



**BLOOM PUBLIC SCHOOL**  
*C-8 Vasant Kunj New Delhi*  
**SYLLABUS FOR THE SESSION 2021-22**

**Class: XII**

**Subject: Psychology**

| <b>MONTH</b> | <b>CHAPTERS/UNIT<br/>(NCERT TEXT<br/>BOOK)</b> | <b>CONTENT<br/>(As per Rationalised Syllabus)</b>   |
|--------------|--|---|
| <b>April</b> | Unit I Variations in Psychological Attributes  | 1. Introduction<br>2. Individual Differences in Human Functioning<br>3. Assessment of Psychological Attributes<br>4. Intelligence.<br>5. Theories of Intelligence: Psychometric Theories of Intelligence, Information Processing Theories, Theory of Multiple Intelligences, Triarchic Theory of Intelligence, Planning, Attention-Arousal and Simultaneous Successive Model of Intelligence<br>6. Individual Differences in Intelligence<br>7. Culture and Intelligence<br>8. Emotional Intelligence<br>9. Special Abilities: Aptitude: Nature and Measurement<br>10. Creativity |
| <b>June</b>  | Unit II Self and Personality                   | 1. Introduction<br>2. Self and Personality<br>3. Concept of Self<br>4. Cognitive and Behavioural Aspects of Self<br>5. Culture and Self<br>6. Concept of Personality<br>7. Major Approaches to the Study of Personality <ul style="list-style-type: none"> <li>● Type Approach</li> <li>● Trait Approach</li> </ul>   |

|             |                                  |   |
|-------------|----------------------------------|---|
|             |                                  | <ul style="list-style-type: none"><li>● Psychodynamic Approach</li><li>● Behavioural Approach</li><li>● Cultural Approach</li><li>● Humanistic Approach</li></ul> 8. Assessment of Personality <ul style="list-style-type: none"><li>● Self-report Measures</li><li>● Projective Techniques</li><li>● Behavioural Analysis</li></ul>  |
| <b>July</b> | Unit II Self and Personality     | 1. Introduction<br>2. Self and Personality<br>3. Concept of Self<br>4. Cognitive and Behavioural Aspects of Self<br>5. Culture and Self<br>6. Concept of Personality<br>7. Major Approaches to the Study of Personality <ul style="list-style-type: none"><li>● Type Approach</li><li>● Trait Approach</li><li>● Psychodynamic Approach</li><li>● Behavioural Approach</li><li>● Cultural Approach</li><li>● Humanistic Approach</li></ul> 8. Assessment of Personality <ul style="list-style-type: none"><li>● Self-report Measures</li><li>● Projective Techniques</li><li>● Behavioural Analysis</li></ul> |
|             | Unit III Meeting Life Challenges | 1. Introduction<br>2. Nature, Types and Sources of Stress<br>3. Effects of Stress on Psychological Functioning and Health <ul style="list-style-type: none"><li>● Stress and Health</li><li>● General Adaptation Syndrome</li><li>● Stress and Immune System</li><li>● Lifestyle</li></ul> 4. Coping with Stress  |

|                  |                                  |  |
|------------------|----------------------------------|--|
|                  |                                  | <ul style="list-style-type: none"> <li>● Stress Management Techniques</li> <li>5. Promoting Positive Health and Well-being</li> <li>● Stress Resistant Personality</li> <li>● Life Skills</li> <li>● Positive Health</li> </ul>  |
|                  | <b>Unit Test-1</b>               | Unit I,II and III (Only page 49 )  |
| <b>August</b>    | Unit III Meeting Life Challenges | <ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Nature, Types and Sources of Stress</li> <li>3. Effects of Stress on Psychological Functioning and Health</li> <li>● Stress and Health</li> <li>● General Adaptation Syndrome</li> <li>● Stress and Immune System</li> <li>● Lifestyle</li> <li>4. Coping with Stress</li> <li>● Stress Management Techniques</li> <li>5. Promoting Positive Health and Well-being</li> <li>● Stress Resistant Personality</li> <li>● Life Skills</li> <li>● Positive Health</li> </ol> |
| <b>September</b> | Unit IV: Psychological Disorders | <ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Concepts of Abnormality and Psychological Disorders</li> <li>● Historical Background</li> <li>3. Classification of Psychological Disorders</li> <li>4. Factors Underlying Abnormal Behaviour</li> </ol>   |

