

KOTHARI INTERNATIONAL SCHOOL

GRADE - 12 ANNUAL ACADEMIC PLAN

SUBJECT: PSYCHOLOGY SESSION: 2022-23

NAME OF THE TEACHER NAKKASHI JAIN

PSYCHOLOGY

THEORY – 70 MARKS PRACTICAL – 30 MARKS

MONTH	TOPIC	CONTENT(SUB-TOPICS)
MARCH (9 DAYS)	UNIT 1 Variations in Psychological Attributes	<ol style="list-style-type: none">1. Introduction2. Individual Differences in Human Functioning3. Assessment of Psychological Attributes4. Intelligence
APRIL (18 DAYS)	UNIT 1 Variations in Psychological Attributes	<ol style="list-style-type: none">5. Theories of Intelligence: Psychometric Theories of Intelligence, Information Processing Theories, Theory of Multiple Intelligences, Triarchic Theory of Intelligence, Planning, Attention-Arousal and Simultaneous Successive Model of Intelligence6. Individual Differences in Intelligence7. Culture and Intelligence8. Emotional Intelligence9. Special Abilities: Aptitude: Nature and Measurement10. Creativity
MAY (13 DAYS)	UNIT 2 Self and Personality	<ol style="list-style-type: none">1. Introduction2. Self and Personality3. Concept of Self

		<p>4. Cognitive and Behavioural Aspects of Self</p> <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 Approach ● Trait Approach ● Psychodynamic Approach ● 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
<p>APRIL -MAY UNIT TEST – 1</p> <p>(COMMENCING 29 APRIL & ENDING 20 MAY 2022)</p>		<p>Syllabus for Unit Test</p> <p>Variations in Psychological Attributes</p>
<p>JUNE</p> <p>SUMMER VACATION</p>		
<p>JULY (20 DAYS)</p>	<p>UNIT 3 (22 periods) Meeting Life Challenges</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"> ● Stress Resistant Personality ● Life Skills ● Positive Health

<p>AUGUST (19 DAYS)</p> <p>UNIT TEST 2</p>	<p>UNIT 4 Psychological Disorders</p> <p>UNIT 7 Social Influence and Group Processes</p>	<p>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 • Neurodevelopmental Disorders • Disruptive, Impulse-Control and Conduct Disorders • Feeding and Eating Disorders • Substance Related and Addictive Disorders</p> <p>1. Introduction 2. Nature and Formation of Groups 3. Type of Groups 4. Influence of Group on Individual Behavior • Social Loafing • Group Polarization</p>
<p>SEPTEMBER (22 DAYS) HALF YEARLY EXAMINATION COMMENCES 16 SEPTEMBER & ENDS 28 SEPTEMBER</p>	<p>REVISION HALF YEARLY EXAMINATION</p>	<p>SYLLABUS FOR HALF YEARLY EXAMINATION IS 75%</p>

OCTOBER (13 DAYS)	UNIT 5 (20 periods) Therapeutic Approaches	1. Nature and Process of Psychotherapy <ul style="list-style-type: none"> ● Therapeutic relationship 2. Types of Therapies <ul style="list-style-type: none"> ● Behaviour Therapy ● Cognitive Therapy ● Humanistic-Existential Therapy ● Alternative Therapies 3. Rehabilitation of the Mentally Ill
NOVEMBER (21 DAYS) PRE-BOARD EXAMINATION- 1 COMMENCES ON 18 NOVEMBER AND ENDS ON 30 NOVEMBER	UNIT 6 Attitude and Social Cognition	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 SYLLABUS FOR PRE-BOARD EXAMINATION- 1 IS 85%
DECEMBER (21 DAYS) PRE-BOARD EXAMINATION- 2 COMMENCES ON 16 DECEMBER AND ENDS ON 30 DECEMBER	COMPLETION OF PROJECT	SYLLABUS FOR PRE-BOARD EXAMINATION- 2 IS 100%
JANUARY (15 DAYS)	PRACTICE TESTS BOARD PRACTICALS COMMENCE	Introduction to administration, scoring, interpretation & report writing of any one psychological test
FEBRUARY (20 DAYS)	BOARD PRACTICALS	
AWAIT CBSE ANNOUNCEMENT OF BOARD EXAMINATION DATES		

*****PRACTICAL / PROJECT WORK WILL RUN SIMULTANEOUSLY WITH ACADEMIC TRANSACTION.**