

PSYCHOLOGY
CLASS XI-XII (2021-2022)
(CODE NO. 037)
(TERM WISE CURRICULUM)

Psychology is introduced as an elective subject at the higher secondary stage of school education. As a discipline, psychology specializes in the study of experiences, behaviors and mental processes of human beings within a socio-cultural historical context. This course purports to introduce the learners to the basic ideas, principles, and methods in Psychology. The emphasis is to create interest and exposure needed by learners to develop their own knowledge base and understanding.

The course deals with psychological knowledge and practices which are contextually rooted. It emphasizes the complexity of behavioral processes and discourages simplistic cause-effect thinking. This is pursued by encouraging critical reasoning, allowing students to appreciate the role of cultural factors in behavior and illustrating how biology and experiences shape behavior.

It is suggested that the teaching -learning processes should involve students in evolving their own understanding, therefore, teaching of Psychology should be based on the use of case studies, narratives, experiential exercises, analysis of common everyday experiences, etc.

Objectives:

- To develop appreciation about the human mind and behavior in the context of learners' 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.

**COURSE STRUCTURE
(TERM WISE)
CLASS XI (2021-2022)**

Units	Topics	No. of periods	Marks
TERM 1			
I	What is Psychology?	18	10
II	Methods of Enquiry in Psychology	20	13
III	The Bases of Human Behavior	22	12
	Total	60	35
TERM 2			
IV	Human Development	16	9
V	Sensory, Attentional and Perceptual Processes	12	8
VI	Learning	17	10
VII	Human Memory	15	8
	Total	60	35
	Total	120	70

COURSE CONTENT

	TERM 1	Periods	Marks
Unit I	<p>What is Psychology?</p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> 1. Introduction 2. What is Psychology? <ul style="list-style-type: none"> ● Psychology as a Discipline ● Psychology as a Natural Science ● Psychology as a Social Science 3. Understanding Mind and Behaviour 4. Popular Notions about the Discipline of Psychology 5. Evolution of Psychology 6. Development of Psychology in India 7. Branches of Psychology 8. Themes of Research and Applications 9. Psychology and Other Disciplines 10. Psychologists at Work 11. Psychology in Everyday Life 	18 Periods	10

Unit II	Methods of Enquiry in Psychology <i>The topics in this unit are:</i> <ol style="list-style-type: none"> 1. Introduction 2. Goals of Psychological Enquiry <ul style="list-style-type: none"> ● Steps in Conducting Scientific Research ● Alternative Paradigms of Research 3. Nature of Psychological Data 4. Some Important Methods in Psychology <ul style="list-style-type: none"> ● Observational Method ● Experimental Method ● Correlational Research ● Survey Research ● Psychological Testing ● Case Study 5. Analysis of Data <ul style="list-style-type: none"> ● Quantitative Methods ● Qualitative Method 6. Limitations of Psychological Enquiry 7. Ethical Issues 	20 Periods	13
Unit III	The Bases of Human Behaviour <i>The topics in this unit are:</i> <ol style="list-style-type: none"> 1. Introduction 2. Evolutionary Perspective 3. Biological and Cultural Roots 4. Biological Basis of Behaviour <ul style="list-style-type: none"> ● Neurons 5. Structure and Functions of Nervous System and Endocrine System and their Relationship with Behaviour and Experience <ul style="list-style-type: none"> ● The Nervous System ● The Endocrine System 6. Heredity: Genes and Behaviour 7. Cultural Basis: Socio-Cultural Shaping of Behaviour <ul style="list-style-type: none"> ● Concept of Culture 8. Enculturation 9. Socialization 10. Acculturation 	22 Periods	12

PRACTICAL – TERM 1

PRACTICAL (PROJECT)	15 MARKS
The students shall be required to undertake one project . The project would involve the use of different methods of enquiry and related skills.	
• Project file:	06 Marks
• Presentation of Project :	06 Marks
• Viva Voce (Project): ..	03 Marks

