

**SUBJECT – PSYCHOLOGY
CLASS – XII**

SYLLABUS FOR FIRST TERM

Chapter – 1, Variations in Psychological Attributes

Chapter – 2, Self and Personality

Chapter – 3, Meeting Life Challenges

SYLLABUS FOR SECOND TERM

Chapter – 4, Psychological Disorders

Chapter – 5, Therapeutic approaches

Chapter – 6, Attitude and Social Cognition

Chapter – 7, Social Influence and Group Processes

LESSON PLAN CLASS XII – PSYCHOLOGY FIRST TERM

TOPIC : VARIATIONS IN PSYCHOLOGICAL ATTRIBUTES											
Previous Knowledge Testing	Vocabulary used & Important Spellings	Innovative Methods used to Explain the topic	Procedure	Art & Integration	Participation of Students	Recapitulation	Pedagogy	Co-scholastic activities	Resources	Assignments	Assessments
In class XI, we have count about psychological principles that are applied to understand human behaviour. We also need to know how people differ what brings about differences and how differences can be assessed.	<p>Vocabulary used : Situationism, Assessment, Psychometric, Intellectual, Componential, contextual, cognitive, emotional quotient</p> <p>Important Spellings : Aptitude, Psychological test, Perceiving, Alfred Binet, Linguistic, Spatial..</p>	<p>Teacher centered to student Centered Approach:</p> <ol style="list-style-type: none"> 1. Introduction of topic with the help of Board. 2. Brief outline about topics to be covered in the chapter. 3. In detail each and every topic will be discussed and explained on the blackboard with the help of text book. 	<p>Introduction</p> <p>Individual Differences in Human Functioning</p> <p>Assessment of Psychological Attributes</p> <p>Intelligence</p> <p>Theories of Intelligence</p> <p>Theory of Multiple Intelligence</p> <p>Planning, Attention-arousal, and Simultaneous successive Model of Intelligence.</p> <p>Individual Differences in Intelligence</p>	This present chapter is related to math's (calculation of IQ)	This was a wonderful learning experience for students because psychology as a subject is itself interesting and students were more curious to know about their intelligence, personality, aptitude and various attributes with the help of assessment tools available in psychology that makes them different from their classmates.	To summarize from the introduction that low one individual is different from others with giving an example that if the world appear to be of the same color? Certainly not a beautiful one ! Would you prefer to line in such a world? Your answer will be 'No'. Like objects, people too possess different combinations of traits.	<p>Innovative Pedagogies</p> <ol style="list-style-type: none"> 1. To introduce the topic, teacher can initiate discussion on psychological constructs such as intelligence, personality, aptitude, values, etc. This would serve to point out the difficulty in arriving at one single, universal explanation of these constructs. 2. Teacher should draw from the experiences of the students to introduce the different psychological attributes discussed in the chapter. 	<p>Co-scholastic activities</p> <ol style="list-style-type: none"> 1. Who is the most intelligent of your classmates? Think of her/him in your mind's eye, and write down a few words / phrases describing that person. 2. Think of 3 other persons in your immediate environment, whom you consider intelligent, and write down a few words/phrases describing the attributes of each. 3. Judge the newer additions with reference to what you wrote in item no. 1. <p>Project Ideas</p>	<p>http://www.indiana.edu/-intell/anastasi.shtml.</p> <p>http://www.chiron.valdosta.edu/~whuitt/col/cogsys/intell.html</p> <p>http://www.humandimensions.org/emotion.html</p> <p>http://www.emotionaliq.com/gDefault.html</p> <p>http://www.gsn.org/edref.mi.intro.html</p> <p>http://www.talentsmart.com</p> <p>http://www.kent.ac.uk/career/psychotests.com</p>	<ol style="list-style-type: none"> 1. How do psychologists characterize and define intelligence? 2. Explain briefly the multiple intelligences identified by Gardner. 3. "Any intellectual activity involves the independent functioning of three neurological systems". Explain with reference to PASS model. 4. Are there cultural differences in the conceptualization of intelligence? 5. How is creativity related to intelligence? 	<ol style="list-style-type: none"> 1. Test given on theories of intelligence / psychological assessment attributes. 2. Revision test on following topics : <p>How creativity is related to intelligence.</p> <p>What is relationship between Aptitude, Interest and Intelligence.</p>

