

कक्षा : बारहवीं  
विषय : Psychology  
पाठ्यक्रम

मास	पुस्तक का नाम	विषय-वस्तु	शिक्षण पिरियड	दोहराई पिरियड	प्रयोगात्मक कार्य
April		<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	18	4	Verbal or Non verbal or Performance intelligence test 4
May		<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	18	6	Self esteem, Self efficacy and personality test. (8)

		<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>  <b>The topics is this unit are:</b></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>Behaviour Therapy</li> </ul> </li> </ul>	<b>18</b>	<b>4</b>	<b>4</b>
<b>Sept</b>		<p><b>Unit-V Therapeutic Approaches</b>  <b>The topics is this unit are:</b></p> <ul style="list-style-type: none"> <li>a) Cognitive Therapy</li> </ul>	<b>06</b>	<b>03</b>	<b>06</b>

		b) Humanistic –Existential Therapy c) Alternative Therapies  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 a) Attitude formation b) Attitude change c) Attitude behaviour relationship 5 Prejudice and Discrimination 6 Strategies for Handling Prejudice 8 Schemas and Stereotypes 9 Impression formation and explaining 10 Behaviour of others through attributions a) Impression formation b) attribution of causality 11 Behaviour in presence of others 12 Prosocial Behaviour Factors affecting pro-social behavior	18	4	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 a) Social Learning b) Group Polarisation <b>Unit-VIII Psychology and life</b> <b>The topics in this unit are:</b> 1 Introduction  2 Human- Environment relationship a) Different views of the Human – Environment relationship	17	4	Social Conformity or Socio Metric.  5
<b>Dec</b>			08	03	Testing of noise pollution or Aggression scale

					08
<b>Jan</b>			<b>18</b>	<b>4</b>	Case Study 4
<b>Feb</b>		<b>Revision</b>			
<b>March</b>		<b>Exam</b>			