COURSE CONTENT

TERM 2			
Unit IV	Human Development <i>The topics in this unit are:</i> <ol style="list-style-type: none"> 1. Introduction 2. Meaning of Development <ul style="list-style-type: none"> • Life-Span Perspective on Development 3. Factors Influencing Development 4. Context of Development 5. Overview of Developmental Stages <ul style="list-style-type: none"> • Prenatal Stage • Infancy • Childhood • Challenges of Adolescence • Adulthood and Old Age 	16 Periods	9
Unit V	Sensory, Attentional and Perceptual Processes <i>The topics in this unit are:</i> <ol style="list-style-type: none"> 1. Introduction 2. Knowing the world 3. Nature and varieties of Stimulus 4. Sense Modalities 5. Attentional Processes <ul style="list-style-type: none"> • Selective Attention • Sustained Attention 6. Perceptual Processes <ul style="list-style-type: none"> • Processing Approaches in Perception 7. The Perceiver 8. Principles of Perceptual Organisation 9. Perception of Space, Depth and Distance 	12 Periods	8

	<ul style="list-style-type: none"> ● Monocular Cues and Binocular Cues 10. Perceptual Constancies 11. Illusions 12. Socio-Cultural Influences on Perception		
Unit VI	Learning <i>The topics in this unit are:</i> <ol style="list-style-type: none"> 1. Introduction 2. Nature of Learning 3. Paradigms of Learning 4. Classical Conditioning <ul style="list-style-type: none"> ● Determinants of Classical Conditioning 5. Operant/Instrumental Conditioning <ul style="list-style-type: none"> ● Determinants of Operant Conditioning 6. Key Learning Processes 7. Observational Learning 8. Cognitive Learning 9. Verbal Learning 10. Skill Learning 11. Factors Facilitating Learning 12. Learning Disabilities 	17 Periods	10
Unit VII	Human Memory <i>The topics in this unit are:</i> <ol style="list-style-type: none"> 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 <ul style="list-style-type: none"> ● Declarative and Procedural; Episodic and Semantic 7. Memory as a Constructive Process 8. Nature and Causes of Forgetting <ul style="list-style-type: none"> ● Forgetting due to Trace Decay, Interference and Retrieval Failure 9. Enhancing Memory <ul style="list-style-type: none"> ● Mnemonics using Images and Organization 	15 Periods	8

PRACTICAL –TERM 2

Practical (Experiment)	15 marks
The students shall be required to conduct one experiment related to the topics covered in the course (e.g. Human development, Learning, Memory, Perception and Attention).	
Practical Examination	
<ul style="list-style-type: none"> ● Practical (Experiment) file 05 Marks ● Viva Voce (Experiment) 03 Marks ● Conduct of one experiment and report writing 07 Marks* 	
*(03 Marks for conduct of experiment and 04 Marks for report writing)	

COURSE STRUCTURE (TERM WISE) CLASS XII (2021 - 2022)

Units	Topics	No. of periods	Marks
TERM 1			
I	Variations in Psychological Attributes	20	12
II	Self and Personality	24	13
III	Meeting Life Challenges	14	10
	Total	58	35
TERM 2			
IV	Psychological Disorders	24	13
V	Therapeutic Approaches	16	7
VI	Attitude and Social Cognition	12	8
VII	Social Influence and Group Processes	8	7
	Total	60	35
	Total	118	70

COURSE CONTENT TERM 1

Unit I	Variations in Psychological Attributes <i>The topics in this unit are:</i> <ol style="list-style-type: none"> 1. Introduction 2. Individual Differences in Human Functioning 3. Assessment of Psychological Attributes 4. Intelligence 	20 Periods	12
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	<ol style="list-style-type: none"> 5. Theories of Intelligence: Psychometric Theories of Intelligence, Information Processing Theories, Theory of Multiple Intelligences, Triarchic Theory of Intelligence, Planning, Attention-Arousal and Simultaneous Successive Model of Intelligence 6. Individual Differences in Intelligence 7. Culture and Intelligence 8. Emotional Intelligence 9. Special Abilities: Aptitude: Nature and Measurement 10. Creativity 		
Unit II	<p>Self and Personality</p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> 1. Introduction 2. Self and Personality 3. Concept of Self 4. Cognitive and Behavioural Aspects of Self 5. Culture and Self 6. Concept of Personality 7. Major Approaches to the Study of Personality <ul style="list-style-type: none"> ● Type Approach ● Trait Approach ● Psychodynamic Approach ● Behavioural Approach ● Cultural Approach ● Humanistic Approach 8. Assessment of Personality <ul style="list-style-type: none"> ● Self-report Measures ● Projective Techniques ● Behavioural Analysis 	24 Periods	13
Unit III	<p>Meeting Life Challenges</p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> 1. Introduction 2. Nature, Types and Sources of Stress 3. Effects of Stress on Psychological Functioning and Health <ul style="list-style-type: none"> ● Stress and Health ● General Adaptation Syndrome ● Stress and Immune System 	14 periods	10