			<p>Variations of Intelligence</p> <p>Some Misuses of Intelligence Tests (Box 1.1)</p> <p>Culture and Intelligence</p> <p>Emotional Intelligence</p> <p>Characteristics of Emotionally Intelligent Persons (Box 1.2)</p> <p>Special Abilities</p> <p>Aptitude : Nature and Measurement</p> <p>Creativity</p>		<p>in school psychology laboratory and assessment tools available in various library is based on their culture norms.</p>		<p>3. Some sample items of various tests (to be collected by the teacher) can be given to students to generate their interest.</p> <p>4. Encourage students to complete the activities and also to design activities on their own either individually or in groups. Initiate discussion in the class on observations made by students on completion of the activities.</p> <p>5. Students should be encouraged to relate the concepts of their real-life experiences.</p>	<p>1. Observe and interview 5 persons in your neighbourhood in order to see how they differ from each other in terms of certain psychological attributes. Cover all the five domains. Prepare a psychological profile of each person and compare.</p> <p>2. Select 5 vocations and gather information about the nature of work done by people in these vocations. Also analyse these vocations in terms of the types of psychological attributes required for successful performance. Write a report.</p>			
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**LESSON PLAN
CLASS XII – PSYCHOLOGY
FIRST TERM**

TOPIC : SELF AND PERSONALITY

Previous Knowledge Testing	Vocabulary used & Important Spellings	Innovative Methods used to Explain the topic	Procedure	Art & Integration	Participation of Students	Recapitulation	Pedagogy	Co-scholastic activities	Resources	Assignments	Assessments
All of us try to meet some challenges in our own way. Some of us succeed while others succumb to such life stressors. Life challenges are not necessarily stressful. Much depends on how challenges is viewed.	Self-esteem, Self reinforcement, persona, Sanguina, Melecoline, choleric, phlgm, cardinal, anal, oral, phallic, temperament, disposition, halo effect. Ectomorphic, Mesomorphi c, Sattva, Rajas, Tamas, Haloeffect, Nomination.	(1) Topicwise board presentati on. (2) Same topic were told according go the Dilemmas (Story form) (3) Projective tests were explained while showing pictures (samples)	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 Personality related Terms. Major Approaches to the Study	This present chapter is related to Biology	This was a wonderful learning experience for students because psychology as a subject is itself interesting and students were more curious to know about their intelligence, personality, aptitude and various attributes with the help of assessment tools	To summarize self and personality are the characterize ways in which we define our existence. They are also refer to the ways in which our experiences are organized and show up in our behaviour.	(1) To make students understand the concept of self, certain activities could be organized, such as a student may be asked to tell about herself/him self. (2) Prepare flow charts/diagrams to explain the concepts. Help	(1) We all have some notions about our ideal selves, i.e. and what we would like to be? Take time to imagine that you have achieved your ideal self. With this notion of your ideal self, express your attributes towards these categories : (a) school, (b) friends, (c) family, and (d) money. Write a paragraph on each describing your ideal attributes. Next write all to write about what they perceive to be your real attitudes towards these categories. These four persons will describe your real self as they	www.ship/edu/~cgb/boeree/perscontents/html en.wikipedia.org/wiki/projective_test	(1) What is meant by structured personality tests? Which are the two most widely used structured personality tests? (2) Explain how projective techniques assess personality. Which projective tests of personality are widely used by psychologists? (3) Arihant wants to become a singer even though he belongs to a family of doctors. Though his family	Test on the main observation method used in personality assessment what problems we have to face in using these methods.

