

Syllabus, 2023-24
Class XII
Subject: Psychology

Course Structure

Theory

70 Marks

Units	Topics	No. of Periods	Marks
I	Variations in Psychological Attributes	22	08
II	Self and Personality	25	10
III	Meeting Life Challenges	18	09
IV	Psychological Disorders	26	11
V	Therapeutic Approaches	22	09
VI	Attitude and Social Cognition	18	07
VII	Social Influence and Group Processes	20	08
IX	Developing Psychological Skills	19	08
Total		170	70

Course Content

Units	Topics	No. of Periods
Unit I	Variations in Psychological Attributes <i>The topics in this unit are:</i> <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 6. Individual Differences in Intelligence 7. Culture and Intelligence 8. Emotional Intelligence 9. Special Abilities: Aptitude: Nature and Measurement 10. Creativity 	22
Unit II	Self and Personality <i>The topics in this unit are:</i> <ol style="list-style-type: none"> 1. Introduction 2. Self and Personality 3. Concept of Self 4. Cognitive and Behavioural aspects of Self 	25

	<p>5. Culture and Self</p> <p>6. Concept of Personality</p> <p>7. Major Approaches to the Study of Personality</p> <ul style="list-style-type: none"> • Type Approaches • Trait Approaches • Psychodynamic Approach and Post Freudian Approaches • Behavioural Approach • Cultural Approach • Humanistic Approach <p>8. Assessment of Personality</p> <ul style="list-style-type: none"> • Self-report Measures • Projective Techniques • Behavioural Analysis 	
Unit III	<p>Meeting Life Challenges</p> <p><i>The topics in this unit are:</i></p> <p>1. Introduction</p> <p>2. Nature, Types and Sources of Stress</p> <p>3. Effects of Stress on Psychological Functioning and Health</p> <ul style="list-style-type: none"> • Stress and Health • General Adaptation Syndrome • Stress and Immune System • Lifestyle <p>4. Coping with Stress</p> <ul style="list-style-type: none"> • Stress Management Techniques <p>5. Promoting Positive Health and Well-being</p> <ul style="list-style-type: none"> • Life Skills • Positive Health 	18
Unit IV	<p>Psychological Disorders</p> <p><i>The topics in this unit are:</i></p> <p>1. Introduction</p> <p>2. Concepts of Abnormality and Psychological Disorders</p> <p>3. Classification of Psychological Disorders</p> <p>4. Factors Underlying Abnormal Behaviour</p> <p>5. Major Psychological Disorders</p> <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 	26

	<ul style="list-style-type: none"> • Depressive Disorder • Bipolar and Related Disorders • Schizophrenia Spectrum and Other Psychotic Disorders • Neurodevelopmental Disorders • Disruptive, Impulse-Control and Conduct Disorders • Feeding and Eating Disorders • Substance Related and Addictive Disorders 	
Unit V	<p>Therapeutic Approaches <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 3. Types of Therapies <ul style="list-style-type: none"> • Psychodynamic Therapy • Behaviour Therapy • Cognitive Therapy • Humanistic-Existential Therapy • Alternative Therapies • Factors contributing to healing in Psychotherapy • Ethics in Psychotherapy 3. Rehabilitation of the Mentally Ill 	22
UnitVI	<p>Attitude and Social Cognition <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. Pro-social Behaviour 	18
Unit VII	<p>Social Influence and Group Processes <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 	20

	<ul style="list-style-type: none"> • Social Loafing • Group Polarisation 5. Conformity, Compliance and Obedience 6. Cooperation and Competition 7. Intergroup Conflict: Nature and Causes 8. Conflict Resolution Strategies	
Unit IX	Developing Psychological Skills <i>The topics in this unit are:</i> <ol style="list-style-type: none"> 1. Introduction 2. Developing as an Effective Psychologist 3. General Skills 4. Observational Skills 5. Specific Skills 6. Interviewing Skills 7. Counselling Skills 	19

HALF YEARLY

Units	Topics	Marks
VI	Variations in Psychological Attributes	19
VII	Self and Personality	17
VIII	Meeting Life Challenges	16
IX	Psychological Disorders	18
Total		70

PRE-BOARD

Units	Topics	Marks
I	Variations in Psychological Attributes	08
II	Self and Personality	10
III	Meeting Life Challenges	09
IV	Psychological Disorders	11
V	Therapeutic Approaches	09
VI	Attitude and Social Cognition	07
VII	Social Influence and Group Processes	08
IX	Developing Psychological Skills	08
Total		70

Class XII
Subject: Psychology
Blue Print of Distribution of Marks
Half Yearly Examination, 2023-24

Unit	Title	Group A	Group B	Group C	Group D	Group E	Group F	Units
		MCQ 1 Marks	VSA 1 Marks	SA I 2 Marks	SA II 3Marks	LA I 4Mark s	LA II 5 Marks	Total
I	Variations in Psychological Attributes	1x3	1x2	2x1	3x1	4x1	5x1	19
II	Self and Personality	1x2	1x3	2x1	3x2	4x1	--	17
III	Meeting Life Challenges	1x2	1x3	2x2	3x1	4x1	--	16
IV	Psychological Disorders	1x3	1x2	2x1	3x2	--	5x1	18
Total		1x10=10	1x10=10	2x5=10	3x6=18	4x3=12	5x2=10	70

Blue Print of Distribution of Marks
Pre-Board / Board Final Examination, 2023-24

Units	Title	Group A	Group B	Group C	Group D	Group E	Group F	Units
		MCQ 1Mark	VSA 1 Mark	SA I 2 Marks	SA II 3Mark s	LA I 4Mark s	LA II 5 Marks	Total
I	Variations in Psychological Attributes	2x1	1x1	1x2	1x3	--	--	08
II	Self and Personality	2x1	1x1	--	1x3	1x4	--	10
III	Meeting Life Challenges	1x1	1x1	1x2	--	--	1x5	09
IV	Psychological Disorders	1x1	2x1	--	1x3		1x5	11
V	Therapeutic Approaches	1x1	1x1	--	1x3	1x4	--	09
VI	Attitude and Social Cognition	1x1	1x1	1x2	1x3	--	--	07

VII	Social Influence and Group Processes	1x1	2x1	1x2	1x3	--	--	08
IX	Developing Psychological Skills	1x1	1x1	1x2	--	1x4	--	08
Total		1x10=10	1x10=10	2x5=10	3x6=18	4x3=12	5x2=10	70

****NB:** There shall be internal choice in any 3 questions of 4 Marks and all questions of 5 Marks

Practical

Marks: 30

The students shall be required to undertake **One Test** during their examination.

Tests:

1. Measure the Concrete Intelligence of the subject using Alexander Pass Along Test.
2. Measure the Concrete Intelligence of the subject using Dearborn Form Board Test.
3. Measure the Adjustment Pattern of the subject using Bell Adjustment Inventory.
4. Measure the Personality Characteristics of the subject using Bengali adaptation version of Neyman Kohlstedt Diagnostic Test for Introversion- Extroversion.

Marks Distribution:

Total marks: 30 Marks
 Practical File: 03 Marks
 Viva voce: 02 Marks
 Attendance : 05 Marks
 Reporting: 20 Marks

Reporting:

1. Problem: 01 Mark
2. Basic Concept: 03 Marks
3. Preliminaries: 01 Mark
4. Materials Required: 01 Mark
5. Instruction to the subject: 02 Mark
6. Precaution: 02 Mark
7. Procedure: 03 Marks
8. Data and Result: 04 Marks
9. Discussion and Conclusion: 03 Marks