

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

October	-do-	<b>UNIT-VII Human Memory.</b> <b>Introduction-</b> -Nature of Memory, Information Processing Approach:- The Stage Model	18	04	04
Nov.	-do-	<b>UNIT-VII Human Memory.</b> <b>Introduction-</b> Memory System Sensory Short Term and Long Term Memories. -Levels of Processing; Types of Long Term Memory– -Knowledge representation and organization in memory -Memory as a constructing process -Nature & causes of forgetting -Enhancing Memory	18	04	STM LTM (04)
Dec.	-do-	<b>UNIT – VIII Thinking</b> <b>Introduction</b> -Nature of Thinking, Process of thinking- problem solving- reasoning, Decision making <b>UNIT – VIII Thinking</b> <b>Introduction</b> <b>Nature and process of creative thinking-</b> Developing Creative <b>-Thought and language</b> ----- =Development of Language and language use	06	03	Project Work & Small Study (6)
January	-do-	<b>UNIT – IX Motivation &amp; Emotions</b> -Nature of Motivation, Types of Motives, Biological Motives -Social and Psychological Motives -Nature of Emotions, Physiological, Cognitive & Cultural basis of Emotions -Expression of Emotions -Enhancing positive Emotions -Managing Negative Emotions	18	04	Academic Achievement Motivation Test (4)
February	-do-	Revision			
March		<b>Exam</b>			

## Detailed Syllabus

- Unit-1: What is psychology?  
1) Introduction  
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
- Unit-2: 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  
7) Ethical issues
- 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) Sociolisation  
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
- 4) Sense Modalities
  - a) Visual Sensation
  - b) Auditory Sensation
- 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
- 10) Concept learning
- 11) Skill learning
- 12) Transfer of learning
- 13) Factors Facilitating learning
- 14) The learner: learning styles
- 15 learning disabilities
- 16) applications of learning principles.

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
- 7) Knowledge Representation and organization in memory

- 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

#### Unit-8 Thinking

- 1) Introduction
- 2) Nature of Thinking
  - a) Building Blocks of Thought
- 3) The processes of Thinking
- 4) Problem Solving
- 5) Reasoning
- 6) Decision- making
- 7) Nature and Process of creative Thinking
  - a) Nature of Creative Thinking
  - b) Process of creative thinking
- 8) Developing creative thinking
  - a) Barriers of creative Thinking
  - b) Strategies for creative Thinking
- 9) Thought and Language
- 10) Development of language and language use

#### Unit-9 Motivation and Emotion

- 1) Introduction
- 2) Nature of Motivation
- 3) (Types of Motives
  - a) Biological motives
  - b) Psychological motives
- 4 Maslow's hierarchy of needs
  
- 5) Nature of Emotions
  - 6) Psychological Bases of Emotions
  - 7) Cognitive Bases of Emotions
  - 8) Cultural Bases of Emotions
  - 9) Expression of Emotions
    - a) Cultural and Emotional expression
    - b) Cultural and Emotional labeling
  - 10) Managing Negative Emotions
  - 11) Enhancing positive Emotions