



**JAYPEE PUBLIC SCHOOL,
GREATER NOIDA
WEEK WISE SYLLABUS
SESSION-(2022-23)
CLASS XII**

SUBJECT: PSYCHOLOGY
MONTH: MARCH & APRIL

TOPIC	WEEK-1	WEEK-2	WEEK-3	WEEK-4	WEEK-5
CHAPTERS-4 PSYCHOLOGICAL DISORDERS	1. Introduction 2. Concepts of Abnormality and Psychological Disorders Historical Background 3. Classification of Psychological Disorders	4. Factors Underlying Abnormal Behaviour 5. Major Psychological Disorders 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	Neurodevelopment Disorders Disruptive, Impulse-Control and Conduct Disorders Feeding and Eating Disorders Substance Related and Addictive Disorders	Practical writing *Anxiety assessment (SCAT) *Personality assessment (MPI) Doubts clearing. Recapitulation of the chapter through topic wise revision tests whole chapter assignments
LEARNING OBJECTIVES	It will enable the students to <ul style="list-style-type: none"> explain basic issues and criteria used to identify abnormal behaviour Giving clear understanding about the factors responsible for abnormal behaviour understanding of the major psychological disorders understanding of the major psychological disorders 				
LEARNING OUTCOMES	The learners will <ul style="list-style-type: none"> Understanding of the basic issues in abnormal behaviour and criteria used identify such behaviour Ability to appreciate the factors which cause abnormal behaviour Development in the understanding and sensitivity for psychological disorders. Development in the understanding and sensitivity for psychological disorders 				
TEACHING AID	Digital content, online resources, e-content, PPT				

MONTH: MAY

TOPIC	WEEK-1	WEEK-2	WEEK-3	WEEK-4	WEEK-5
CHAPTERS 1- Variations in Psychological Attributes	1. Introduction 2. Individual Differences in Human Functioning 3. Assessment of Psychological Attributes 4. Intelligence	Triarchic Theory of Intelligence, Planning, Attention-	6. Individual Differences in Intelligence 7. Culture and Intelligence 8. Emotional	Psychological testing RSPM Intelligence test conducting and reporting.	Doubts clearing. Recapitulation of the chapter through topic wise revision tests

	5. Psychometric Theories of Intelligence, Information Processing Theory, Theory of Multiple Intelligences	arousal and Simultaneous successive Model of Intelligence	Intelligence 9. Special Abilities: Aptitude: Nature and Measurement 10. Creativity	Project discussion.	whole chapter assignments
LEARNING OBJECTIVES	<ul style="list-style-type: none"> To make the student aware about psychological attributes and individual differences. To teach different method of used to assess psychological attributes. To explain what constitutes intelligent behaviour. To create awareness about mentally challenged and gifted individual To explain students how intelligence has different meanings in different culture. To clear the idea of Emotional intelligence. Teach how to assess the intelligence level of an individual using RSPM 				
LEARNING OUTCOMES	<ul style="list-style-type: none"> Understanding psychological attributes on which people differ from each other. Learning about different methods that are used to assess psychological attributes Ability to explain what constitutes intelligent behaviour. will learn hoe psychologist assess intelligence to identify mentally challenged and gifted individual Students will be able to explain how intelligence has different meanings in different culture will be able to assess intelligence 				
TEACHING AID	<ul style="list-style-type: none"> Digital content, online resources, e-content. 				

MONTH: JULY

TOPIC	WEEK-1	WEEK-2	WEEK-3	WEEK-4	WEEK-5
CHAPTERS 2-SELF AND PERSONALITY 3- MEETING LIFE CHALLENGER	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 Approach	7. Major Approaches to the Study of Personality - Type Approaches - Trait Approaches - Psychodynamic Approach - Behavioural Approach -Cultural Approach -Humanistic	8. Assessment of Personality - Self-report Measures - Projective Techniques -Behavioural Analysis	1. Introduction 2. Nature, Types and Sources of Stress 3. Effects of Stress on Psychological Functioning and Health - Stress and Health -General Adaptation Syndrome -Stress and Immune System -Lifestyle	4. Coping with Stress - Stress Management Techniques 5. Promoting Positive Health and Well-being -Life Skills

