

COURSE STRUCTURE CLASS XII (2020 - 2021)**One Theory Paper****3 Hours
Marks: 70**

Units	Topics	No. of periods	Marks
I	Variations in Psychological Attributes	20	12
II	Self and Personality	24	13
III	Meeting Life Challenges	14	10
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	118	70

COURSE CONTENT

Unit I	Variations in Psychological Attributes <i>The topics in this unit are:</i> <ol style="list-style-type: none">1. Introduction2. Individual Differences in Human Functioning3. Assessment of Psychological Attributes4. Intelligence5. 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 Intelligence6. Individual Differences in Intelligence7. Culture and Intelligence8. Emotional Intelligence9. Special Abilities: Aptitude: Nature and Measurement10. Creativity	20 Periods
Unit II	Self and Personality <i>The topics in this unit are:</i> <ol style="list-style-type: none">1. Introduction2. Self and Personality3. Concept of Self	24 Periods

	<ol style="list-style-type: none"> 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 □ Self-report Measures <ul style="list-style-type: none"> • Projective Techniques • Behavioural Analysis 	
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 • Lifestyle 4. Coping with Stress <ul style="list-style-type: none"> • Stress Management Techniques 5. Promoting Positive Health and Well-being <ul style="list-style-type: none"> • Stress Resistant Personality • Life Skills • Positive Health 	14 periods

Unit IV	Psychological Disorders <i>The topics in this unit are:</i> <ol style="list-style-type: none"> 1. Introduction 2. Concepts of Abnormality and Psychological Disorders <ul style="list-style-type: none"> □ Historical Background 3. Classification of Psychological Disorders 	24 Periods
	<ol style="list-style-type: none"> 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	Therapeutic Approaches <i>The topics in this unit are:</i> <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

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 6. Strategies for Handling Prejudice 	12 Periods
Unit VII	<p>Social Influence and Group Processes</p> <p><i>The topics in this unit are</i></p> <ol style="list-style-type: none"> 1. Introduction 2. Nature and Formation of Groups 3. Type of Groups 4. Influence of Group on Individual Behaviour <ul style="list-style-type: none"> • Social Loafing • Group Polarisation 	08 Periods
<p>Practical 30 Marks</p> <p>A. Test administration: Students are required to administer and interpret three psychological tests related to various psychological attributes like intelligence, aptitude, attitude, personality, etc.</p> <p>B. In Practical examination, the student will be required to administer and interpret two psychological tests.</p> <p>Distribution of Marks:</p> <ul style="list-style-type: none"> • Practical File 10 Marks • Viva Voce (Practical) 05 Marks • Two practicals 15 Marks* <p>*(5 Marks for conduct of practical and 10 Marks for report writing)</p>		40 Periods

PSYCHOLOGY (Code No. 037)
QUESTION PAPER DESIGN
CLASS –XII (2020 - 2021)

I. Board Examination: Theory

Time: 3 Hours		Maximum Marks: 70	
S. No.	Competencies	Total Marks	% Weightage
1	Remembering and Understanding: Exhibiting memory of previously learned material by recalling facts, terms, basic concepts, and answers; Demonstrating understanding of facts and ideas by organizing, comparing, translating, interpreting, giving descriptions and stating main ideas	25	35%
2	Applying: Solving problems to new situations by applying acquired knowledge, facts, techniques and rules in a different way.	31	45%
3	Formulating, Analysing, Evaluating and Creating: Examining and breaking information into parts by identifying motives or causes; Making inferences and finding evidence to support generalizations; Presenting and defending opinions by making judgments about information, validity of ideas, or quality of work based on a set of criteria; Compiling information together in a different way by combining elements in a new pattern or proposing alternative solutions.	14	20%
	Total	70	100%

II. Practical: 30 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.