

PSYCHOLOGY
CLASS XI (2021-2022)
(CODE NO. 037)
(TERM WISE CURRICULUM)

Psychology is introduced as an elective subject at the higher secondary stage of school education. As a discipline, psychology specializes in the study of experiences, behaviors and mental processes of human beings within a socio-cultural historical context. This course purports to introduce the learners to the basic ideas, principles, and methods in Psychology. The emphasis is to create interest and exposure needed by learners to develop their own knowledge base and understanding.

The course deals with psychological knowledge and practices which are contextually rooted. It emphasizes the complexity of behavioral processes and discourages simplistic cause-effect thinking. This is pursued by encouraging critical reasoning, allowing students to appreciate the role of cultural factors in behavior and illustrating how biology and experiences shape behavior.

It is suggested that the teaching -learning processes should involve students in evolving their own understanding, therefore, teaching of Psychology should be based on the use of case studies, narratives, experiential exercises, analysis of common everyday experiences, etc.

Objectives:

- To develop appreciation about the human mind and behavior in the context of learners' immediate society and environment.
- To develop in learners an appreciation of the nature of psychological knowledge and its application to various aspects of life.
- To enable learners to become perceptive, socially aware and self-reflective.
- To facilitate students' quest for personal growth and effectiveness, and to enable them to become responsive and responsible citizens.

**COURSE STRUCTURE
(TERM WISE)
CLASS XI (2021-2022)**

Units	Topics	No. of periods	Marks
TERM 1			
I	What is Psychology?	18	10
II	Methods of Enquiry in Psychology	20	13
III	The Bases of Human Behavior	22	12
	Total	60	35
TERM 2			
IV	Human Development	16	9
V	Sensory, Attentional and Perceptual Processes	12	8
VI	Learning	17	10
VII	Human Memory	15	8
	Total	60	35
	Total	120	70

COURSE CONTENT

	TERM 1	Periods	Marks
Unit I	What is Psychology? <i>The topics in this unit are:</i> <ol style="list-style-type: none"> 1. Introduction 2. What is Psychology? <ul style="list-style-type: none"> ● Psychology as a Discipline ● Psychology as a Natural Science ● Psychology as a Social Science 3. Understanding Mind and Behaviour 4. Popular Notions about the Discipline of Psychology 5. Evolution of Psychology 6. Development of Psychology in India 7. Branches of Psychology 8. Themes of Research and Applications 9. Psychology and Other Disciplines 10. Psychologists at Work 11. Psychology in Everyday Life 	18 Periods	10

Unit II	Methods of Enquiry in Psychology <i>The topics in this unit are:</i> <ol style="list-style-type: none"> 1. Introduction 2. Goals of Psychological Enquiry <ul style="list-style-type: none"> • Steps in Conducting Scientific Research • Alternative Paradigms of Research 3. Nature of Psychological Data 4. Some Important Methods in Psychology <ul style="list-style-type: none"> • Observational Method • Experimental Method • Correlational Research • Survey Research • Psychological Testing • Case Study 5. Analysis of Data <ul style="list-style-type: none"> • Quantitative Methods • Qualitative Method 6. Limitations of Psychological Enquiry 7. Ethical Issues 	20 Periods	13
Unit III	The Bases of Human Behaviour <i>The topics in this unit are:</i> <ol style="list-style-type: none"> 1. Introduction 2. Evolutionary Perspective 3. Biological and Cultural Roots 4. Biological Basis of Behaviour <ul style="list-style-type: none"> • Neurons 5. Structure and Functions of Nervous System and Endocrine System and their Relationship with Behaviour and Experience <ul style="list-style-type: none"> • The Nervous System • The Endocrine System 6. Heredity: Genes and Behaviour 7. Cultural Basis: Socio-Cultural Shaping of Behaviour <ul style="list-style-type: none"> • Concept of Culture 8. Enculturation 9. Socialization 10. Acculturation 	22 Periods	12

PRACTICAL – TERM 1

PRACTICAL (PROJECT)		15 MARKS
The students shall be required to undertake one project . The project would involve the use of different methods of enquiry and related skills.		
• Project file:		06 Marks
• Presentation of Project :		06 Marks
• Viva Voce (Project): ..		03 Marks

COURSE CONTENT

TERM 2			
Unit IV	Human Development <i>The topics in this unit are:</i> <ol style="list-style-type: none"> 1. Introduction 2. Meaning of Development <ul style="list-style-type: none"> • Life-Span Perspective on Development 3. Factors Influencing Development 4. Context of Development 5. Overview of Developmental Stages <ul style="list-style-type: none"> • Prenatal Stage • Infancy • Childhood • Challenges of Adolescence • Adulthood and Old Age 	16 Periods	9
Unit V	Sensory, Attentional and Perceptual Processes <i>The topics in this unit are:</i> <ol style="list-style-type: none"> 1. Introduction 2. Knowing the world 3. Nature and varieties of Stimulus 4. Sense Modalities 5. Attentional Processes <ul style="list-style-type: none"> • Selective Attention • Sustained Attention 6. Perceptual Processes <ul style="list-style-type: none"> • Processing Approaches in Perception 7. The Perceiver 8. Principles of Perceptual Organisation 9. Perception of Space, Depth and Distance 	12 Periods	8

	<ul style="list-style-type: none"> • Monocular Cues and Binocular Cues 10. Perceptual Constancies 11. Illusions 12. Socio-Cultural Influences on Perception		
Unit VI	Learning <i>The topics in this unit are:</i> <ol style="list-style-type: none"> 1. Introduction 2. Nature of Learning 3. Paradigms of Learning 4. Classical Conditioning <ul style="list-style-type: none"> • Determinants of Classical Conditioning 5. Operant/Instrumental Conditioning <ul style="list-style-type: none"> • Determinants of Operant Conditioning 6. Key Learning Processes 7. Observational Learning 8. Cognitive Learning 9. Verbal Learning 10. Skill Learning 11. Factors Facilitating Learning 12. Learning Disabilities 	17 Periods	10
Unit VII	Human Memory <i>The topics in this unit are:</i> <ol style="list-style-type: none"> 1. Introduction 2. Nature of Memory 3. Information Processing Approach: The Stage Model 4. Memory Systems: Sensory, Short-term and Long-term Memories 5. Levels of Processing 6. Types of Long-term Memory <ul style="list-style-type: none"> • Declarative and Procedural; Episodic and Semantic 7. Memory as a Constructive Process 8. Nature and Causes of Forgetting <ul style="list-style-type: none"> • Forgetting due to Trace Decay, Interference and Retrieval Failure 9. Enhancing Memory <ul style="list-style-type: none"> • Mnemonics using Images and Organization 	15 Periods	8

PRACTICAL –TERM 2

Practical (Experiment)	15 marks
The students shall be required to <i>conduct one experiment</i> related to the topics covered in the course (e.g. Human development, Learning, Memory, Perception and Attention).	
Practical Examination	
• Practical (Experiment) file	05 Marks
• Viva Voce (Experiment)	03 Marks
• Conduct of one experiment and report writing	07 Marks*
*(03 Marks for conduct of experiment and 04 Marks for report writing)	