

ARMY PUBLIC SCHOOL GOPALPUR
PASYCHOLOGY (037)
CLASS-XII (2020-21)

Unit	Name of the Unit and topics coming under it	Periods allotted	Months for Completion
Unit I	<p style="text-align: center;">Variations in Psychological Attributes</p> <p style="text-align: center;"><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> 1. Introduction 2. Individual Differences in Human Functioning 3. Assessment of Psychological Attributes 4. Intelligence 5. Psychometric Theories of Intelligence, Information Processing Theory, Theory of Multiple Intelligences, Triarchic Theory of Intelligence, Planning, Attention-arousal and Simultaneous successive Model of Intelligence. 6. Individual Differences in Intelligence 7. Culture and Intelligence 8. Emotional Intelligence 9. Special Abilities: Aptitude: Nature and Measurement 10. Creativity 	20 Periods	March
Unit II	<p style="text-align: center;">Self and Personality</p> <p style="text-align: center;"><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> 1. Introduction 2. Self and Personality 3. Concept of Self 4. Cognitive and Behavioural Aspects of Self 5. Culture and Self 6. Concept of Personality 7. Major Approaches to the Study of Personality <ul style="list-style-type: none"> • Type Approaches • Trait Approaches • Psychodynamic Approach • Behavioural Approach • Cultural Approach • Humanistic Approach 8. Assessment of Personality <ul style="list-style-type: none"> • Self-report Measures • Projective Techniques • Behavioural Analysis 	24 Periods	May

Unit III	<p>Meeting Life Challenges</p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> 1. Introduction 2. Nature, Types and Sources of Stress 3. Effects of Stress on Psychological Functioning and Health <ul style="list-style-type: none"> • Stress and Health • General Adaptation Syndrome • Stress and Immune System • Lifestyle 4. Coping with Stress <ul style="list-style-type: none"> • Stress Management Techniques 5. Promoting Positive Health and Well-being <ul style="list-style-type: none"> • Life Skills 	14 periods	May
-----------------	--	-------------------	------------

IV	<p>Psychological Disorders</p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> 1. Introduction 2. Concepts of Abnormality and Psychological Disorders <ul style="list-style-type: none"> • Historical Background 3. Classification of Psychological Disorders 4. Factors Underlying Abnormal Behaviour 5. Major Psychological Disorders <ul style="list-style-type: none"> • Anxiety Disorders • Obsessive-Compulsive and Related Disorders • Trauma-and Stressor-Related Disorders • Somatic Symptom and Related Disorders • Dissociative Disorders • Depressive Disorder • Bipolar and Related Disorders • Schizophrenia Spectrum and Other Psychotic Disorders • Neurodevelopmental Disorders • Disruptive, Impulse-Control and Conduct Disorders • Feeding and Eating Disorders 	24 Periods	June-july
V	<p>Therapeutic Approaches</p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> 1. Nature and Process of psychotherapy <ul style="list-style-type: none"> • Therapeutic relationship 2. Types of Therapies <ul style="list-style-type: none"> • Psychodynamic Therapy • Behaviour Therapy • Cognitive Therapy • Humanistic-existential Therapy • Biomedical Therapy • Alternative Therapies 3. Rehabilitation of the Mentally Ill 	20 Periods	July-August

Unit VI	<p>Attitude and Social Cognition</p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> 1. Introduction 2. Explaining Social Behaviour 3. Nature and Components of Attitudes 4. Attitude Formation and Change <ul style="list-style-type: none"> • Attitude Formation • Attitude Change • Attitude-Behaviour Relationship 5. Prejudice and Discrimination 6. Strategies for Handling Prejudice 7. Social Cognition 8. Schemas and Stereotypes 9. Impression Formation and Explaining 10. Behaviour of Others through Attributions <ul style="list-style-type: none"> • Impression Formation • Attribution of Causality 11. Behaviour in the Presence of Others 12. Pro-social Behaviour <ul style="list-style-type: none"> • Factors Affecting Pro-social Behaviour 	20 Periods	August
----------------	--	-------------------	---------------

Unit VII	<p>Social Influence and Group Processes</p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> 1. Introduction 2. Nature and Formation of Groups 3. Type of Groups 4. Influence of Group on Individual Behaviour <ul style="list-style-type: none"> • Social Loafing • Group Polarisation 5. Conformity, Compliance and Obedience 6. Cooperation and Competition <ul style="list-style-type: none"> • Determinants of Cooperation and Competition 7. Social Identity 8. Intergroup Conflict: Nature and Causes Conflict Resolution Strategies 	22 Periods	September
Unit VIII	<p>Psychology and Life</p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> 1. Introduction 2. Human-Environment Relationship <ul style="list-style-type: none"> • Different Views of the Human-Environment Relationship 3. Environmental Effects on Human Behaviour <ul style="list-style-type: none"> • Human Influence on the Environment • Noise • Pollution • Crowding • Natural Disasters 4. Promoting Pro-environmental Behaviour 5. Psychology and Social Concerns <ul style="list-style-type: none"> • Poverty and Discrimination • Aggression, Violence and Peace • Mahatma Gandhi on Non-violence • Health • Impact of Television on Behaviour 	13 Periods	September

Unit IX	<p>Developing Psychological Skills</p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> 1. Introduction 2. Developing as an effective Psychologist 3. General Skills 4. Observational Skills 5. Specific Skills <ul style="list-style-type: none"> • Communication Skills • Psychological Testing Skills 6. Interviewing Skills 7. Counselling Skills 	13 periods	October
Practicals	<p>A. Development of case profile: Using appropriate methods like interview, observation and psychological tests.</p> <p>B. Test administration: Students are required to administer and interpret five psychological tests related to various psychological attributes like intelligence, aptitude, attitude, personality, etc.</p>	60 Periods	May-Sep