

## NEW ERA SENIOR SECONDARY SCHOOL

## SYLLABUS PLANNING FOR THE YEAR 2025-26

### STD- XI SUBJECT- PSYCHOLOGY

MONTH & WORKING DAYS	TOPICS	TOOLS AND TECHNIQUE
April/May (22+3)	<b>CHAPTER – 1 What is Psychology?</b> <ul style="list-style-type: none"> <li>➤ Introduction</li> <li>➤ 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>➤ Understanding Mind and Behaviour</li> <li>➤ Popular Notions about the Discipline of Psychology</li> <li>➤ Evolution of Psychology <ul style="list-style-type: none"> <li><i>Some Interesting Landmarks in the Evolution of Modern Psychology</i></li> </ul> </li> <li>➤ Development of Psychology in India</li> <li>➤ Branches of Psychology</li> <li>➤ Psychology and Other Disciplines</li> <li>➤ Psychology in Everyday Life</li> </ul>	<p>Activity of memory test, Explanation, handling misconceptions, discussion, examples, class notes, class test</p> <p>Demo, practical learning, explanation, discussion</p>

<p><b>June (18 days)</b></p>	<p><b>CHAPTER - 2 Methods of Enquiry in Psychology</b></p> <ul style="list-style-type: none"> <li>➤ Introduction</li> <li>➤ Goals of Psychological Enquiry</li> <li>Steps in Conducting Scientific Research</li> <li>Alternative Paradigms of Research</li> <li>➤ Nature of Psychological Data</li> <li>➤ Some Important Methods in Psychology</li> <li>Observational Method</li> <li><i>Example of an Experiment (Box 2.1)</i></li> <li>Experimental Method</li> <li>Correlational Research</li> <li>Survey Research</li> <li><i>Example of Survey Method (Box 2.2)</i></li> <li>Psychological Testing</li> <li>Case Study</li> <li>➤ Analysis of Data</li> <li>Quantitative Method</li> <li>Qualitative Method</li> <li>➤ Limitations of Psychological Enquiry</li> <li>➤ Ethical Issues</li> </ul>	<p>Demo, practical learning, explanation, discussion, class notes, class test</p>
----------------------------------	---	---

<b>July (26 days)</b>	<p><b>CHAPTER - 2 Methods of Enquiry in Psychology</b></p> <p><b>CHAPTER - 3 Human Development</b></p> <ul style="list-style-type: none"> <li>➤ Introduction</li> <li>➤ Meaning of Development Life-Span Perspective on Development <i>Growth, Development, Maturation, and Evolution</i> (Box 3.1)</li> <li>➤ Factors Influencing Development</li> <li>➤ Context of Development</li> <li>➤ Overview of Developmental Stages</li> <li>➤ Prenatal Stage</li> <li>➤ Infancy</li> <li>➤ Childhood</li> <li>➤ <i>Gender and Sex Roles</i> (Box 3.2)</li> <li>➤ Challenges of Adolescence</li> <li>➤ Adulthood and Old Age</li> </ul> <p><b>Periodic test-1</b></p>	<p>Explanation, discussion, demo, class notes, class test</p>
<b>August (22 days)</b>	<p><b>CHAPTER – 4 Sensory, Attentional and Perceptual Processes</b></p> <ul style="list-style-type: none"> <li>➤ Introduction</li> <li>➤ Knowing the World</li> <li>➤ Nature and Varieties of Stimulus</li> <li>➤ Sense Modalities</li> <li>➤ Attentional Processes Selective Attention <i>Divided Attention</i> (Box 4.1)</li> </ul>	<p>Demo activity of visual sensation, Demo activity of auditory sensation, Demo activity of tactile sensation, examples of gustatory sensation, olfactory sensation, practical on attention span, class notes, class test</p>

	<p>Sustained Attention  <i>Span of Attention</i> (Box 4.2)  <i>Attention Deficit Hyperactivity Disorder</i> (Box 4.3)</p> <ul style="list-style-type: none"> <li>➤ Perceptual Processes</li> <li>Processing Approaches in Perception</li> <li>➤ The Perceiver</li> <li>➤ Principles of Perceptual Organisation</li> <li>➤ Perception of Space, Depth, and Distance</li> <li>Monocular Cues and Binocular Cues</li> <li>➤ Perceptual Constancies</li> <li>➤ Illusions</li> <li>➤ Socio-Cultural Influences on Perception</li> </ul>	
<b>September (23 days)</b>	<p><b>REVISION</b></p> <p><b>Term 1 exam</b></p>	Explanation and discussion
<b>October (11 days)</b>	<p><b>CHAPTER – 5 Learning</b></p> <ul style="list-style-type: none"> <li>➤ Introduction</li> <li>➤ Nature of Learning</li> <li>➤ Paradigms of Learning</li> <li>➤ Classical Conditioning</li> <li>Determinants of Classical Conditioning</li> <li>➤ Operant/Instrumental Conditioning</li> <li>Determinants of Operant Conditioning</li> <li><i>Classical and Operant Conditioning: Differences</i> (Box 5.1)</li> <li>Key Learning Processes</li> <li><i>Learned Helplessness</i> (Box 5.2)</li> </ul>	Explanation, discussion, demo activity unknown language to explain the concept of learning meaningful material, practical on learning, class notes, class test