LEARNING OBJECTIVES	<p>It will enable the students to</p> <ul style="list-style-type: none"> • Give the concept of self and ways for self regulation of behaviour • Clear the concept of personality • Describe techniques of personality development. • Teaching Personality assessment technique • Identify health hazardous stresses and its influence on human being, • Develop insight into the development of healthy personality • Explain the nature, types and sources of stress as life challenges. • Teaching ways to cope with stress.
LEARNING OUTCOMES	<p>The learners will</p> <ul style="list-style-type: none"> • Ability to explain the concept of self and knowledge of some ways for self regulation of behaviour • Will be able to differentiate various approaches to the study of personality • Various ways of personality assessment. • Good assessor skill • Will be able to identify stress as a cause of behaviour and psychological maladjustment. • Will be able develop healthy habits and life style. • Ability to examine the effort of stress on psychological functioning. • Knowledge about the life skills that help people to stay healthy.
TEACHING AID	Digital content, online resources, e-content, PPT

MONTH: AUGUST

TOPIC	WEEK-1	WEEK-2	WEEK-3	WEEK-4	WEEK-5
<p>CHAPTERS-5 CHAPTER-5 THERAPUTIC APPROACHES</p> <p>CHAPTERS-6 ATTITUDE AND SOCIAL COORDINATION</p>	<p>1. Nature and Process of Psychotherapy - Therapeutic relationship</p> <p>2. Types of Therapies - Psychodynamic Therapy -Behaviour Therapy</p>	<p>-Cognitive Therapy - Humanistic-Existential Therapy - Biomedical Therapy -Alternative Therapies - Rehabilitation of the Mentally Ill</p>	<p>7. Social Cognition 8. Schemas and Stereotypes 9. Impression Formation and Explaining</p>	<p>10. Behaviour of Others through Attributions -Impression Formation - Attribution of Causality</p> <p>11. Behaviour in the Presence of Others 12. Pro-social Behaviour - Factors Affecting Pro-social Behaviour</p>	<p>Practical</p> <ul style="list-style-type: none"> • Aptitude test (DBDA) • Adjustment test (GAS) <p>Doubts clearing. Recapitulation of the chapter through topic wise revision tests whole chapte assignments</p>

LEARNING OBJECTIVES	<p>It will enable the students to</p> <ul style="list-style-type: none"> Familiarize the students with the basic nature and process of psychotherapy Enhance the knowledge of different therapies to help people. Introduce what are attitudes and how they are formed and changed. Explaining attitude formation process. Reasons how the attitudes are changed. Introduction of social psychology and its influence on human social human behaviour Enhance understanding why people do not help in distress, Develop psychological assessment and testing skills.
LEARNING OUTCOMES	<p>The learners will</p> <ul style="list-style-type: none"> understand the use of psychological form of intervention for treatment students will know how people with mental disorder can be rehabilitated Develop understanding of attitude formation and reasons of changes able to handle various attitude and behaviour changes learn to analyse how people interpret and explain the behaviour of others be able to comprehend how the presence of others influences our behaviour.
TEACHING AID	Textbook, share screen, you tube video links.PPT

MONTH: SEPTEMBER

TOPIC	WEEK-1	WEEK-2	WEEK-3	WEEK-4	WEEK-5
CHAPTERS 7- SOCIAL INFLUENCE & GROUP PROCESSES	1. Introduction 2. Nature and Formation of Groups 3. Type of Groups 4. Influence of Group on Individual Behaviour -Social Loafing - Group Polarization	5. Conformity, Compliance and Obedience 6. Cooperation and Competition - Determinants of Cooperation and Competition	7. Social Identity 8. Intergroup Conflict: Nature and Causes 9. Conflict Resolution Strategies	Doubts clearing. Recapitulation of the chapter through topic wise revision tests whole chapter assignments	Midterm exam preparation revision test
LEARNING OBJECTIVES	<p>It will enable the students to</p> <ul style="list-style-type: none"> Explain the nature and types of groups and how they are formed. Describe the process of cooperation and competition. Teach importance of social identity, intergroup conflict and resolution 				
LEARNING OUTCOMES	<p>The learners will</p> <ul style="list-style-type: none"> Be able to examine the influence of group on individual behaviour. Be able to examine the influence of group on individual behaviour. understand the nature of intergroup conflict and examine conflict resolution strategies 				
TEACHING	E-CONTENT, PPT, videos , case study.				

