

**D.A.V Public School, Sector 49, Gurgaon**  
**PSYCHOLOGY**  
**ACADEMIC PLAN - 2019-2020**  
**Class XII**

**Theory: 3 Hours**

**Marks: 70**

**Units**

**Marks**

Psychology, Self and Society

I. Variations in Psychological Attributes	09
II. Self and Personality	10
III. Meeting the Life Challenges	07
IV. Psychological Disorders	10
V. Therapeutic Approaches	07
VI. Attitude and Social Cognition	08
VII. Social Influence and Group Processes	07
VIII. Psychology and Life	06
IX. Developing Psychological Skills	06

Practical Psychological testing, Case Profile etc

30

**Psychological testing Practical**

**30 Marks**

The students shall be required to prepare one case profile and conduct two practicals related to the topics covered in the course.

The case profile will include developmental history of the subject, using both qualitative (observation, interview) and quantitative (Psychological testing) approaches. Practical would involve using standardized psychological assessment devices in different domains (e.g. intelligence, personality, aptitude, adjustment, attitude, self-concept, and anxiety).

**Distribution of Marks:**

- |   |          |
|---|----------|
| (i) Practical File+ Case Profile                                    | 10 Marks |
| (iii) Viva Voice (Case profile and practical)                       | 05 Marks |
| (iii) Two practicals (5 for accurate conduct and 10 for reporting). | 15 Marks |

**MARCH**

**Unit I: Variations in Psychological Attributes**

**15 Periods**

**Topics**

Individual differences in human functioning; Theories of Intelligence; Individual differences in Intelligence; variations of intelligence, Culture and Intelligence; Emotional intelligence; Special abilities: Aptitude: Nature and measurement; Assessment of psychological attributes, creativity

**Practical 1- Intelligence test (RSPM)**

**APRIL**

**Unit II: Self and Personality**

**20 Periods**

**Topics**

Self and personality; concept of self; cognitive and behavioural aspects of self; self-efficacy; Self-esteem and Self-regulation; Culture and self; Personality: Concept; Approaches to Personality: Type and Trait, Psychodynamic, Humanistic, Behavioural and Cultural; Assessment of Personality: Self-report Measures, Behavioural Analysis, and Projective Measures.

**Practical 2- Personality Test**

**Unit III: Meeting Life Challenges****3 Periods****Topics**

Nature, types, and sources of stress; effects of stress on psychological functioning- stress and health, GAS, stress and immune system, life style; Coping with stress- stress management techniques; Concepts of health and well-being; Life skills

**MAY****Unit III: Meeting Life Challenges****4 Periods****Topics**

Nature, types, and sources of stress; effects of stress on psychological functioning- stress and health, GAS, stress and immune system, life style; Coping with stress- stress management techniques; Concepts of health and well-being; Life skills

**Unit IV: Psychological Disorders****11 Periods****Topics**

Concepts of abnormality and psychological disorder, Causal factors associated with abnormal behaviour, Classification of disorder, Major psychological disorders: Anxiety, Somato-form, Dissociative, Mood, Schizophrenic, Developmental and Behavioural, Substance Related.

**JULY****Unit V: Therapeutic Approaches****20 Periods****Topics**

Nature and process of therapy; Nature of therapeutic relationship; Types of therapies: Psychodynamic, Humanistic, Cognitive, Behaviour; Alternative therapies: Rehabilitation of mentally ill people.

**Practical 3 – Aptitude test****JULY /AUGUST****Unit VI: Attitude and Social Cognition****15 Periods****Topics**

Explaining social behaviour; Social cognition; Schemas and stereotypes; Impression formation; Nature and components of attitudes; Attitude formation and change; Behaviour in the presence of others: Pro-social Behaviour; Prejudice and discrimination; Strategies for handling prejudice.

**Practical 4 – Self Concept****Unit VII: Social Influence and Group Processes****12 Periods****Topics**

Groups: Nature, formation and types; Influence of group on individual behaviour; Influence Processes: Nature of Conformity, Obedience, and Compliance: Cooperation and Competition Social identity; Inter-Group Conflict; Conflict Resolution Strategies.

## **SEPTEMBER**

**Revision**

**First Term Examination**

## **OCTOBER**

**Unit VIII: PSYCHOLOGY AND LIFE**

**15 Periods**

### **Topics**

Human- environment relationship; Environmental effects on human behaviour. Noise, pollution, crowding, natural disasters, social issue: Aggression and Violence and peace; Mahatma Gandhi on non-violence, health, impact of television behaviour

**Practical 5- Anxiety Test**

## **NOVEMBER**

**Unit IX: Developing Psychological Skills**

**10 Periods**

### **Topics**

Developing as an Effective Psychologist, General Skills, Observational Skills, Specific Skills, Interviewing Skills, Counselling Skills.

**Revision**

**Sample papers**

**II TERM EXAMS**

## **DECEMBER**

## **JANUARY**

**PRE-BOARDS**

### **Reference Books:**

1. Introduction to psychology, Morgan and King, Tata McGraw-Hill Education
2. Atkinson and Hilgard's Introduction to Psychology
3. Abnormal Psychology by Ronald J. Comer

### **Web-links:**

<http://psychology.about.com>

<http://psychology.jrank.org>

<http://www.psywww.com>

<http://psychcentral.com>

<http://www.alleydog.com>

<http://www.psychologytoday.com>