PSYC

SUBJECT : PSYCHOLOGY

Course Overview

Psychology has been introduced as an elective subject in Higher Secondary school education as a social science aiming wholesome development of the students. The discipline Psychology explores the human mental processes and life experiences shaped by biology and rooted in a definite socio-historic and cultural perspective. The syllabus focuses on teaching fundamental principles, explanations and methods of Psychology. Introduction of the discipline at this academic level aims to create a critical reasoning, rational thinking and deeper understanding of human experiences with an application based orientation in resolving human problems.

Course Objective

* The aim is to orient the students to learn about human behaviour, life experiences in the socio-cultural context.
* To develop in the students an attitude to understand and apply the knowledge to solve day to day life problems.
* To help the students to become socially aware, receptive, self- reflective and to facilitate their personal growth.
* To enhance the ability of adjustment of the students with the environment.

Career Prospect

* This discipline helps the student to build a critical and rational thinking about human psychological processes and socio-cultural context. Thus they can engage themselves in academic and research career.
* The students are also being trained to apply the knowledge in practical field. Thus they can engage themselves later as psychologists for curative, rehabilitation and organizational purposes.

CLASS - XI

SUBJECT : PSYCHOLOGY (PSYC)

SEMESTER – I

FULL MARKS : 35 **CONTACT HOURS : 70 Hours**

COURSE CODE : THEORY

Sub-topics

UNIT No.	TOPICS	CONTACT HOURS	MARKS
Unit – 1	**What is Psychology** i) Introduction ii) Definition and scope of Psychology Psychology as a discipline and its evolution Psychology as natural and social science iii) Understanding mind and behaviour iv) Psychology in India v) Branches in Psychology vi) Relevance of psychology in everyday life	10 hours contact hours for sub-topics (1+1 + 3+ 2+2+1)	07
Unit – 2	**Methods of enquiry in Psychology** i) Introduction ii) Steps in conducting scientific research iii) Methods of Psychology with advantages and limitations, Quantitative and qualitative methods, Observation, . Experimentation, . Correlational research, . Survey research, . Interview . Case study iv) Psychological testing, v) Ethical Issues	10 hours contact hours for sub-topics (1+1+4+2+2)	07

UNIT No.	TOPICS	CONTACT HOURS	MARKS
Unit – 3	**Bases of Human Behaviour** i) Introduction ii) Evolutionary perspective iii) Biological bases of behaviour, Structure and functions of neuron iv) Classification of Nervous system - Structure and functions v) Endocrine system and its relation with behaviour and experience	20 hours contact hours for sub-topics (1+2+3+8+6)	07
Unit – 4	**Sensory, Attentional and Perceptual processes** i) Introduction ii) Types of senses - Visual, auditory, olfactory, tactual, gustatory Special senses Organic senses - visceral, motor Other senses - kinaesthetic, vestibular iii) Attentional process Determinants of attention, shift, fluctuation, oscillation, selective and sustained attention iv) Perception Perceptual Process, Principles of perception, . Perception of space, depth, distance, motion, . monocular and binocular cues v) Illusion, types of illusions vi) Social and cultural influences on perception	20 hours contact hours for sub-topics (1+6+2+7+2+2)	07
Unit – 5	**Thinking** i) Introduction ii) Nature of thinking Building blocks of thought iii) Culture and thinking iv) The process of thinking Problem solving, Reasoning, Decision making v) Nature and process of creative thinking vi) Thought and language	10 hours contact hours for sub-topics (1+1+1+3+2+2)	07

CLASS - XI

SUBJECT : PSYCHOLOGY (PSYC)

SEMESTER – II

FULL MARKS : 35 **CONTACT HOURS : 70 Hours**

COURSE CODE : THEORY

Sub-topics

UNIT No.	TOPICS	CONTACT HOURS	MARKS
Unit – 6	**Human Development** i) Introduction ii) Meaning of development Concept of growth, maturation and evolution iii) Lifespan perspective on development iv) Factors influencing development(Heredity & Environment) v) Overview of developmental stages - . Prenatal development, . Infancy(Motor, Cognitive, Socio-emotional), . Childhood, (Motor, Cognitive, Socio-emotional) . Adolescence and its challenges, (Physical, Moral, Cognitive) vi) Adulthood and Old age	15 hours contact hours for sub-topics (1+2+1+3+6+2)	Consult Question Pattern to be published by the Council
Unit – 7	**Learning** i) Introduction ii) Nature of Learning iii) Paradigms of learning . Classical conditioning - Pavlov . Instrumental conditioning - Skinner . Observational learning . Cognitive learning . Verbal learning Skill learning iv) Transfer of learning v) Factors facilitating learning vi) Learning disabilities	20 hours contact hours for sub-topics (1+2+12+2+2+1)	

