

**2024-2025  
PSYCHOLOGY(122)  
CLASS XI**

**Theory Paper**

3 Hours  
Marks:70

<b>Units</b>	<b>Topics</b>	<b>Marks</b>
I	What is Psychology?	11
II	Methods of Enquiry in Psychology	13
IV	Human Development	11
V	Sensory, Attentional and Perceptual Processes	08
VI	Learning	09
VII	Human Memory	08
VIII	Thinking	05
IX	Motivation and Emotion	05
	<b>Total</b>	<b>70</b>

**COURSE STRUCTURE**

<b>Unit I</b>	<p><b>What is Psychology?</b></p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. What is Psychology? <ul style="list-style-type: none"> <li>Psychology as a Discipline</li> <li>Psychology as a Natural Science</li> <li>Psychology as a Social Science</li> </ul> </li> <li>3. Understanding Mind and Behaviour</li> <li>4. Popular Notions about the Discipline of Psychology</li> <li>5. Evolution of Psychology</li> <li>6. Development of Psychology in India</li> <li>7. Branches of Psychology</li> <li>8. Psychology and Other Disciplines</li> <li>9. Psychology in Everyday Life</li> </ol>
<b>Unit II</b>	<b>Methods of Enquiry in Psychology</b>

	<i>The topics in this unit are:</i>
	<ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Goals of Psychological Enquiry Steps in Conducting Scientific Research</li> </ol>
	<p style="text-align: center;">Alternative Paradigms of Research</p> <ol style="list-style-type: none"> <li>3. Nature of Psychological Data</li> <li>4. Some Important Methods in Psychology Observational Method Experimental Method Correlational Research Survey Research Psychological Testing Case Study</li> <li>5. Analysis of Data Quantitative Method Qualitative Method</li> <li>6. Limitations of Psychological Enquiry</li> <li>7. Ethical Issues</li> </ol>
<b>Unit IV</b>	<p><b>Human Development</b></p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Meaning of Development Life-Span Perspective on Development</li> <li>3. Factors Influencing Development</li> <li>4. Context of Development</li> <li>5. Overview of Developmental Stages Prenatal Stage Infancy Childhood Challenges of Adolescence Adulthood and Old Age</li> </ol>
<b>Unit V</b>	<p><b>Sensory, Attentional and Perceptual Processes</b></p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Knowing the world</li> <li>3. Nature and varieties of Stimulus</li> <li>4. Sense Modalities</li> </ol>

	<p>Functional limitation of sense organs</p> <p>5. Attentional Processes</p> <p style="padding-left: 40px;">Selective Attention</p> <p style="padding-left: 40px;">Sustained Attention</p>
	6. Perceptual Processes
<b>Unit VI</b>	<p><b>Learning</b></p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Nature of Learning</li> <li>3. Paradigms of Learning</li> <li>4. Classical Conditioning <ul style="list-style-type: none"> <li>Determinants of Classical Conditioning</li> </ul> </li> <li>5. Operant/Instrumental Conditioning <ul style="list-style-type: none"> <li>Determinants of Operant Conditioning</li> <li>Key Learning Processes</li> </ul> </li> <li>6. Observational Learning</li> <li>7. Cognitive Learning</li> <li>8. Verbal Learning</li> <li>9. Skill Learning</li> <li>10. Factors Facilitating Learning</li> <li>11. Learning Disabilities</li> </ol>
<b>Unit VII</b>	<p><b>Human Memory</b></p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Nature of memory</li> <li>3. Information Processing Approach : The Stage Model</li> <li>4. Memory Systems : Sensory, Short-term and Long-term Memories</li> <li>5. Levels of Processing</li> <li>6. Types of Long-term Memory <ul style="list-style-type: none"> <li>Declarative and Procedural; Episodic and Semantic</li> </ul> </li> <li>7. Nature and Causes of Forgetting</li> </ol>

	<p>Forgetting due to Trace Decay, Interference and Retrieval Failure</p> <p>8. Enhancing Memory Mnemonics using Images and Organisation</p>
<b>Unit VIII</b>	<p><b>Thinking</b></p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Nature of Thinking Building Blocks of Thought</li> <li>3. The Processes of Thinking</li> <li>4. Problem Solving</li> <li>5. Reasoning</li> <li>6. Decision-making</li> <li>7. Nature and Process of Creative Thinking Nature of Creative Thinking Process of Creative Thinking</li> <li>8. Thought and Language</li> <li>9. Development of Language and Language Use</li> </ol>
<b>Unit IX</b>	<p><b>Motivation and Emotion</b></p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Nature of Motivation</li> <li>3. Types of Motives Biological Motives Psychosocial Motives</li> <li>4. Maslow's Hierarchy of Needs</li> <li>5. Nature of Emotions</li> <li>6. Expression of Emotions Culture and Emotional Expression Culture and Emotional Labelling</li> <li>7. Managing Negative Emotions</li> <li>8. Enhancing Positive Emotions</li> </ol>
<p><b>Practical (Projects, experiments, small studies, etc.)      30 marks</b></p> <p>The students shall be required to undertake <b>one project and conduct two experiments</b>. The project would involve the use of different methods of enquiry like observation, survey, interview, questionnaire, small studies related to the topics covered in the course (e.g. Human</p>	

development, Learning, Memory, Motivation, Perception, Attention and Thinking). Experiments could focus on cause-and-effect relationship.