			<p>of Personality Type Approaches Trait Approaches Five-Factor Model of Personality Psychodynamic Approach Behavioural Approach Cultural Approach Humanistic Approach Who is a Healthy Person? Assessment of Personality.</p>	<p>available in psychology that makes them different from their classmates.</p> <p>There was a discussion about various test available in school psychology laboratory and assessment tools available in various library is based on their culture norms.</p>		<p>students to prepare charts/diagrams related to concepts given in the chapter.</p>	<p>see you. Compare your ideal descriptions with others' real descriptions in detail. Are they very similar or dissimilar? Prepare a report on this.</p>		<p>members claim to love him but strongly disapprove his choice of career. Using Carl Roger's terminology, describe the attitudes shown by Arihant's family.</p>	
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LESSON PLAN
CLASS XII – PSYCHOLOGY
FIRST TERM

TOPIC : MEETING LIFE CHALLENGES											
Previous Knowledge Testing	Vocabulary used & Important Spellings	Innovative Methods used to Explain the topic	Procedure	Art & Integration	Participation of Students	Recapitulation	Pedagogy	Co-scholastic activities	Resources	Assignments	Assessments
In the previous we discuss about various attributes which plays a very crucial role in our lives. In day to day life, we are meeting to many people, encounter many situations, sometimes we feel burdened and that	Eustress, Distress, Psychoneuroimmunology, Frustration, Traumatic, Procastination Perfectionism. PTSD	(1) Topicwise board presentation. (2) Same topic were told according go the Dilemmas (Story form) (3) Projective tests were explained while showing pictures (samples)	Introduction Nature, Types and Sources of Stress A Measures of stressful Life Events. Effects of Stress on Psychological Functioning and Health : Examination Anxiety Stress and Health General Adaptation Syndrome Stress and Immune System	This present chapter is related to Fine Arts (creative visualisation)	This was a new experience for student. Stress was new topic but in this chapter the terms were so familiar that they find into difficulty in learning and understanding. Activating participation among students, few students had some queries,	To summarize, in our day to day life, we encounter so many situations, sometimes we should not give up easily.	(1) It is important to make students realize that stress in an integral part of life. They must, therefore, be encouraged to recognize the signs of stress in themselves and in others. (2) Students could brainstorm for possible ways of dealing with different types of stressors.	Record the stresses in the lives of 5-10 teenagers. Are these different for girls and boys? Find out the ways by which they cope with them.	http://www.nlm.nih.gov/medlineplus/stress.html .	(1) Given what you know about coping strategies, what suggestions would you give to your friends to avoid stress in their everyday lives. (2) Reflect on the environmental factors that have (a) a positive impact on the being, and (b) a negative effect.	Explain gas model with the help of coping strategy taking day to day examples. What are the stress management techniques. How we can enhance positive health.

leads to stress.			Lifestyle Coping with Stress Stress Management Techniques Promoting, Positive Health and Well-being Life Skills Resilience and Health		asking questions regarding some stress coping techniques like Cognitive Behavioural Technique, Bio-Feed back.						
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LESSON PLAN

