



## **DELHI PUBLIC SCHOOL (JOKA) SOUTH KOLKATA**

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SYLLABUS FOR THE SESSION-2023-2024

SUBJECT: PSYCHOLOGY

CLASS-XII

### **1<sup>st</sup> WEEKLY TEST**

#### **CHAPTER I: VARIATIONS IN PSYCHOLOGICAL ATTRIBUTES**

- Introduction
- Individual Differences in Human Functioning
- Assessment of Psychological Attributes
- Intelligence
- Psychometric theories of Intelligences, Information processing theory: Planning, Attention Arousal and Simultaneous Successive Model of Intelligence, Triarchic Theory of Multiple Intelligence, Planning, Attention- Arousal and Simultaneous Successive Model of Intelligence.
- Individual Differences in Intelligence
- Culture and Intelligence
- Emotional Intelligence
- Special Abilities: Aptitude: Nature and Measurement
- Creativity

#### **CHAPTER II: SELF AND PERSONALITY**

- Introduction
- Self and Personality
- Concept of Self
- Cognition and Behavioural Aspects of Self
- Culture and Self

- Concept of Personality
- Major Approaches to the Study of Personality
  - Type Approach
  - Trait Approach
  - Psychodynamic Approach and Post Freudian Approaches
  - Behavioural Approach
  - Cultural Approach
  - Humanistic Approach
- Assessment of Personality
  - Self- report measures
  - Projective Techniques
  - Behavioural Analysis

## **2<sup>ND</sup> WEEKLY TEST**

### **CHAPTER III: MEETING LIFE CHALLENGES**

- Introduction
- Nature, Types and Sources of Stress
- Effects of Stress on Psychological Functioning and Health
  - 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
  - Positive Health

### **CHAPTER IV: PSYCHOLOGICAL DISORDERS**

- Introduction
- Concepts of Abnormality and Psychological Disorders
- Historical Background

- 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
- Dissociative Disorders
- 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

## **MID TERM TEST**

### **CHAPTER I: VARIATIONS IN PSYCHOLOGICAL ATTRIBUTES**

### **CHAPTER II: SELF AND PERSONALITY**

### **CHAPTER III: MEETING LIFE CHALLENGES**

### **CHAPTER IV: PSYCHOLOGICAL DISORDERS**

### **CHAPTER V: THERAPEUTIC APPROACHES**

- Nature and Process of Psychotherapy
  - Therapeutic Relationship
- Types of Therapies
  - Behaviour Therapy
  - Cognitive Therapy
  - Humanistic- Existential Therapy
  - Alternative Therapies
  - Factors contributing to healing in Psychotherapy
  - Ethics in Psychotherapy

- Rehabilitation of the Mentally Ill

## CHAPTER VI: ATTITUDE AND SOCIAL COGNITION

- Introduction
- Explaining Social Behaviour
- Nature and components of Attitudes
- Attitude formation and change
  - Attitude Formation
  - Attitude Change
  - Attitude-Behaviour Relationship
- Prejudices and Discrimination
- Strategies for Handling Prejudice

### **\*\*PRACTICAL:**

#### A. Development of case profile:

Using appropriate methods like interview, observation, and psychological tests.

#### B. Test Administration:-

Students are required to administer and interpret two (2) psychological tests related to various attributes like intelligence, aptitude, attitude, personality, etc.

***\*\*In practical examination, the student will be required to administer and interpret two psychological tests.***

### **DISTRIBUTION OF MARKS**

- Practical File and Case Profile – 10marks
- Viva Voice (case profile and practical) – 05 marks
- Two practicals- 15 marks
  - \*5marks for conduct of practical and 10 marks for report writing***

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### **PRE BOARD EXAMINATION**

## CHAPTER I: VARIATIONS IN PSYCHOLOGICAL ATTRIBUTES

## CHAPTER II: SELF AND PERSONALITY

## CHAPTER III: MEETING LIFE CHALLENGES

## CHAPTER IV: PSYCHOLOGICAL DISORDERS

## CHAPTER V: THERAPEUTIC APPROACHES

## CHAPTER VI: ATTITUDE AND SOCIAL COGNITION

## CHAPTER VII: SOCIAL INFLUENCE AND GROUP PROCESSES

- Introduction
- Nature and formation of Groups
- Types of groups
- Influence of Group on Individual Behaviour
  - Social loafing
  - Group Polarisation

### **PRACTICAL: Test Administration-:**

Students are required to administer and interpret five (5) psychological tests related to various attributes like intelligence, aptitude, attitude, personality, etc.

***\*\*In practical examination, the student will be required to administer and interpret two psychological tests.***

### **DISTRIBUTION OF MARKS**

- Practical File and Case Profile – 10marks
  - Viva Voice (case profile and practical) – 05 marks
  - Two practicals- 15 marks
- \*5marks for conduct of practical and 10 marks for report writing***
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