

**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	9
II	Self and Personality	24	10
III	Meeting Life Challenges	14	7
IV	Psychological Disorders	24	10
V	Therapeutic Approaches	20	7
VI	Attitude and Social Cognition	20	8
VII	Social Influence and Group Processes	22	7
VIII	Psychology and Life	13	6
IX	Developing Psychological Skills	13	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. 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 Intelligence 6. Individual Differences in Intelligence 7. Culture and Intelligence 8. Emotional Intelligence 9. Special Abilities: Aptitude: Nature and Measurement 10. Creativity 	20 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 	24 Periods

	<ol style="list-style-type: none"> 2. Self and Personality 3. Concept of Self 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 <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"> • Stress Resistant Personality • Life Skills • Positive Health 	14 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 	24 Periods

	<ul style="list-style-type: none"> • Historical Background <ol style="list-style-type: none"> 3. Classification of Psychological Disorders 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	<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"> • Psychodynamic Therapy • Behaviour Therapy • Cognitive Therapy • Humanistic-Existential Therapy • Biomedical Therapy • Alternative Therapies 3. Rehabilitation of the Mentally Ill 	20 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 	20 Periods

	<ul style="list-style-type: none"> • Attitude Change • Attitude-Behaviour Relationship <ol style="list-style-type: none"> 5. Prejudice and Discrimination 6. Strategies for Handling Prejudice 7. Social Cognition 8. Schemas and Stereotypes 9. Impression Formation and Explaining <ul style="list-style-type: none"> • Behaviour of Others through Attributions • Impression Formation • Attribution of Causality 10. Behaviour in the Presence of Others 11. Pro-social Behaviour <ul style="list-style-type: none"> • Factors Affecting Pro-social Behaviour 	
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 5. Conformity, Compliance and Obedience 6. Cooperation and Competition <ul style="list-style-type: none"> • Determinants of Cooperation and Competition 7. Social Identity 8. Intergroup Conflict: Nature and Causes 9. Conflict Resolution Strategies 	22 Periods
Unit VIII	<p>Psychology and Life</p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> 1. Introduction 2. Human-Environment Relationship <ul style="list-style-type: none"> • Different Views of the Human-Environment Relationship 3. Environmental Effects on Human Behaviour <ul style="list-style-type: none"> • Human Influence on the Environment • Noise • Pollution 	13 Periods

	<ul style="list-style-type: none"> • Crowding • Natural Disasters <ol style="list-style-type: none"> 4. Promoting Pro-environmental Behaviour 5. Psychology and Social Concerns <ul style="list-style-type: none"> • Poverty and Discrimination • Aggression, Violence and Peace • Mahatma Gandhi on Non-violence • Health • Impact of Television on Behaviour 	
Unit IX	<p>Developing Psychological Skills</p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> 1. Introduction 2. Developing as an effective Psychologist 3. General Skills 4. Observational Skills 5. Specific Skills <ul style="list-style-type: none"> • Communication Skills • Psychological Testing Skills 6. Interviewing Skills 7. Counselling Skills 	13 Periods
Practical		30 Marks
<p>A. Development of Case Profile: Using appropriate methods like interview, observation and 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 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 and Case Profile 10 Marks • Viva Voce (Case Profile and practical) 05 Marks • Two practicals 15 Marks* <p>*(5 Marks for conduct of practical and 10 Marks for report writing)</p>		
		60 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:

Psychology, Class XII, Published by NCERT

Note: The above textbooks are also available in Hindi medium.