CLASS XII – PSYCHOLOGY

SECOND TERM

TOPIC : PSYCHOLOGICAL DISORDERS

Previous Knowledge Testing	Vocabulary used & Important Spellings	Innovative Methods used to Explain the topic	Procedure	Art & Integration	Participation of Students	Recapitulation	Pedagogy	Co-scholastic activities	Resources	Assignments	Assessments
In the previous chapter, we discussed about stress and stress management techniques.	Abnormal psychology, Antisocial behaviour, Anxiety, Autism, Deinstitutionalization, Delusions, Diathesis-stress model, Eating disorders, Genetics, Hallucinations, Hyperactivity, Schizophrenia	<p>Teacher centered to student Centered Approach:</p> <ol style="list-style-type: none"> 1. Introduction of topic with the help of Board. 2. Brief outline about topics to be covered in the chapter. 3. In detail each and every topic will be discussed and explained on the blackboard with the help of text book. 	<p>Introduction: Concepts of Abnormality and Psychological Disorders Classification of Psychological Disorders Factors underlying Abnormal Behaviour Major Psychological Disorders</p>	This chapter is related to Biology (brain nervous system)	This was a new experience for student. Psychological disorders was new topic but in this chapter the terms were so familiar that they find into difficulty in learning and understanding. Activating participation among students, few students had some queries, asking questions regarding some stress coping techniques like Cognitive Behavioural Technique,	<p>understand the basic issues in abnormal behaviour and the criteria used to identify such behaviours.</p> <p>appreciate the factors which cause abnormal behaviour.</p> <p>explain the different models of abnormal behaviour, and</p> <p>describe the major psychological disorders.</p>	Students need to be made aware that mere knowledge and information about psychological disorders do not provide the necessary skills for either diagnosing or treating psychological disorders.	All of us have changes in mood or mood swings all day. Keep a small diary or notebook with you and jot down your emotional experiences over 3-4 days. As you go through the day (for instance, when you wake up, go to school/ college, meet your friends, return home), you will observe that there are many highs and lows, ups and downs in your moods. Note down when you felt happy or unhappy, felt joy or sadness, felt anger, irritation and other commonly experienced emotions. Also note down the situations which elicited these various emotions. After collecting this information, you will	<p>http://www.mental-health-matters.com/disorders</p> <p>http://allpsych.com</p> <p>http://mentalhealth.com</p>	<p>What do you understand by substance abuse and dependence?</p> <p>Identify the symptoms associated with depression and mania.</p> <p>While speaking in public the patient changes topic frequently, is this a positive or a negative symptom of schizophrenia? Describe the other symptoms and sub-types of schizophrenia.</p>	<p>What do you understand by the term dissociation? Discuss its various forms.</p> <p>Describe the historical background of abnormality? Define four b's of abnormality.</p>

					Bio-Feed back.			have a better understanding of your own moods and how they fluctuate through the day.			
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LESSON PLAN

CLASS XII – PSYCHOLOGY

SECOND TERM

TOPIC : THERAPEUTIC APPROACHES

Previous Knowledge Testing	Vocabulary used & Important Spellings	Innovative Methods used to Explain the topic	Procedure	Art & Integration	Participation of Students	Recapitulation	Pedagogy	Co-scholastic activities	Resources	Assignments	Assessments
In the previous chapter, we discussed about various psychological disorders and now we will focus on treatment of these psychological disorders.	Alternative therapy, Behavioural therapy, Biomedical therapy, Client centred therapy, Cognitive behaviour therapy, Empathy, Gestalt therapy, Humanistic therapy, Psycho dynamic therapy	<p>Teacher centered to student Centered Approach:</p> <p>1. Introduction of topic with the help of Board.</p> <p>2. Brief outline about topics to be covered in the chapter.</p> <p>3. In detail each and every topic will be discussed and explained on the blackboard with the help of text book.</p>	<p>Nature and Process of Psychotherapy</p> <p>Therapeutic Relationship</p> <p>Types of Therapies</p> <p>Steps in the Formulation of a Client's problem</p> <p>Psychodynamic Therapy</p> <p>Behaviour Relaxation</p> <p>Cognitive Humanistic-existential</p> <p>Biomedical Alternative Therapies</p>	This chapter is related to Biology (therapies)	<p>This was a new experience for student.</p> <p>therapies were new topic but in this chapter the terms were so familiar that they find into difficulty in learning and understanding.</p> <p>Activating participation among students, few students had some queries, asking questions regarding some stress coping techniques like Cognitive Behavioural Technique, Bio-Feed back.</p>	<p>Familiarise yourself with the basic nature and process of psychotherapy</p> <p>appreciate that there are different types of therapies for helping people,</p> <p>understand the use of psychological forms of intervention, and</p> <p>Know how people with mental disorders can be rehabilitated</p>	<p>Role-play and dramatization of certain student-related behavioural issues, such as break-up of relationship with a friend would evoke interest among the students and also emphasise the application of psychology.</p>	<p>In school at times you get good points (or gold points or stars) when you do well and bad or black points when you do something wrong. This is an example of a token system. With the help of your classmates make a list of all those school and classroom activities for which you are rewarded or receive praise from your teacher or appreciation from your friends. Also make a list of all those activities for which your teacher scolds you or your classmates get angry with you.</p>	<p>http://www.sciencedirect.com</p> <p>http://allpsych.com</p> <p>http://mentalhealth.com</p>	<p>Describe the nature and scope of psychotherapy. Highlight the importance of therapeutic relationship in psychotherapy.</p> <p>A therapist asks the client to reveal all her/his thoughts including early childhood experiences. Describe the technique and type of therapy being used.</p>	<p>What do you understand by term psychotherapy . Describe the nature and scope of psychotherapy</p> <p>Describe the behavioural techniques?</p>