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|-----------------|----------------------------------|---|
|                 | <b>Term 1 Practical Exam</b>     | Ravens Standard Progressive Matrices<br>Self Concept Questionnaire  |
| <b>October</b>  | Revision                         | Unit I,II and III   |
|                 | Pre-board Term 1 Exam            | Unit I,II and III   |
| <b>November</b> | Unit IV: Psychological Disorders | <ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Concepts of Abnormality and Psychological Disorders <ul style="list-style-type: none"> <li>● Historical Background</li> </ul> </li> <li>3. Classification of Psychological Disorders</li> <li>4. Factors Underlying Abnormal Behaviour</li> <li>5. Major Psychological Disorders <ul style="list-style-type: none"> <li>● Anxiety Disorders</li> <li>● Obsessive-Compulsive and Related Disorders</li> <li>● Trauma-and Stressor-Related Disorders</li> <li>● Somatic Symptom and Related Disorders</li> <li>● Dissociative Disorders</li> <li>● Depressive Disorder</li> <li>● Bipolar and Related Disorders</li> <li>● Schizophrenia Spectrum and Other Psychotic Disorders</li> <li>● Neurodevelopmental Disorders</li> <li>● Disruptive, Impulse-Control and Conduct Disorders</li> <li>● Feeding and Eating Disorders</li> <li>● Substance Related and Addictive Disorders</li> </ul> </li> </ol> |
| <b>December</b> | Unit V: Therapeutic Approaches   | <ol style="list-style-type: none"> <li>1. Nature and Process of Psychotherapy <ul style="list-style-type: none"> <li>● Therapeutic relationship</li> </ul> </li> <li>2. Types of Therapies <ul style="list-style-type: none"> <li>● Behaviour Therapy</li> <li>● Cognitive Therapy</li> <li>● Humanistic-Existential Therapy</li> <li>● Alternative Therapies</li> </ul> </li> <li>3. Rehabilitation of the Mentally Ill</li> </ol>   |
|                 | UNIT VI : Attitude               | 1. Introduction   |

|                 |  |   |
|-----------------|--|---|
|                 | and Social Cognition   | <ol style="list-style-type: none"> <li>2. Explaining Social Behaviour</li> <li>3. Nature and Components of Attitudes</li> <li>4. Attitude Formation and Change <ul style="list-style-type: none"> <li>● Attitude Formation</li> <li>● Attitude Change</li> <li>● Attitude-Behaviour Relationship</li> </ul> </li> <li>5. Prejudice and Discrimination</li> <li>6. Strategies for Handling Prejudice</li> </ol>            |
| <b>January</b>  | <p>UNIT VII</p> <p><b>Unit Test-3</b></p> <p>Term 2 Practical Exam</p> | <ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Nature and Formation of Groups</li> <li>3. Type of Groups</li> <li>4. Influence of Group on Individual Behavior <ul style="list-style-type: none"> <li>● Social Loafing</li> <li>● Group Polarization</li> </ul> </li> </ol> <p>Unit IV and V</p> <p>(Administration, scoring, interpretation &amp; report writing of any one psychological test.)</p> |
| <b>February</b> | <p>Pre-board Exam Term 2</p> <p>CBSE Board Practical Exam</p>          | Unit IV, V, VI and VII  |
| <b>March</b>    | CBSE Board Exam  |   |

## ASSESSMENTS SYLLABUS

### 1. Unit Test/Periodic assessment (July-August)

Unit I Variations in Psychological Attributes

Unit II Self and Personality

Unit III Meeting Life Challenges (only first two pages of chapter)

### 2. Pre-board Exam-1/Term 1 End Exam

Unit I Variations in Psychological Attributes

Unit II Self and Personality

Unit III Meeting Life Challenges

**3. Unit Test/ Periodic assessment (Dec-Jan )**

Unit IV :Psychological Disorders

Unit V :Therapeutic Approaches

Unit VI :Attitude and Social Cognition

**4. Preboard Exam-2/ Term 2 End Exam**

Unit IV :Psychological Disorders

Unit V :Therapeutic Approaches

Unit VI :Attitude and Social Cognition

Unit VII : Social influence and group processes

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