

PSYCHOLOGY

Course Structure

Part/Unit	Topics	Marks
A	Theory	70
1	What is Psychology	7
2	Methods of Enquiry in Psychology	10
3	The bases of Human Behaviour	8
4	Human Development	6
5	Sensory, Attentional and Perceptual Processes	8
6	Learning	9
7	Human Memory	8
8	Thinking	7
9	Motivation and Emotion	7
B	Practical	30
1	Practical (Experiments) file	5
2	Project File	5
3	Viva	5
4	One Experiment	15
Total		100

Course Syllabus

Unit I: What is Psychology?

- Introduction
- What is Psychology?
 - Consciousness (From the CBSE Supplementary Reading Material):

- Psychology as a Discipline
- Psychology as a Natural Science
- Psychology as a Social Science
- Understanding Mind and Behaviour
- Popular Notions about the Discipline of Psychology
- Evolution of Psychology
- Development of Psychology in India
- Branches of Psychology
- Themes of Research and Applications
- Psychology and Other Disciplines
- Psychologists at Work
- Psychology in Everyday Life:
 - Linkages across psychological processes (From the CBSE Supplementary Reading Material)

Unit II: Methods of Enquiry in Psychology

- Introduction
- Goals of Psychological Enquiry:
 - Steps in Conducting Scientific Research
 - Alternative Paradigms of Research
- Nature of Psychological Data
- Some Important Methods in Psychology:
 - Observational Method
 - Experimental Method
 - Correlational Research
 - Survey Research
 - Psychological Testing
 - Case Study
- Analysis of Data
 - Quantitative Method:

- Concepts and computation of the Measures of Central Tendency
- Graphical Presentation of Data: Bar, Histogram, Polygon (From the CBSE Supplementary Reading Material)
- Qualitative Method
- Limitations of Psychological Enquiry
- Ethical Issues

Unit III: The Bases of Human Behaviour

- Introduction
- Evolutionary Perspective
- Biological and Cultural Roots
- Biological Basis of Behaviour:
 - Neurons
- Structure and Functions of Nervous System and
- Endocrine System and their Relationship with
- Behaviour and Experience:
 - The Nervous System:
 - Sleep and Wakefulness (From the CBSE Supplementary Reading Material)
 - The Endocrine System
- Heredity:
 - Genes and Behaviour
- Cultural Basis: Socio-Cultural Shaping of Behaviour:
 - Concept of Culture
- Enculturation
- Socialisation
- Acculturation:
 - Globalization (From the CBSE Supplementary Reading Material)
 - Diversity and Pluralism in the Indian Context (From the CBSE Supplementary Reading Material)

Unit IV: Human Development

- Introduction
- Meaning of Development:
 - Life-Span Perspective on Development
- Factors Influencing Development
- Context of Development
- Overview of Developmental Stages:
 - Prenatal Stage
- Infancy
- Childhood
- Challenges of Adolescence
- Adulthood and Old Age

Unit V: Sensory, Attentional, and Perceptual Processes

- Introduction
- Knowing the world
- Nature and varieties of Stimulus
- Sense Modalities:
 - Visual Sensation
 - Auditory Sensation
- Attentional Processes:
 - Selective Attention
 - Sustained Attention
- Perceptual Processes:
 - Processing Approaches in Perception
- The Perceiver
- Principles of Perceptual Organisation
- Perception of Space, Depth, and Distance

- Monocular Cues and Binocular Cues
- Perceptual Constancies
- Illusions
- Socio-Cultural Influences on Perception:
 - Person Perception

Unit VI: Learning

- Introduction
- Nature of Learning
- Paradigms of Learning
- Classical Conditioning
- Determinants of Classical Conditioning
- Operant/Instrumental Conditioning:
 - Determinants of Operant Conditioning
 - Key Learning Processes
- Observational Learning
- Cognitive Learning
- Verbal Learning
- Concept Learning
- Skill Learning
- Transfer of Learning:
 - Learning Curve (From the CBSE Supplementary Reading Material)
- Factors Facilitating Learning
- The Learner:
 - Learning Styles
- Learning Disabilities
- Applications of Learning Principles

Unit VII: Human Memory

- Introduction
- Nature of memory
- Information processing Approach: The Stage Model
 - An alternative approach - The Information Processing Perspective (From the CBSE Supplementary Reading Material)
- Memory Systems: Sensory, Short-term and Long-term Memories
- Levels of Processing
- Types of Long-term Memory
 - Declarative and Procedural; Episodic and Semantic
- Knowledge Representation and Organisation in Memory
- Memory as a Constructive Process
- Nature and Causes of Forgetting
 - Forgetting due to Trace Decay, Interference and Retrieval Failure
 - Pathologies related to Memory (From the CBSE Supplementary Reading Material)
- Enhancing Memory
 - Mnemonics using Images and Organisation

Unit VIII: Thinking

- Introduction
- Nature of Thinking
 - Building Blocks of Thought
- The Processes of Thinking
- Problem Solving
- Reasoning
- Decision-making
- Nature and Process of Creative Thinking
 - Nature of Creative Thinking

- Process of Creative Thinking
- Developing Creative Thinking
 - Barriers to Creative Thinking
 - Strategies for Creative Thinking
- Thought and Language
 - Stages of Cognitive Development Introduction to the ideas of Piaget, and Vygotsky (From the CBSE Supplementary Reading Material)
- Development of Language and Language Use

Unit IX: Motivation and Emotion

- Introduction
- Nature of Motivation
- Types of Motives
 - Biological Motives
 - Psychosocial Motives
- Maslow's Hierarchy of Needs
- Nature of Emotions
- Physiological Bases of Emotions
- Cognitive Bases of Emotions
- Cultural Bases of Emotions
- Expression of Emotions
 - Culture and Emotional Expression
 - Culture and Emotional Labelling
- Managing Negative Emotions
- Enhancing Positive Emotions
 - Human Existence (From the CBSE Supplementary Reading Material)
 - Competence (From the CBSE Supplementary Reading Material)
 - Self-efficacy (From the CBSE Supplementary Reading Material)
 - Intrinsic motivation (From the CBSE Supplementary Reading Material)

- Development of positive emotions (From the CBSE Supplementary Reading Material)