

**कक्षा : बारहवीं**  
**विषय : Psychology**  
**पाठ्यक्रम**

मास	पुस्तक का नाम	विषय-वस्तु	शिक्षण पिरियड	दोहराई पिरियड	प्रयोगात्मक कार्य
<b>April</b>		<b>Unit-I Variation in psychological Attributes.</b> 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	<b>18</b>	<b>4</b>	Verbal or Non verbal or Performance intelligence test <b>4</b>
<b>May</b>		<b>Unit-II Self and Personality</b> 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	<b>18</b>	<b>6</b>	Self esteem, Self efficacy and personality test. <b>(8)</b>

		<ul style="list-style-type: none"> <li>a) Self report measures</li> <li>b) Projective Techniques</li> <li>c) Behavioural Analysis</li> </ul> <p><b>Unit-III Meeting life challenges</b> The topic in this unit are:</p> <ul style="list-style-type: none"> <li>1 Introduction</li> <li>2 Nature, Types and Sources of Stress</li> <li>3 Effects of Stress on Psychological Functioning and Health <ul style="list-style-type: none"> <li>a) Stress and Health</li> <li>b) General Adaptation syndrome</li> <li>c) Stress and Immune system</li> <li>d) Life style</li> </ul> </li> <li>4 Coping with Stress <ul style="list-style-type: none"> <li>a) Stress Management Techniques</li> </ul> </li> <li>5 Promoting Positive Health and well-being <ul style="list-style-type: none"> <li>a) Life Skills</li> </ul> </li> </ul>			
<b>June</b>		Summer Vacation			
<b>July</b>		<p><b>Unit-IV Psychology Disorders</b> The Topics in this unit are:</p> <ul style="list-style-type: none"> <li>1 Introduction</li> <li>2 Concepts of abnormality and psychological Disorders</li> <li>3 Classification of psychological Disorders</li> <li>4 Factors underlying abnormal Behaviour</li> <li>5 Major Psychological Disorders <ul style="list-style-type: none"> <li>a) Anxiety Disorders</li> <li>b) Somatoform Disorders</li> <li>c) Dissociative Disorders</li> <li>d) Mood Disorders</li> <li>e) Schizophrenic Disorders</li> <li>f) Behavioural and Developmental Disorders</li> <li>g) Substance- Use Disorders</li> </ul> </li> </ul>	<b>18</b>	<b>4</b>	<p>Assessment of stress or Assessment of coping style.</p> <p>Assessment of anxiety or Assessment of depression</p> <p>(8)</p>
<b>Aug</b>		<p><b>Unit-V Therapeutic Approaches</b> The topics is this unit are:</p> <ul style="list-style-type: none"> <li>1 Nature and process of psychotherapy <ul style="list-style-type: none"> <li>a) Therapeutic relationship</li> </ul> </li> <li>2 Types of Therapies <ul style="list-style-type: none"> <li>a) Psychodynamic Therapy</li> <li>b) Behaviours Therapy</li> </ul> </li> </ul>	<b>18</b>	<b>4</b>	<b>4</b>
<b>Sept</b>		<p><b>Unit-V Therapeutic Approaches</b> The topics is this unit are:</p>	<b>06</b>	<b>03</b>	<b>06</b>

		<ul style="list-style-type: none"> <li>c) Cognitive Therapy</li> <li>d) Humanistic –Existential Therapy</li> <li>e) Biomedical Therapy</li> <li>f) Alternative Therapies</li> </ul>			
		3 Rehabilitation of mentally ill			
<b>Oct.</b>		<b>Unit-VI Attitude and Social Cognition</b> <b>The topic in this unit are:</b> 1 Introduction 2 Explaining social Behaviours 3 Nature and Components of attitudes 4 Attitude formation and change <ul style="list-style-type: none"> <li>a) Attitude formation</li> <li>b) Attitude change</li> <li>c) Attitude behaviour relationship</li> </ul> 5 Prejudice and Discrimination 6 Strategies for Handling Prejudice 7 Social Cognition 8 Schemas and Stereotypes 9 Impression formation and explaining 10 Behaviour of others through attributions <ul style="list-style-type: none"> <li>a) Impression formation</li> <li>b) attribution of causality</li> </ul> 11 Behaviour in presence of others 12 Prosocial Behaviour Factors affecting pro-social behavior	<b>18</b>	<b>4</b>	Sentence completion word association Test. (4)  Assessment of Attitude or Assessment of Steriotypes. 4
<b>Nov.</b>		<b>Unit-VII Social Influence and Group Processes</b> <b>The topic in this unit are:</b> 1 Introduction 2 Nature and formation of Group 3 Type of Groups 4 Influence of Group on Individual Behaviour <ul style="list-style-type: none"> <li>a) Social Learning</li> <li>b) Group Polarisation</li> </ul> 5 Conformity Compliance and Obedience 6 Cooperation and Competition <ul style="list-style-type: none"> <li>a) Determinants of cooperation and competition</li> </ul> 7 Social Identity 8 Intergroup conflict: Nature and causes 9 Conflict Resolution Strategies <b>Unit-VIII Psychology and life</b> <b>The topics in this unit are:</b>	<b>17</b>	<b>4</b>	Social Conformity or Socio Metric.  5

		1 Introduction 2 Human- Environment relationship a) Different views of the Human – Environment relationship			
<b>Dec</b>		<b>Unit-VIII Psychology and life</b> <b>The topics in this unit are:</b> 3 Environmental Effects on Human Behaviour a) Human Influence on the Environment b) Noise c) Pollution d) Crowding e) National Disasters 4 Promoting pro-environmental Behaviour 5 Psychological and Social Concerns a) Poverty and Discrimination b) Aggression Violence and peace c) Health d) Impact of television on Behaviour	<b>08</b>	<b>03</b>	Testing of noise pollution or Aggression scale  08
<b>Jan</b>		<b>Unit-IX Developing Psychological Skills</b> The topic in this unit are 1 Introduction 2 Developing as an effective psychologist 3 General skills 4 Observational skills 5 specific skills a) Communication skills b) Psychological skills 6 Interviewing skills 7 Counseling skills	<b>18</b>	<b>4</b>	Case Study  4
<b>Feb</b>		<b>Revision</b>			
<b>March</b>		<b>Exam</b>			