UNIT No.	TOPICS	CONTACT HOURS	MARKS
Unit – 8	**Human Memory** i) Introduction ii) Nature of memory iii) Information processing approach: the stage model iv) Memory systems: Sensory, short term and long term memories v) Types of long term memory - declarative, procedural, episodic and semantic vi) Levels of processing vii) Forgetting - concept, nature, causes viii) Theories of forgetting - .Trace, . decay, . Interference and retrieval failure ix) Enhancing memory	15 hours contact hours for sub-topics (1+1+2+2+2+1+2+3+1)	
Unit – 9	**Motivation** i) Introduction ii) Nature of motivation iii) Types of motives - Biological, psychological, social iv) Maslow's hierarchy of needs v) Extrinsic and intrinsic motivation – Differences with examples	10 hours contact hours for sub-topics (1+1+3+3+2)	
Unit– 10	**Emotion** i) Introduction ii) Nature of emotions iii) Expressions of emotions - Emotional expression and labelling Culture and emotion iv) Managing negative emotions vi) Enhancing positive emotions	10 hours contact hours for sub-topics (1+1+4+2+2)	

CLASS - XI

SUBJECT : PSYCHOLOGY (PSYC)

SEMESTER – II

FULL MARKS : 30 **CONTACT HOURS : 40 Hours**

COURSE CODE : PRACTICAL

Sub-topics

1	Compare the rate of perceptual reversibility between two respondents using visual stimulus (Rubin's Cross/human profile-Flower vase) and interpret the result.	7 hours
2	Compare the responses of three respondents to optical illusory figures (Muller- Lyer) and interpret the result	7 hours
3	Compare the rate of learning of two respondents varying modality (auditory & visuals) and interpret the result	8 hours
4	Determine the effect of meaning on memorization capacity of the respondent	8 hours
	PROJECT 1) Biological bases of Behaviour (Neuron, spinal cord, Brain and endocrine glands) - File work on above mentioned topic explaining structure and functions with diagrams.	10 hours

[**Note** : 20 Hours reserved for Remedial classes, Tutorials and Home Assignments.]

Distribution of Marks in Practical (Total =30)

Topics	Marks
Practical Problem	10
Project	10
Practical File	5
Viva voce	5

Distribution of Marks in Theory (Total 35+35=70)

Semester – I

Type of Question	Allotted Marks	Marks Pattern
MCQ	35	1 x 35
		Total = 35

Semester – II

Types of Question	Allotted Marks	Marks Pattern
SAQ	6	2 x 3
LAQ	9	3 x 3
LAQ	8	4 x 2
LAQ	12	6 X 2
		Total = 35

CLASS - XII

SUBJECT : PSYCHOLOGY (PSYC)

SEMESTER – III

FULL MARKS : 35 **CONTACT HOURS : 70 Hours**

COURSE CODE : THEORY

Sub-topics

UNIT No.	TOPICS	CONTACT HOURS	MARKS
Unit – 1	**Variations in Psychological attributes** i) Introduction ii) Individual differences in human functioning iii) Assessment of psychological attributes - different domains- intelligence, aptitude, interest, personality, values iv) Methods of assessments - Psychological test, interview, observation, case study, self report v) Intelligence - Concept vi) Theories of intelligence - .Spearman's two-factor theory, . Guilford's structure of intellect model, . Gardner's Multiple intelligences, . . Sternberg's Triarchic theory of intelligence, . Pass Model by Das vii) . Individual differences in intelligence with special reference to normal probability curve - . Concept of IQ and categories of intellectual ability with special reference to Weschler. viii) Classification of Intelligence test ix) . Emotional intelligence - Concept by Salovey and Mayer, Goleman x) Creativity	20 hours contact hours for sub-topics (1+1+3+4+2+4+2+2+1)	09

UNIT No.	TOPICS	CONTACT HOURS	MARKS
Unit – 2	**Social Influence and Group Processes** i) Introduction ii) Group - Concept and characteristics iii) Types of group iv) Why do people join groups v) Formation of group - Factors and stages of group formation vi) Influence of group on individual behaviour - . Social Facilitation, .social Loafing, . Group Polarization vii) Process of social influences - .Conformity, . Compliance, .Obedience	15 hours contact hours for sub-topics (1+2+2+1+2+4+3)	09
Unit – 3	**Identity Development** i) Introduction ii) Identity - concept iii) Identity development - Erikson's theory of psycho-social development. iv) Identity crisis - Theory of Erikson and Marcia v) Factors influencing identity development	10 hours contact hours for sub-topics (1+1 + 3+ 2+2+1)	08
Unit – 4	**Meeting life challenges** i) Introduction ii) Nature, types and sources of Stress iii) Effect of Stress . General adaptation syndrome . Stress and immune system . Lifestyle iv) Coping with stress - . Stress management techniques v) Promoting positive health and wellbeing - . Life skills, . positive health	25 hours contact hours for sub topics (2+6+6+2+4)	09

