

NEW ERA SENIOR SECONDARY SCHOOL, NIZAMPURA
PSYCHOLOGY CLASS 12
Syllabus Planning for the year 2025-26

MONTH & DAYS	TOPICS	TOOLS AND TECHNIQUE
April/May 23+2=25	Chapter 1: Variations in Psychological Attributes Practical 1: Raven's Progressive Matrices	Explanation, case-based discussion, Applying concepts in real life.
June 19 days	Chapter 2: Self and Personality Practical 2: High School Personality Questionnaire	Explanation, discussion Tests to assess personality, Reflection on Self Esteem and Identity
July 26 days	Chapter 3: Meeting Life Challenges Practical 3: Self Concept Questionnaire	Explanation, discussion Activity-Relaxation Techniques Demo
August 23 days	Chapter 4: Psychological Disorders Practical 4: Adjustment Inventory	Explanation, discussion, Flip Classroom
September 23 days	Chapter 5: Therapeutic Approaches First Term exam	Explanation, Demonstration of various Techniques
October 23 days	Chapter 6: Attitude and Social Cognition Practical 5: Sinha's Comprehensive Anxiety Test	Explanation, discussion, and Inquiry based learning.
November 11 days	Chapter 7: Social Influence and Group Processes	Explanation, discussion Blended Learning
December 23 days	Chapter 7: Social Influence and Group Processes Chapter wise PYQ & other questions practice	Explanation, discussion Inquiry based learning.
January 22 days	Revision and Preboard	