

कक्षा : ग्यारहवीं
विषय : Psychology
पाठ्यक्रम

मास	पुस्तक का नाम	विषय-वस्तु	शिक्षण पिरीयड	दोहराई पिरीयड	प्रयोगात्मक कार्य
April	Any Book prescribed by BOSEH, which covers the whole syllabi, preferably NCERT	UNIT-I What is Psychology? Introduction- -What is Psychology, Popular Notions about Psychology, understanding behaviour & mind. Evaluation of Psychology, Development of Psychology in India, Branches of Psychology & relation with other disciplines -Psychology at work and in every day life, Themes & Research Application & other Disciplines.	18	04	Naturalistic observation or Survey of attitudes towards any social problem e.g. Female foeticide (6)
May		UNIT-II Methods of Inquiry in Psychology Introduction- -Goals of Psychological Enquiry, Nature of Psychological Data, Analysis of Data -Methods: Observation, Experimental Co-relational Survey & Case Study. Psychological Testing, Limitations of Psychological Enquiry, Ethical issues	18	04	Graphical Representation of data OR Calculation of Mean, Medium & Mode for Small Studies (4)
		UNIT-III The Basis of Human behavior. Introduction- -Evolutionary Perspective, Biological Basis, Biological & Cultural Roots -Structure & functions of Nervous system and Endocrine system -Relationship of Nervous System & Endocrine System with Behaviour & Experience, -Heredity: Genes & Behavior Cultural Basis: Socio-cultural shaping of Behaviour (e.g. family, caste, gender etc.) -Socialisation, Enculturation & Acculturation.	08	08	04
June	Summer Vacation				

July		UNIT-IV Human Development. Introduction- -Meaning & factors influencing development, Context of development -Overview of Developmental stages : Pre-natal stage, Infancy, Childhood -Challenges of Adolescence, Adulthood & old age. UNIT-V Sensory, Attentional & perceptual processes. Introduction- Knowing the world, Nature & varieties of stimulus, Sense modalities Attentional Processes: Selective, Divided Attention & Sustained attention. Attention Deficit Hyper Activity Disorder.	18	06	Hand Steadiness or Finger dexterity experiment. (4)
			06	03	06
August	-do-	UNIT-V Sensory, Attentional & perceptual processes. Introduction- <u>Processing Approaches in perception:</u> Perceptual Processes, The Perceiver, Principles of Perceptual organization. Perception of Space, depth & distance. Perceptual Constancies, Illusions, Socio-cultural influences on perception	18	06	Laws of Perceptual organization (4)
Sept.	-do-	UNIT-VI Learning. Introduction- -Nature & Paradigms of Learning -Classical & Operant conditioning -Observational, Cognitive, Verbal & Skill Learning -Factors facilitating learning -Learning Disabilities	06	03	Human Maze Learning Effect of Verbal Reinforcement on Learning (6)

October	-do-	UNIT-VII Human Memory. Introduction- -Nature of Memory, Information Processing Approach:- The Stage Model	18	04	04
Nov.	-do-	UNIT-VII Human Memory. Introduction- Memory System Sensory Short Term and Long Term Memories. -Levels of Processing; Types of Long Term Memory– -Memory as a constructing process -Nature & causes of forgetting -Enhancing Memory	18	04	STM LTM (04)
Dec.	-do-		06	03	
January	-do-		18	04	
February	-do-	Revision			
March		Exam			

- Unit-2
- 2) What is Psychology?
 - 3) Understanding mind and Behavior
 - 4) Popular Nations about the Discipline of psychology
 - 5) Evaluation of psychology
 - 6) Development of psychology in India
 - 7) Branches of Psychology
 - 8) Themes of Research and Applications
 - 9) Psychology and other Disciplines
 - 10) Psychologist at work
 - 11) Psychology in everyday life
- Methods of Enquiry in psychology

- 1) Introduction
- 2) Goals of psychological enquiry
 - i) Steps in conducting scientific research
 - ii) Alternative paradigms of Research
- 3) Nature of psychological data
- 4) Some important methods in psychology
 - a) Observational method
 - b) Experimental Method
 - c) Correlational Research
 - d) Survey Research
 - e) Psychological testing
 - f) Case study
- 5) Analysis of Data
 - a) Quantitative method
 - b) Qualitative method
- 6) Limitations of psychological enquiry

Unit-3:

- The Basis of Human Behavior
- 1) Introduction
 - 2) Evolutionary perspective
 - 3) Biological and cultural roots
 - 4) Biological basis of behavior
 - a) Neurons
 - 5) Structure and functions of nervous system
 - 6) Endocrine system and their Relationship with
 - 7) Behavior and Experience
 - 8) Heredity: Genes and Behavior
 - 9) Cultural Basis: Socio – Cultural shaping of Behavior
 - 10) Enculturation
 - 11) Socialisation
 - 12) Acculturation

Unit-4

- Human Development
- 1) Introduction
 - 2) Meaning of Development
 - a) Life-span perspective on Development
 - 3) Factors influencing Development
 - 4) Content of Development
 - 5) Overview of Developmental Stage
 - a) Prenatal Stage
 - b) Infancy
 - c) Childhood
 - d) Challenges of Adolescence

e) Adulthood and old Age.

Unit-5

Sensory, Attentional and Perceptual processes

- 1) Introduction
- 2) Knowing the world
- 3) Nature and Varieties of
- 5) Attentional Processes
 - a) Selective Attention
 - b) sustained Attention
- 6 Perceptual processes
 - a) Processing approaches in perception
- 7) The Perceiver
- 8) Principles of Perceptual Organisation
- 9) Monocular cues and Binocular
- 10) Perceptual constancies
- 11) Illusions
- 12) Socio-cultural Influences on perception
 - i) person perception

Unit-6 Learning

- 1) Introduction
- 2) Nature of learning
- 3) Paradigms of learning
- 4) Classical conditioning
- 5) Determinants of classical conditioning
- 6) Operant/ instrumental conditioning
 - a) Determinants of Operant conditioning
 - b) Key learning processes
- 7) Observational learning
- 8) Cognitive learning
- 9) Verbal learning.
- 11) Skill learning
- 13) Factors Facilitating learning
- 15 learning disabilities

Unit-7 Human Memory

- 1) Introduction
- 2) Nature of Memory
- 3) Information processing Approach: The stage model
- 4) Memory systems: Sensory, short -term and long –term memories
- 5) Levels of Processing
- 6) Types of Long- term memory
 - a) Declarative and procedural Episodic and Semantic
- 8) Memory as a constructive process
- 9) Nature and causes of Forgetting
 - a) Forgetting due to Trace Decay , Interference and Retrieval Failure
- 10) Enhancing Memory
 - a) Mnemonics using images and organization