LESSON PLAN

CLASS XII – PSYCHOLOGY

SECOND TERM

TOPIC : ATTITUDE AND SOCIAL COGNITION																				
Previous Knowledge Testing	Vocabulary used & Important Spellings	Innovative Methods used to Explain the topic	Procedure	Art & Integration	Participation of Students	Recapitulation	Pedagogy	Co-scholastic activities	Resources	Assignments	Assessments									
<p>In the previous chapter, we discussed about various therapies but this chapter entirely different as it is all about social psychological</p>	<p>Actor-observer effect, Arousal, Attitudes, Attribution, Balance, Beliefs, Centrality of attitude, Co-action, Cognitive consistency, Cognitive dissonance, Congruent attitude change.</p>	<p>Teacher centered to student Centered Approach:</p> <p>1. Introduction of topic with the help of Board.</p> <p>2. Brief outline about topics to be covered in the chapter.</p> <p>3. In detail each and every topic will be discussed and explained on the blackboard with the help of text book.</p>	<p>Explaining Social Behaviour Nature and Components of Attitude</p> <p>Attitude Formation and Change</p> <p>Prejudice and Discrimination</p> <p>Strategies for Handling Prejudice</p> <p>Social Cognition</p> <p>Schemas and Stereotypes</p> <p>Impression Formation and Explaining</p> <p>Behaviour of Others through Attributions</p>	<p>This chapter is related to Sociology</p>	<p>This was a new experience for student. Social psychology, attitude formation were the new topics but in this chapter the terms were so familiar that they find into difficulty in learning and understanding. Activating participation among students, few students had some queries, asking questions regarding some stress coping techniques like Cognitive Behavioural Technique, Bio-Feed back.</p>	<p>Understand what are attitudes, how they are formed and changed,</p> <p>analyse how people interpret and explain the behaviour of others</p> <p>comprehend how the presence of others influences our behaviour</p>	<p>To explain attitude change, students may be encouraged to think of real life examples of attitude change, for instance, attempts made by advertisers to promote their products through media. Then discuss whether these attempts to change attitude are actually successful or not.</p>	<p>Give the following instructions to the participants. For the female participant, please write a male name in the blank. For the male participant, please write a female name.</p> <p>"_____ is a hard working student. In your opinion, which of the following qualities would also be found in this student? Please underline all those qualities."</p> <table border="1" style="margin-left: auto; margin-right: auto; border-collapse: collapse;"> <tr> <td style="padding: 2px;">Intelligent</td> <td style="padding: 2px;">Helpful</td> <td style="padding: 2px;">Selfish</td> </tr> <tr> <td style="padding: 2px;">Friendly</td> <td style="padding: 2px;">Punctual</td> <td style="padding: 2px;">Dishonest</td> </tr> <tr> <td style="padding: 2px;">Nervous</td> <td style="padding: 2px;">Hot-tempered</td> <td style="padding: 2px;"></td> </tr> </table> <p>See (a) what qualities have been chosen? and (b) whether there is a difference between the female and the male participants?</p>	Intelligent	Helpful	Selfish	Friendly	Punctual	Dishonest	Nervous	Hot-tempered		<p>http://tip.psychology.org/attitude.html</p> <p>http://changingminds.org/explanations/theories/schemas.html</p>	<p>Define attitude. Discuss the components of an attitude.</p> <p>Are attitudes learnt? Explain how?</p> <p>What are the factors that influence the formation of an attitude.</p>	<p>Describe the theories of attitude change</p> <p>Your friend eats too much junk food, how would you be able to bring about a change in her/his attitude towards food?</p>
Intelligent	Helpful	Selfish																		
Friendly	Punctual	Dishonest																		
Nervous	Hot-tempered																			