	<ul style="list-style-type: none"> ● Lifestyle <p>4. Coping with Stress</p> <ul style="list-style-type: none"> ● Stress Management Techniques <p>5. Promoting Positive Health and Well-being</p> <ul style="list-style-type: none"> ● Stress Resistant Personality ● Life Skills ● Positive Health 		
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PRACTICAL

Test administration:

Students are required to administer and interpret three psychological tests related to various psychological attributes like intelligence, aptitude, attitude, personality, self-concept, adjustment, anxiety, interest etc.

The focus should be on helping the student develop an understanding of human behavior through the administration of the tests, interpretation of the scores and its application in various situations/conditions.

PRACTICAL - TERM 1 (15 Marks)

- A. In term 1 the student is introduced to administration, scoring, interpretation, & report writing of any 2 psychological tests.
- B. In Practical examination of term 1, the student will be required to administer and interpret any one psychological test.

Distribution of Marks (Term 1)

- Practical File – 5 Marks
- Viva Voce – 3 Marks
- Administration of one test & report writing – 7 Marks

COURSE CONTENT

TERM 2			
Unit IV	<p>Psychological Disorders</p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> 1. Introduction 2. Concepts of Abnormality and Psychological Disorders 	24 Periods	13

	<ul style="list-style-type: none"> ● Historical Background <ol style="list-style-type: none"> 3. Classification of Psychological Disorders 4. Factors Underlying Abnormal Behaviour 5. Major Psychological Disorders <ul style="list-style-type: none"> ● Anxiety Disorders ● Obsessive-Compulsive and Related Disorders ● Trauma-and Stressor-Related Disorders ● Somatic Symptom and Related Disorders ● Dissociative Disorders ● Depressive Disorder ● Bipolar and Related Disorders ● Schizophrenia Spectrum and Other Psychotic Disorders ● Neurodevelopmental Disorders ● Disruptive, Impulse-Control and Conduct Disorders ● Feeding and Eating Disorders ● Substance Related and Addictive Disorders 		
Unit V	<p>Therapeutic Approaches</p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> 1. Nature and Process of Psychotherapy <ul style="list-style-type: none"> ● Therapeutic relationship 2. Types of Therapies <ul style="list-style-type: none"> ● Behaviour Therapy ● Cognitive Therapy ● Humanistic-Existential Therapy ● Alternative Therapies 3. Rehabilitation of the Mentally Ill 	16 Periods	7
Unit VI	<p>Attitude and Social Cognition</p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> 1. Introduction 2. Explaining Social Behaviour 3. Nature and Components of Attitudes 4. Attitude Formation and Change <ul style="list-style-type: none"> ● Attitude Formation ● Attitude Change ● Attitude-Behaviour Relationship 5. Prejudice and Discrimination 	12 Periods	8

	6. Strategies for Handling Prejudice		
Unit VII	Social Influence and Group Processes <i>The topics in this unit are:</i> <ol style="list-style-type: none"> 1. Introduction 2. Nature and Formation of Groups 3. Type of Groups 4. Influence of Group on Individual Behavior <ul style="list-style-type: none"> ● Social Loafing ● Group Polarization 	08 Periods	7

PRACTICAL

Test administration:

Students are required to administer and interpret three psychological tests related to various psychological attributes like intelligence, aptitude, attitude, personality, self-concept, adjustment, anxiety, interest etc.

The focus should be on helping the student develop an understanding of human behavior through the administration of the tests, interpretation of the scores and its application in various situations/conditions.

PRACTICAL - TERM 2 (15 Marks)

- C. In term 2 the student is introduced to administration, scoring, interpretation & report writing of any one psychological test.
- D. In Practical examination of term 2, the student will be required to administer and interpret one psychological test.

Distribution of Marks:

- Practical File – 5 Marks
- Viva Voce – 3 Marks
- Administration of one test & report writing – 7 Marks

Prescribed Books:

1. Psychology, Class XI, Published by NCERT
2. Psychology, Class XII, Published by NCERT

Note: The above textbooks are also available in Hindi medium.