CLASS - XII

SUBJECT : PSYCHOLOGY (PSYC)

SEMESTER – IV

FULL MARKS : 35 **CONTACT HOURS : 70 Hours**

COURSE CODE : THEORY

Sub Topics

UNIT No.	TOPICS	CONTACT HOURS	MARKS
Unit – 5	**Attitude and Social Cognition** i) Introduction ii) Explaining social behaviour - .Social Cognition, . Schemas and . Different pro-social behaviour iii) Nature and components of attitude: A-B-C components iv) Attitude formation and change - . Attitude formation, .Attitude change, . Attitude -behaviour relationship v) Prejudice,Stereotype and Discrimination vi) Strategies for handling prejudice	12 hours contact hours for sub-topics (1+3+2+4+3+1)	Consult Question Pattern to be published by the Council
Unit – 6	**Self and Personality** i) Introduction ii) Self and Personality - .concepts of Self - Personal and Social self iii) Cognitive and Behavioural aspects of self - . Self concept, . Self esteem, .Self efficacy, . Self regulation iv) Culture and Self v) Concept and characteristics of personality vi) Major approaches to the study of personality - . Type approaches, .Trait approaches, . Psychodynamic approach, . Behavioural approach, . Humanistic approach vii) Assessment of Personality - .Self report Measures, Projective Techniques, Behavioural Analysis	15 hours contact hours for sub-topics (1+2+3+1+2+4+2)	

UNIT No.	TOPICS	CONTACT HOURS	MARKS
Unit – 7	**Psychological Disorders** i) Introduction ii) Concept of Abnormality and Psychological Disorder . Classification of Psychological Disorders (ICD 11 & DSM V) iii) Factors underlying abnormal behaviour - . Biological, . Psychological and . Socio-economic iv) Major Psychological Disorders - . Anxiety Disorders, . Obsessive -compulsive and Related Disorders, . Somatic symptoms and related disorders, . Dissociative disorders, . Depressive disorders, . Bipolar and related disorders, . Schizophrenia spectrum and other psychotic disorders, . Neuro-developmental disorders, . Disruptive, Impulse control and Conduct disorders . Substance related and Addictive disorders	25 hours contact hours for sub-topics (1+3+6+15)	
Unit – 8	**Therapeutic approaches** i) Introduction ii) Nature and process of Psychotherapy iii) Therapeutic Relationship iv) Types of Therapies - . Psychodynamic Therapy . Behaviour Therapy . Cognitive Therapy . Humanistic - Existential Therapy . Alternative Therapies - Kriya Yoga v) Ethics in Psychotherapy vi) Rehabilitation	18 hours contact hours for sub-topics (1+2 + 2+ 10+2+1)	

CLASS - XII

SUBJECT : PSYCHOLOGY (PSYC)

SEMESTER – IV

FULL MARKS : 30 **CONTACT HOURS : 40 Hours**

COURSE CODE : PRACTICAL

Sub-topic

1	Students will administer and interpret any one Intelligence Test from the following. . Intelligence Tests -Alexander Pass along test/ Dearborn Form Board Test	10 hours
2	Students will administer and interpret Academic Stress Scale [Educational Stress Scale for Adolescents -(ESSA) by Sun, Dunne, Xiang-yu Hou and Xu] This test should be administered on two participants to compare and interpret the results.	10 hours
3	Students will administer and interpret any one Personality Test from the following. Personality tests - Kundu Neurotic Personality Inventory-KNPI/ Kundu Introversion Extroversion Inventory -KIEI	10 hours
	PROJECT Development of a comparative case study using General health questionnaire of male and female participants.	10 hours

[**Note** : 20 Hours reserved for Remedial classes, Tutorials and Home Assignments.]

Distribution of Marks in Practical (Total= 30)

Topics	Marks
Practical Problem	10
Project	10
Practical File	5
Viva Voce	5

Distribution of Marks in Theory (Total 35+35=70)

Semester – III

Type of Question	Allotted Marks	Marks Pattern
MCQ	35	1 x 35
		Total = 35

Semester – IV

Types of Question	Allotted Marks	Marks Pattern
SAQ	6	2 x 3
LAQ	9	3 x 3
LAQ	8	4 x 2
LAQ	12	6 X 2
		Total = 35