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| development, Learning, Memory, Motivation, Perception, Attention and Thinking). Experiments could focus on cause-and-effect relationship. | | |
| Practical Examination | | |
| • Practical (Experiments) file | 05 Marks | |
| • Project File | 05 Marks | |
| • Viva Voce (Project and experiments) | 05 Marks | |
| • One experiment (05 marks for conduct of experiment and 10 marks for reporting) | 15 Marks | |
| Total | 30 Marks | |

**QUESTION PAPER DESIGN
CLASS –XI (2024-25)**

I. 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

**COURSE STRUCTURE
CLASS XII (2024-2025)**

Theory Paper

**3 Hours
Marks: 70**

| Units | Topics | No. of periods | Marks |
|--------------|--|-----------------------|--------------|
| I | Variations in Psychological Attributes | 30 | 13 |
| II | Self and Personality | 32 | 13 |
| III | Meeting Life Challenges | 23 | 9 |
| IV | Psychological Disorders | 30 | 12 |
| V | Therapeutic Approaches | 25 | 9 |
| VI | Attitude and Social Cognition | 16 | 8 |
| VII | Social Influence and Group Processes | 14 | 6 |
| | Total | 170 | 70 |

COURSE CONTENT

| | | |
|----------------|---|-------------------|
| Unit I | <p>Variations in Psychological Attributes</p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> 1. Introduction 2. Individual Differences in Human Functioning 3. Assessment of Psychological Attributes 4. Intelligence 5. Psychometric Theories of Intelligence, Information Processing Theory: Planning, Attention-arousal and Simultaneous successive Model of Intelligence, Triarchic Theory of Intelligence; Theory of Multiple Intelligences. 6. Individual Differences in Intelligence 7. Culture and Intelligence 8. Emotional Intelligence 9. Special Abilities: Aptitude: Nature and Measurement 10. Creativity | 30 Periods |
| 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 | 32 Periods |

| | | |
|-----------------|--|-------------------|
| | <p>5. Culture and Self</p> <p>6. Concept of Personality</p> <p>7. Major Approaches to the Study of Personality</p> <ul style="list-style-type: none"> • Type Approaches • Trait Approaches • Psychodynamic Approach and Post Freudian Approaches • Behavioural Approach • Cultural Approach • Humanistic Approach <p>8. Assessment of Personality</p> <ul style="list-style-type: none"> • Self-report Measures • 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"> • Life Skills • Positive Health | 23 periods |
| 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 <ul style="list-style-type: none"> • Historical Background 3. Classification of Psychological Disorders 4. Factors Underlying Abnormal Behaviour 5. Major Psychological Disorders | 30 Periods |

| | | |
|----------------|--|-------------------|
| | <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 • Factors contributing to healing in Psychotherapy • Ethics in Psychotherapy 3. Rehabilitation of the Mentally Ill | 25 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 | 16 Periods |

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|---|---|-----------------------------------|----------|---|----------|---|----------|--------------|-----------------|-------------------|
| 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 Behaviour <ul style="list-style-type: none"> • Social Loafing • Group Polarisation | 14 Periods | | | | | | | | |
| Practical 30 Marks <p>A. Development of case profile: Using appropriate methods like interview, observation & psychological tests.</p> <p>B. Test administration: Students are required to administer and interpret five psychological tests related to various psychological attributes like intelligence, aptitude, attitude, personality, etc.</p> <p>C. In the Practical examination, the student will be required to administer and interpret two psychological tests.</p> <p>Distribution of Marks:</p> <table border="1" data-bbox="204 1104 1214 1451"> <tr> <td data-bbox="204 1104 963 1184">• Practical File and Case Profile</td> <td data-bbox="963 1104 1214 1184">10 Marks</td> </tr> <tr> <td data-bbox="204 1184 963 1264">• Viva Voce (Case Profile & Two Practicals)</td> <td data-bbox="963 1184 1214 1264">05 Marks</td> </tr> <tr> <td data-bbox="204 1264 963 1381">• Two Practicals (5 marks for conduct of practicals and 10 marks for reporting)</td> <td data-bbox="963 1264 1214 1381">15 Marks</td> </tr> <tr> <td data-bbox="204 1381 963 1451" style="text-align: center;">Total</td> <td data-bbox="963 1381 1214 1451" style="text-align: center;">30 Marks</td> </tr> </table> | | • Practical File and Case Profile | 10 Marks | • Viva Voce (Case Profile & Two Practicals) | 05 Marks | • Two Practicals (5 marks for conduct of practicals and 10 marks for reporting) | 15 Marks | Total | 30 Marks | 60 Periods |
| • Practical File and Case Profile | 10 Marks | | | | | | | | | |
| • Viva Voce (Case Profile & Two Practicals) | 05 Marks | | | | | | | | | |
| • Two Practicals (5 marks for conduct of practicals and 10 marks for reporting) | 15 Marks | | | | | | | | | |
| Total | 30 Marks | | | | | | | | | |

QUESTION PAPER DESIGN
CLASS – XII (2024-25)

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.