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MONTH: SEPTEMBER

TOPIC	WEEK-1	WEEK-2	WEEK-3	WEEK-4	WEEK-5
CHAPTERS • chapter-7 • Mid-Term Exam	REVISION, EXAMS & DISTRIBUTION AND DISCUSSION OF TERM-1 ANSWER SHEETS				
LEARNING OBJECTIVES					
LEARNING OUTCOMES	REVISION, EXAMS & DISTRIBUTION AND DISCUSSION OF TERM-1 ANSWER SHEETS				
TEACHING AID					

MONTH: OCTOBER

TOPIC	WEEK-1	WEEK-2	WEEK-3	WEEK-4	WEEK-5
CHAPTERS 8- PSYCHOLOGY AND LIFE 9- DEVELOPING PSYCHOLOGICAL SKILLS	1. Introduction 2. Human-Environment Relationship - Different Views of the Human-Environment Relationship 3. Environmental Effects on Human Behaviour - Human Influence on the Environment -Noise - Pollution - Crowding -Natural Disasters	4. Promoting Pro-environmental Behaviour 5. Psychology and Social Concerns -Poverty and Discrimination -Aggression, Violence and Peace -Mahatma Gandhi on Non-violence -Health - Impact of Television on Behaviour	1. Introduction 2. Developing as an effective Psychologist 3. General Skills 4. Observational Skills	5. Specific Skills - Communication Skills - Psychological Testing Skills 6. Interviewing Skills 7. Counselling Skills	Case study discussion . Finalizing project file and practical file.
LEARNING OBJECTIVES	It will enable the students to <ul style="list-style-type: none"> • teach how psychology can be applied to common problems in our lives • explain the causes and consequences of social problems from a psychological perspective • create awareness skill development among psychologist • Discuss importance of communication skill. • explain the process of counselling 				
LEARNING OUTCOMES	The learners will be able to <ul style="list-style-type: none"> • Able to appreciate the relationship between human and the environment 				

	<ul style="list-style-type: none"> • Able to analyse how pro-environmental behaviour helps to deal with environmental Stressors • Improve in basic aspect of observation skill. • Understand the importance of various techniques of counselling.
TEACHING AID	Textbook pdf, you tube video links, E. notes

MONTH: NOVEMBER

TOPIC	WEEK-1	WEEK-2	WEEK-3	WEEK-4	WEEK-5
CHAPTERS <ul style="list-style-type: none"> • Revision • PRE-BOARD-1 	REVISION, EXAMS & • DISTRIBUTION AND DISCUSSION OF PRE-BOARD-1 ANSWER SHEETS				
LEARNING OBJECTIVE					
LEARNING OUTCOMES	REVISION, EXAMS & • DISTRIBUTION AND DISCUSSION OF PRE-BOARD-1 ANSWER SHEETS				
TEACHING AID					

MONTH: DECEMBER

TOPIC	WEEK-1	WEEK-2	WEEK-3	WEEK-4	WEEK-5
CHAPTERS <ul style="list-style-type: none"> • Revision • PRE-BOARD-2 	REVISION, EXAMS & • DISTRIBUTION AND DISCUSSION OF PRE-BOARD-2 ANSWER SHEETS				
LEARNING OBJECTIVES					
LEARNING OUTCOMES	REVISION, EXAMS & • DISTRIBUTION AND DISCUSSION OF PRE-BOARD-2 ANSWER SHEETS				
TEACHING AID					

MONTH: JANUARY

TOPIC	WEEK-1	WEEK-2	WEEK-3	WEEK-4	WEEK-5
	CBSE PRACTICAL PREPARATIONS				

MONTH: FEBRUARY

TOPIC	WEEK-1	WEEK-2	WEEK-3	WEEK-4	WEEK-5
	CBSE BOARD EXAMS				