its applications in various aspects of life ..
3. To enable learners to become perceptive, socially aware and self-reflective.
4. To facilitate students' quest for personal growth and effectiveness and to enable them to become responsive and responsible citizens.

PSYCHOLOGY**SYLLABUS FOR HIGHER SECONDARY FIRST YEAR COURSE****One Paper****Time : Three hours****Marks : 100****Unitwise Distribution of Marks & Periods :**

Unit	Topics	Marks	Periods
Part-I : FOUNDATIONS OF PSYCHOLOGY-I			
Unit-I	Introduction to Psychology	15	22
Unit-II	Methods of Psychology	10	18
Unit-III	The Bases of Human Behaviour	15	20
Unit-IV	Human Development	10	20
Unit-V	Sensory and Perceptual Processes	10	20
Part-II: FOUNDATIONS OF PSYCHOLOGY-II			
Unit-VI	Learning	10	20
Unit-VII	Human Memory	10	20
Unit-VIII	Language and thought	10	20
Unit-IX	Motivation and Emotion	10	20
Total :		100	180

Unitwise Distribution of Course Contents**Part-I : FOUNDATIONS OF PSYCHOLOGY-I****Unit-I: What is Psychology?**

The unit seeks to develop understanding and appreciation of Psychology as discipline, its evolution, its applications and its relationships with other sciences through appropriate and interesting examples and analysis of everyday experience.

What is Psychology? Popular notions about discipline of Psychology; Understanding mind and behaviour, Evolution of psychology, Branches of Psychology, Themes of research and application, Psychology and other disciplines, Psychologists at work, Psychology in everyday life, Development of Psychology in India.

Unit-II : Methods of Psychology

The objective of this unit is to discuss methods of enquiry for collecting psychological data. Goals of psychological enquiry; Nature of psychological data; Some important methods; Observational, Experimental, Correlational, Survey. Psychological testing, Case Study; Analysis of data: Limitations of psychological enquiry; Ethical issues.

Unit-III : The Bases of Human Behaviour

The unit focuses on the role of biological and socio-cultural factors in the shaping of human behaviour.

Evolutionary perspective; Biological basis: Biological and cultural roots; Biology of behaviour: Structure and functions of nervous system and endocrine system; Relationship of nervous system and endocrine system with behaviour and experience; Brain and behaviour; Heredity: Genes and behaviour; Cultural basis: Socio-cultural shaping of behaviour (e.g. family, community, faith, gender, caste, disability etc.); Socialisation, enculturation and acculturation.

Unit-IV : Human Development

This unit deals with variations in development and the developmental tasks during the life span. Meaning of development; Factors influencing development; Context of development; Overview of developmental stages: Infancy, Childhood. Challenges of Adolescence. Adulthood and Old age.

Unit-V : Sensory, Attentional and Perceptual Processes

This unit aims at understanding how various sensory stimuli are received, attended to and given meaning.

Knowing the world; Nature and varieties of stimulus; Sense modalities; Adaptation; Attentional processes; Selective and sustained attention; Perceptual processes; The Perceiver; Principles of perceptual organisation; After images; Perception of space, depth and distance; Perceptual constancies; Illusions: Socio-cultural influences on perception.

Part-II : FOUNDATIONS OF PSYCHOLOGY-II

Unit-VI: Learning

This unit focuses on how one acquires new behaviour and how changes in behaviour take place.

Nature of learning; Paradigms of learning: Classical and operant conditioning. Observational learning. Cognitive learning, Verbal learning, Concept learning. Skill learning; Factors facilitating learning; Transfer of learning; The Learner: Learning styles: Learning disabilities; Applications of learning principles.

Unit- VII : Human Memory

This unit deals with how information is received, stored, retrieved and lost. It will also discuss how memory can be improved.

Nature of memory; Information Processing Approach: Levels of processing: Memory systems- Sensory memory, Short-term memory, Long-term memory; Knowledge representation and organisation in memory; Memory as a constructive process; Nature and causes of forgetting; Enhancing memory.

Unit-VIII : Thinking

This unit deals with thinking and related processes like reasoning, problem-solving, decision making and creative thinking. The relationship between thought and language will also be discussed. Nature of thinking; Thought and language; Development of language and language use; Reasoning; Problem-solving; Decision making Nature and Process of creative thinking;

Developing creative thinking.

Unit-IX : Motivation and Emotion

This unit focuses on why human beings behave as they do. It also deals with how people experience positive and negative events and respond to them.

Nature of motivation; Biological motives; Social and psychological motives- Achievement, Affiliation and Power; Maslow's hierarchy of needs; Nature of emotions; Physiological, cognitive and cultural bases of emotions; Expression of emotions; Enhancing positive emotions, e.g. Happiness, Optimism etc.; Managing negative emotions, e.g. anger, fear etc.

Prescribed Textbook : 1. Psychology, Published by NCERT.
 ১. মনোজ্ঞান, Published by AHSEC.

