

Lesson Plan

Subject: Psychology

Class: 12th

Duration: 40 min

Chapter: Meeting Life Challenges

Topic: Stress

Learning outcomes:

- Students will understand the concept of stress.
- Students will understand the term eustress.
- Students will know about stressors.
- Students will examine the effects of stress on psychological functioning.

Learning Objectives:

General Objectives:

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

Specific Objectives:

- To understand the nature, types and sources of stress as life challenges.
- To examine the effects of stress on psychological functioning.
- To learn ways to cope with stress.
- To understand the factors that promote positive health and wellbeing.

Learning Resources:

- Book: NCERT
- Blackboard
- Chart
- Chalk and Duster

Methods of teaching:

- Interactive Lecture Method
- Discussion Method
- Explanation Method

➤ Questioning Techniques

Introduction Of Topic:

When your exams are near then what do you say?

What does your parents say when you are not giving time to your study?


Students will answer in their own words and will become curious to know more.

Statement:

Well students, Today will discuss a very knowing topic Stress.

Presentation:

- Teacher will try to make topic easy and interesting.
- Teacher will facilitate students so that they can find their stressors.
- By using explanation method teacher impart knowledge among students.
- In this teacher will use 5E

5 E	Teacher Activity	Students' activity
Engage	 <p>-Look at this picture and tell me the mood of this child. Good, very good observation.</p> <p>-Students you might have dealt with stress or tension.</p> <p>-Is stress always harmful for us?</p> <p>-Do you know some stress is useful for us?</p> <p>-How do you become stressed?</p>	<p>Students will look at picture and answers He is upset. He is in tension due to exam.</p> <p>-Yes Madam,</p> <p>-Students surprised</p> <p>-Due to our problems, difficult</p>

	-Yes, rightly said	circumstances & all the challenges put us to stress.
Explore	<p>-Do you know what these all circumstances known as?</p> <p>-It's ok!</p> <p>-These all known as stressors.</p> <p>-How our body react while facing stress?</p> <p>-yes, you all are right.</p> <p>- These all are psychological change.</p> <p>-So, students now we will define stress, useful stress, stressors, psychological meaning of stress.</p>	<p>No madam</p> <p>Students will try to answer like: Our behaviour will change, we become unhappy, mood change</p>
Explain	<p>-Stress: the pattern of responses an organism makes to stimulus event that disturbs the equilibrium.</p> <p>-Do you observe some time we are less stressed and sometime we are more it means there is level of stress.</p> <p>-Eustress means the level of stress which is useful for us.</p> <p>-Strain means the reaction to external stressors.</p> <p>-Stressors: all circumstances, events etc which put us in stress called stressors. such events include noise, crowding, a bad</p>	<p>-Students will note down in their notebook.</p> <p>-Students listen carefully.</p> <p>-Students will write.</p>

	<p>relationship or the daily commuting to school or office.</p> <p>Nature of stress- stress came from Latin “strictus” meaning tight or narrow.</p> <ul style="list-style-type: none"> • stress has come to be associated with both the causes as well as effects. • The father of modern stress research Hans Selye defined stress as “the nonspecific response of the body to any demand”. • Stress is like electricity. It gives energy, increases human arousal and affects performance. However electric current is so high, it can fuse the bulbs, damage appliances etc. • Stress is dynamic/cognitive state. • The perception of stress is dependent upon the individual’s cognitive appraisal of events and the resources available to deal with them. 	<p>Students will write.</p> <p>Students listen and understand with this example.</p>
<p>Elaborate</p>		<p>Students will understand the topic by chart.</p>
	<p>Now look at this chart this is all about stressors and how we experienced stress. Lazarus has distinguished between two types of appraisals i.e., primary and secondary.</p> <p>Primary appraisal refers to the perception of a new or changing environment as</p>	<p>Students will note down these terms in their note book</p>

	<p>positive, neutral or negative in its consequences.</p> <p>Secondary appraisal which is assessment of one's coping abilities and resources and whether they will be sufficient to meet the harm, threat or challenge of the event.</p>	
Evaluation	<ul style="list-style-type: none"> ➤ Is stress always harmful for us? ➤ The word stress has its origin in theword strictus. ➤ Who is the father of modern stress research? ➤ Lazarus has distinguished betweentypes of appraisals. ➤ Name two types of appraisals? 	

Recapitulation:

Today we have discussed about stress, stressors, eustress, nature of stress and two appraisals of Lazarus.

Home work:

- Read this topic two times.
- Read next topic once.
- Write following questions in your note book.
 1. Explain the concept of stress by giving examples from day today life.
 2. Explain the symptoms of stress and sources of stress.