	<ul style="list-style-type: none"> <li>➤ Observational Learning</li> <li>➤ Cognitive Learning</li> <li>➤ Verbal Learning</li> <li>➤ Skill Learning</li> <li>➤ Factors Facilitating Learning</li> <li>➤ Learning Disabilities</li> </ul>	
<b>November (21 days)</b>	<p><b>CHAPTER – 5 Learning</b></p> <p><b>CHAPTER – 6 Human Memory</b></p> <ul style="list-style-type: none"> <li>➤ Introduction</li> <li>➤ Nature of Memory</li> <li>➤ Information Processing Approach : The Stage Model</li> <li>➤ Memory Systems : Sensory, Short-term and Long-term Memories <i>Working Memory</i> (Box 6.1)</li> <li>➤ Levels of Processing</li> <li>➤ Types of Long-term Memory Declarative and Procedural; Episodic and Semantic <i>Long-term Memory Classification</i> (Box 6.2) <i>Methods of Memory Measurement</i> (Box 6.3)</li> <li>➤ Nature and Causes of Forgetting Forgetting due to Trace Decay, Interference and Retrieval Failure <i>Repressed Memories</i> (Box 6.4)</li> </ul>	Demo of memory through small memory test, examples, discussion, Practical on memory, class notes, class test

	<ul style="list-style-type: none"> <li>➤ Enhancing Memory</li> <li>Mnemonics using Images and Organisation</li> </ul>	
<b>December (23 days)</b>	<p><b>CHAPTER – 6 Human Memory</b></p> <p><b>Periodic Test - 2</b></p> <p><b>CHAPTER – 7 Thinking</b></p> <ul style="list-style-type: none"> <li>➤ Introduction</li> <li>➤ Nature of Thinking <ul style="list-style-type: none"> <li>Building Blocks of Thought</li> <li><i>Culture and Thinking</i> (Box 7.1)</li> </ul> </li> <li>➤ The Processes of Thinking</li> <li>➤ Problem Solving</li> <li>➤ Reasoning</li> <li>➤ Decision-making</li> <li>➤ Nature and Process of Creative Thinking <ul style="list-style-type: none"> <li>Nature of Creative Thinking</li> <li><i>Lateral Thinking</i> (Box 7.2)</li> <li>Process of Creative Thinking</li> <li>Strategies for Creative Thinking</li> </ul> </li> <li>➤ Thought and Language</li> <li>➤ Development of Language and Language Use <ul style="list-style-type: none"> <li><i>Bilingualism and Multilingualism</i> (Box 7.3)</li> </ul> </li> </ul>	<p>Demo activity drawing dream home/room activity, explanation, discussion, class notes, class test</p>

January (25 days)	<p><b>CHAPTER – 7 Thinking</b></p> <p><b>CHAPTER – 8 Motivation and Emotion</b></p> <ul style="list-style-type: none"> <li>➤ Introduction</li> <li>➤ Nature of Motivation</li> <li>➤ Types of Motives <ul style="list-style-type: none"> <li>Biological Motives</li> <li>Psychosocial Motives</li> </ul> </li> <li>➤ Maslow’s Hierarchy of Needs</li> <li>➤ Nature of Emotions <ul style="list-style-type: none"> <li>Expression of Emotions</li> <li>Culture and Emotional Expression</li> <li>Culture and Emotional Labeling</li> </ul> </li> <li>➤ Managing Negative Emotions <ul style="list-style-type: none"> <li><i>Post-Traumatic Stress Disorder (Box 8.1)</i></li> <li><i>Management of Examination Anxiety (Box 8.2)</i></li> </ul> </li> <li>➤ Enhancing Positive Emotions</li> </ul>	The activity of recognizing emotions, a demo of exam pressure as a motivator for learning, discussion, real-life examples, class notes, class test
February 22 days	Revision	
March	Term-2 Exam	

<b>MONTH</b>	<b>ENRICHMENT ACTIVITY</b>	<b>MULTIPLE ASSESSMENT</b>	<b>PORTFOLIO</b>
<b>APRIL, JUNE, JULY</b>	SURVEY AS GUIDED BY CBSE  PREPARING PPT ON RELEVANT TOPICS	REPORT WRITING  PPT MAKING SKILLS, PRESENTATION SKILLS	REPORT OF SURVEY AS PART OF PRACTICAL LEARNING PROJECT PPT AND PRESENT IN THE CLASS
<b>SEPT., OCT.</b>	PRACTICAL ON ATTENTION SPAN, LEARNING PREPARING PPT ON RELEVANT TOPICS	PRACTICAL REPORT IN APA FORMAT PPT MAKING SKILLS, PRESENTATION SKILLS	PRACTICAL FILE  PPT AND PRESENT IN THE CLASS
<b>NOV, DEC</b>	PRACTICAL ON MEMORY	PRACTICAL REPORT IN APA FORMAT	PRACTICAL FILE