

## Fortnight Breakup of Syllabus: 2018-2019

### Subject: Psychology

### Class: XII

### New Session Begins on 19<sup>th</sup> March, 2018

S. No	Fortnight	No. of days	Main Topic	Sub Topics	Pds	Total pds	Assgmt Date	WT date
1	19 March – 28 March	8	Chapter 1-Intelligence and Aptitude Practical 1- SPM	Individual differences in human functioning Assessment of psychological attributes Intelligence Theories of intelligence <b>Practical- SPM (intelligence test)</b> Individual differences in intelligence Culture and intelligence Emotional intelligence Special abilities Creativity	1 1 2 1 1 1 1 1	Block Teaching		
2	2 April – 13 April	11	Chapter 2- self and personality Practical 2 – SCQ (Self Concept Questionnaire) Practical 3 – SCAT (Sinha’s Comprehensive Anxiety Test)	Self and personality Concept of self Cognitive and behavioral aspects Culture and self Concept of personality <b>Practical- SCQ (self concept test)</b>  Theories of personality Type theories	1 2 1 1 1 1  2	18	6 April (PWTA)	

				Trait theories Psychodynamic approach Behavioral approach Humanistic approach Assessment of personality <b>Case Profile (an in depth holistic study of on one individual involving qualitative and quantitative methods of data collection)</b>	1 2 1 1 2 2			
3	16 April – 27 April	11	Chapter3 – Human Strengths and meeting life challenges Practical 4 –AISS (Adjustment Inventory for School Students)	Nature, types and sources of stress Effects of stress Coping with stress Promoting positive health <b>Practical 4- AISS (adjustment test)</b>	5 4 3 2 2	18		16 April (Chapters 1 and 2)
4	1 May – 18 May	15	Chapter 4- Psychological Disorders Practical 5 – DBDA (David’s Battery of Differential Abilities) Case study to be introduced	Concept of abnormality and psychological disorders Classification of disorders Factors underlying disorders Major psychological disorders (till dissociative disorder) <b>Practical 4- DBDA (aptitude test)</b> <b>Practical 5 – SCAT (anxiety test)</b>  Mood disorder to substance use disorders Case study <b>Field Visit (if possible to any mental health centre/ rehabilitation centre OR organise an interaction with field expert)</b>	1 1 4 6 4 4 3 1	24		

5	21 May – 25 May	5	Chapter-5 Therapeutic approaches and Counseling	Nature and Process of Psychotherapy Therapeutic Relationship Types of Therapies Alternative Therapies Rehabilitation of the Mentally ill	1 1 1 1 1	Block Teaching		
<p><b>COMPLETION OF SYLLABUS BY 25<sup>th</sup> May 2018</b></p> <p><b>SUMMER VACATIONS from 26<sup>th</sup> May to 28<sup>th</sup> June 2018</b></p> <p><b>First Term Exam : 29th June – 9<sup>th</sup> July 2018</b></p> <p><b>PTM: 28<sup>th</sup> July 2018</b></p>								
6	10 July – 31 July	16	Chapter-6 Attitude and Social Cognition	Definition of Attitude Attitude Formation Attitude Change	6 10 10	26	27 July (Chapter 3 and 4)	
7	1 Aug – 18 September	13	.	Revision and Completion of files	20	20		

8	20 Aug – 31 Aug	9	Chapter 6- attitude and social cognition completed	Prejudice and Discrimination Strategies for handling prejudice Social cognition Schemas and stereotypes Impression formation Attribution Behavior in presence of others Pro-social behavior	2 2 3 2 2 2 3	16		
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**COMPLETION OF COURSE BY 31<sup>st</sup> August 2018**

**Revision – 4<sup>th</sup> September – 6<sup>th</sup> September 2018 (02 days)**

**Practical Exams – 7 Sept, 8 Sept, 24 Sept and 25 Sept, 2018 (4 days)**

**Mid Term Exams from 12<sup>th</sup> Sept to 22<sup>nd</sup> Sept 2018**

**PTM on 13<sup>th</sup> October 2018**

9	26 Sept – 17 Oct	15	Chapter 7- Social influence and group processes Chapter-8 Psychology and life	Nature and formation of groups Type of groups Influence of group on individual behavior Conformity, compliance and obedience Cooperation and competition Social identity Intergroup conflict Conflict resolution strategies Human-environment relationship Environmental effects on human behavior.	3 3 3 3 3 3 2 2 2 2	26		
<b>DUSSHERA BREAK: 18<sup>TH</sup> October – 21<sup>ST</sup> October 2018</b>								
10	22 Oct – 3 Nov	10	Chapter 8- Environmental and Social concerns  Chapter-9 Applications of psychology	Promoting pro-environmental behavior Psychology and social concerns Developing as an effective psychologist General skills Observational skills	2 2 3 6 3	16		
<b>DIWALI BREAK from 5 Nov to 11 Nov 2018</b>								
11	12 Nov – 7 Dec	18	Chapter-9 (continued)	Specific skills Interviewing skills Counseling skills	9 9 10	28	15 Nov (PWTA)	26 Nov (Chapters 5 and 6)

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**COMPLETION OF COURSE BY 7<sup>th</sup> December 2018**

**Revision – 10<sup>th</sup> Dec and 11<sup>th</sup> Dec 2018 (2 days)**

**Pre-Board Practicals from 12 December to 15 December 2018 (4 days)**

**Pre Board Exams from 20<sup>th</sup> Dec to 14 Jan 2019**

**WINTER BREAK : 31<sup>st</sup> December, 2018 - 9<sup>th</sup> January 2019**

**PTM on 28<sup>th</sup> January 2019**

**Term Wise Syllabus 2018-2019**

**Subject: Psychology**

**Class: XII**

**Ist Term**

- Chapter 1: Intelligence and Aptitude
- Chapter 2: Self and Personality
- Chapter 3: Human strengths and meeting life challenges
- Chapter 4: Psychological Disorders

**IInd Term**

- Chapter 1: Intelligence and Aptitude
- Chapter 2: Self and Personality
- Chapter 3: Human strengths and meeting life challenges
- Chapter 4: Psychological Disorders
- Chapter 5: Therapeutic approaches and Counseling
- Chapter 6: Attitude and Social Cognition (till attribution)

## **Pre- Board**

- Chapter- 1
- Chapter-2
- Chapter-3
- Chapter-4
- Chapter-5
- Chapter-6
- Chapter-7
- Chapter-8
- Chapter-9