

**NEW ERA SENIOR SECONDARY SCHOOL
STD- XII**

**SYLLABUS PLANNING FOR THE YEAR 2025-26
SUBJECT- PSYCHOLOGY**

MONTH & WORKING Days	Topics	Tools and Technique
April/May (22+3 DAYS)	CHAPTER – 1 Variation in Psychological Attributes <ul style="list-style-type: none"> ➤ Introduction ➤ Individual Differences in Human Functioning ➤ Assessment of Psychological Attributes ➤ Intelligence ➤ Theories of Intelligence <ul style="list-style-type: none"> Theory of Multiple Intelligences Triarchic Theory of Intelligence Planning, Attention-arousal, and Simultaneous successive Model of Intelligence ➤ Individual Differences in Intelligence <ul style="list-style-type: none"> Variations of Intelligence <i>Some Misuses of Intelligence Tests</i> (Box 1.1) ➤ Culture and Intelligence ➤ Emotional Intelligence <ul style="list-style-type: none"> <i>Characteristics of Emotionally Intelligent Persons</i> (Box 1.2) ➤ Special Abilities ➤ Aptitude: Nature and Measurement ➤ Creativity 	Discussion, explanation, Practical on IQ (RSPM), class test

	<p>CHAPTER – 2 Self and Personality</p> <ul style="list-style-type: none"> ➤ Introduction ➤ Self and Personality ➤ Concept of Self ➤ Cognitive and Behavioural Aspects of Self Self-esteem, Self-efficacy and Self-regulation ➤ Culture and Self ➤ Concept of Personality <i>Personality-related Terms</i> (Box 2.1) ➤ Major Approaches to the Study of Personality Type Approaches Trait Approaches <i>Five-Factor Model of Personality</i> (Box 2.2) Psychodynamic Approach Behavioural Approach Cultural Approach Humanistic Approach <i>Who is a Healthy Person?</i> (Box 2.3) ➤ Assessment of Personality Self-report Measures Projective Techniques Behavioural Analysis 	
June (18 days)	CHAPTER – 2 Self and Personality	Explanation, discussion, Practical on Personality Test (HSPQ), Class test

July (26 days)	<p>CHAPTER – 3 Meeting Life Challenges</p> <ul style="list-style-type: none"> ➤ Introduction ➤ Nature, Types and Sources of Stress <i>A Measure of Stressful Life Events (Box 3.1)</i> ➤ Effects of Stress on Psychological Functioning and Health <i>Examination Anxiety (Box 3.2)</i> Stress and Health General Adaptation Syndrome Stress and Immune System Lifestyle ➤ Coping with Stress Stress Management Techniques ➤ Promoting Positive Health and Well-being Life Skills <i>Resilience and Health (Box 3.3)</i> <p>Periodic Test – 1</p>	<p>Example of exam stress, explanation, discussion, Practical on Anxiety Test (SCAT), class test *Working on case study</p>
August (22 days)	<p>CHAPTER – 4 Psychological Disorders</p> <ul style="list-style-type: none"> ➤ Introduction ➤ Concepts of Abnormality and Psychological Disorders ➤ Classification of Psychological Disorders ➤ Factors Underlying Abnormal Behaviour ➤ Major Psychological Disorders Anxiety Disorders Obsessive-Compulsive and Related Disorders Trauma- and Stressor-Related Disorders Somatic Symptom and Related Disorders 	<p>Demo, Discussion, Explanation, examples of movies, class test *Working on case study</p>

	Dissociative Disorders <i>Salient Features of Somatic Symptom and Related Disorders and Dissociative Disorders</i> (Box 4.1) Depressive Disorders 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 <i>Effects of Alcohol : Some Facts</i> (Box 4.2) <i>Commonly Abused Substances</i> (Box 4.3)	
September (23 days)	CHAPTER - 5 - Therapeutic Approaches <ul style="list-style-type: none"> ➤ Nature and Process of Psychotherapy Therapeutic Relationship ➤ Type of Therapies <i>Steps in the Formulation of a Client's Problem</i> (Box 5.1) Behaviour Therapy <i>Relaxation Procedures</i> (Box 5.2) Cognitive Therapy Humanistic-existential Therapy Alternative Therapies ➤ Rehabilitation of the Mentally Ill Term Exam – 1	Practical on Adjustment (AISS), class test *Working on case study

October (11 days)	<p>CHAPTER - 6 – Attitude and Social Cognition</p> <ul style="list-style-type: none"> ➤ Introduction ➤ Explaining Social Behaviour ➤ Nature and Components of Attitudes <i>A ‘Green Environment’ : The A-B-C Components of an Attitude</i> (Box 6.1) ➤ Attitude Formation and Change ➤ Attitude Formation ➤ Attitude Change <i>Telling a Lie for Twenty Dollars</i> (Box 6.2) <p>Attitude-Behaviour Relationship</p> <ul style="list-style-type: none"> ➤ Prejudice and Discrimination ➤ Strategies for Handling Prejudice <p>Pre-Board Exam - 1</p>	<p>Explanation, discussion, examples, group activity for demo, class test</p> <p>Explanation, discussion, examples, Practical on Self Concept (SCQ), class test</p> <p>*Working on case study</p>
November (21 days)	<p>CHAPTER - 6 – Attitude and Social Cognition</p> <p>CHAPTER - 7 – Social Influence and Group</p> <ul style="list-style-type: none"> ➤ Introduction ➤ Nature and Formation of Groups <i>Groupthink</i> (Box 7.1) ➤ Type of Groups <i>The Minimal Group Paradigm Experiments</i> (Box 7.2) ➤ Influence of Group on Individual Behaviour Social Loafing Group Polarisation 	<p>Demo on effective counselling skills, Explanation, discussion</p> <p>Discussion and Q&A</p>

December (23 days)	Revision	
	Pre-Board Exam - 2	

MONTH	ENRICHMENT ACTIVITY	MULTIPLE ASSESSMENT	PORTFOLIO
APRIL, JUNE, JULY	CASE STUDY PRACTICAL ON IQ (RSPM) PRACTICAL ON PERSONALITY TEST (HSPQ) PRACTICAL ON ANXIETY TEST (SCAT) PREPARING PPT ON RELEVANT TOPICS	REPORT WRITING PPT MAKING SKILLS, PRESENTATION SKILLS	STUDENTS WILL PREPARE REPORT OF THE SURVEY AS PART OF THE PRACTICAL LEARNING PROJECT PPT AND PRESENT IN THE CLASS
OCT.	PRACTICAL ON ADJUSTMENT (AISS) PREPARING PPT ON RELEVANT TOPICS	PRACTICAL REPORT IN APA FORMAT PPT MAKING SKILLS, PRESENTATION SKILLS	PRACTICAL FILE PPT AND PRESENT IN THE CLASS
NOV, DEC	PRACTICAL ON SELF CONCEPT (SCQ)	PRACTICAL REPORT IN APA FORMAT	PRACTICAL FILE