LESSON PLAN

CLASS XII – PSYCHOLOGY

SECOND TERM

TOPIC : SOCIAL INFLUENCE AND GROUP PROCESSES

Previous Knowledge Testing	Vocabulary used & Important Spellings	Innovative Methods used to Explain the topic	Procedure	Art & Integration	Participation of Students	Recapitulation	Pedagogy	Co-scholastic activities	Resources	Assignments	Assessments
In the previous chapter, we discussed attitude change and pro-social behaviour apart from social psychology. new concept, named as group processes and social influences.	Arbitration, Cohesiveness, Competition, Compliance, Conflict, Conformity, Cooperation, Goal achievement, Group, Group formation, Groupthink, Identity, Ingroup, Interdependence.	<p>Teacher centered to student Centered Approach:</p> <p>1. Introduction of topic with the help of Board.</p> <p>2. Brief outline about topics to be covered in the chapter.</p> <p>3. In detail each and every topic will be discussed and explained on the blackboard with the help of text book.</p>	<p>Introduction Nature and Formation of Groups</p> <p>Type of Groups</p> <p>Influence of Group on Individual Behaviour</p> <p>Conformity, Compliance and Obedience</p> <p>Cooperation and Competition</p> <p>Social Identity</p> <p>Intergroup Conflict :</p> <p>Nature and Causes</p> <p>Conflict Resolution Strategies</p>	This chapter is related to Sociology	<p>Demonstrating obedience in Daily Life</p> <p>Take permission from your teacher to go to one of the junior classes. Go and make a series of requests to the students.</p> <p>Ask students to change their seats with another student.</p> <p>Ask students to croak like a frog.</p> <p>Ask students to put their hands up. (Feel free to add your own ideas)</p> <p>What did you see? Did students obey you?</p>	<p>Understand the nature and types of groups and know how they are formed.</p> <p>Examine the influence of group on individual behaviour.</p> <p>Describe the process of cooperation and competition.</p>	<p>In the topic of nature and formation of groups, students should be made to understand the importance of groups in real life. Here, it needs to be emphasized that they should be careful in choosing groups.</p> <p>Teachers can ask a few students how they have become members of different groups, and what do they get from membership in these groups.</p>	<p>Identify any Test series in cricket which India played recently. Collect the newspapers of that period. Evaluate the reviews of the matches and comments made by Indian and rival commentators. Do you see any difference between the comments?</p>	<p>http://www.mapnp.org/library/grp_skill/theory/theory.html</p> <p>http://www.socialpsychology.org/social.html</p>	<p>(1) Compare and contrast formal and informal groups and in - groups and out-group.</p> <p>(2) Are you a member of a certain groups? Discuss what motivates you to join that group?</p> <p>(3) How does Tuckman's stage model help you to understand the formation of groups?</p>	<p>Test on :</p> <p>Why do people obey when they know that their behaviour may be harming others?</p> <p>Explain.</p>