### **Practical Examination**

<b>Topics</b>	<b>Marks</b>
• Practical(Experiments) file	04
• Project File	04
• Viva Vioce(Project and experiments)	05
• One experiment (04marks for conduct of experiment and 08 marks for reporting)	12
• Continuous Assessment (Unit Test)	05
<b>Total</b>	<b>30</b>

**2024-2025  
PSYCHOLOGY  
CLASS XII (122)**

**Theory Paper**

3 Hours

Marks: 70

<b>Units</b>	<b>Topics</b>	<b>Marks</b>
I	Variations in Psychological Attributes	13
II	Self and Personality	13
III	Meeting Life Challenges	9
IV	Psychological Disorders	12
V	Therapeutic Approaches	9
VI	Attitude and Social Cognition	8
VII	Social Influence and Group Processes	6
	<b>Total</b>	<b>70</b>

**COURSE CONTENT**

<b>Unit I</b>	<p><b>Variations in Psychological Attributes</b></p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Individual Differences in Human Functioning</li> <li>3. Assessment of Psychological Attributes</li> <li>4. Intelligence</li> <li>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.</li> <li>6. Individual Differences in Intelligence</li> <li>7. Culture and Intelligence</li> <li>8. Emotional Intelligence</li> <li>9. Special Abilities: Aptitude: Nature and Measurement</li> <li>10. Creativity</li> </ol>
<b>Unit II</b>	<p><b>Self and Personality</b></p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Self and Personality</li> <li>3. Concept of Self</li> <li>4. Cognitive and Behavioural aspects of Self</li> </ol>

	<ul style="list-style-type: none"> <li>5. Culture and Self</li> <li>6. Concept of Personality</li> <li>7. Major Approaches to the Study of Personality <ul style="list-style-type: none"> <li>Type Approaches</li> <li>Trait Approaches</li> <li>Psychodynamic Approach and Post Freudian Approaches</li> <li>Behavioural Approach</li> <li>Cultural Approach</li> <li>Humanistic Approach</li> </ul> </li> <li>8. Assessment of Personality <ul style="list-style-type: none"> <li>Self-report Measures</li> <li>Projective Techniques</li> <li>Behavioural Analysis</li> </ul> </li> </ul>
<b>Unit III</b>	<p><b>Meeting Life Challenges</b></p> <p><i>The topics in this unit are:</i></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>Stress and Health</li> <li>General Adaptation Syndrome</li> <li>Stress and Immune System</li> <li>Lifestyle</li> </ul> </li> <li>4. Coping with Stress <ul style="list-style-type: none"> <li>Stress Management Techniques</li> </ul> </li> <li>5. Promoting Positive Health and Well-being <ul style="list-style-type: none"> <li>Life Skills</li> <li>Positive Health</li> </ul> </li> </ul>
<b>Unit IV</b>	<p><b>Psychological Disorders</b></p> <p><i>The topics in this unit are:</i></p> <ul style="list-style-type: none"> <li>1. Introduction</li> <li>2. Concepts of Abnormality and Psychological Disorders <ul style="list-style-type: none"> <li>Historical Background</li> </ul> </li> <li>3. Classification of Psychological Disorders</li> <li>4. Factors Underlying Abnormal Behaviour</li> <li>5. Major Psychological Disorders</li> </ul>

	<p>Anxiety Disorders</p> <p>Obsessive-Compulsive and Related Disorders</p> <p>Trauma-and Stressor-Related Disorders</p> <p>Somatic Symptom and Related Disorders</p> <p>Dissociative Disorders</p> <p>Depressive Disorder</p> <p>Bipolar and Related Disorders</p> <p>Schizophrenia Spectrum and Other Psychotic Disorders</p> <p>Neurodevelopmental Disorders</p> <p>Disruptive, Impulse-Control and Conduct Disorders</p> <p>Feeding and Eating Disorders</p> <p>Substance Related and Addictive Disorders</p>
<b>Unit V</b>	<p><b>Therapeutic Approaches</b></p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> <li>1. Nature and Process of psychotherapy <ul style="list-style-type: none"> <li>Therapeutic relationship</li> </ul> </li> <li>2. Types of Therapies <ul style="list-style-type: none"> <li>Behaviour Therapy</li> <li>Cognitive Therapy</li> <li>Humanistic-Existential Therapy</li> <li>Alternative Therapies</li> <li>Factors contributing to healing in Psychotherapy</li> <li>Ethics in Psychotherapy</li> </ul> </li> <li>3. Rehabilitation of the Mentally Ill</li> </ol>
<b>Unit VI</b>	<p><b>Attitude and Social Cognition</b></p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Explaining Social Behaviour</li> <li>3. Nature and Components of Attitudes</li> <li>4. Attitude Formation and Change <ul style="list-style-type: none"> <li>Attitude Formation</li> <li>Attitude Change</li> <li>Attitude-Behaviour Relationship</li> </ul> </li> <li>5. Prejudice and Discrimination</li> <li>6. Strategies for Handling Prejudice</li> </ol>



<b>Unit VII</b>	<p><b>Social Influence and Group Processes</b></p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Nature and Formation of Groups</li> <li>3. Type of Groups</li> <li>4. Influence of Group on Individual Behaviour <ul style="list-style-type: none"> <li>Social Loafing</li> <li>Group Polarisation</li> </ul> </li> </ol>
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**Distribution of Marks (Practical):**

<b>Practical</b>	<b>30 Marks</b>	
<p>A. Development of case profile: Using appropriate methods like interview, observation &amp; 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>		
<b>Distribution of Marks:</b>		
Topics	Internal Examiner	External Examiner
Practical File and Case Profile	10	-
Continuous Assessment	05	-
Viva Voice(Case Profile & Two Practical)	-	03
Two Practical(4 marks for conduct of practical and 8 marks for reporting)	-	12
<b>Total</b>	<b>15</b>	<b>15</b>

**Prescribed Books:**

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