

ACADEMIC PLANNER: PSYCHOLOGY
Session 2022-23
CLASS- XII

Month/Days	No of Working Days	Content	Teaching Pedagogy /Home Work /Assignment	Interdisciplinary Aspect/ Practical/Project
April 4 to April 15, 2022	10	Chapter-1 Variations in Psychological Attributes 1. Introduction 2. Individual Differences in Human Functioning 3. Assessment of Psychological Attributes 4. Intelligence	Constructive Method Assignment on Intelligence, Read Intelligence testing of Binet Model from Other Sources	Intelligence Testing, Aptitude Tests, Developmental Assessment
April 16 to April 30, 2022	13	Cont.. 5. Psychometric Theories of Intelligence, Information Processing Theory: Planning, Attention-arousal and Simultaneous successive Model of Intelligence, Triarchic Theory of Intelligence; Theory of Multiple Intelligences.	Exposures of Psychological Tests of Intelligence, Constructive Method	Developmental Assessment, Intelligence Testing,
May 1 to May 15, 2022	11	Cont.. 6. Individual Differences in Intelligence 7. Culture and Intelligence 8. Emotional Intelligence 9. Special Abilities: Aptitude: Nature and Measurement 10. Creativity	Integrative Method	Social Studies Subjects, Chemistry, Biology
May 16 to June 30, 2022	13	HOME WORK ,		
July 1 to 15 July, 2022	12	PRACTICAL -1 DBDA Chapter-2 Self and Personality 1. Introduction 2. Self and Personality 3. Concept of Self-	Practical Administration, Inquiry Based Learning	Career Orientation, Self Awareness
July 16 to July 31, 2022	13	Cont.. 4. Cognitive and Behavioral aspects of Self 5. Culture and Self	Integrative Method	Sociology, SST, Assessment Tests of

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		6. Concept of Personality 7. Major Approaches to the Study of Personality Type Approaches Trait Approaches Psychodynamic Approach and Post Freudian Approaches Behavioral Approach Cultural Approach Humanistic Approach		Personality, Self Awareness
Aug 1 to Aug 15, 2022	9	Cont.... 8. Assessment of Personality Self-report Measures Projective Techniques Behavioral Analysis CASE STUDY-1 PROJECT	Practical, Constructive Method	Different Psychological Test on Personality, Case Studies of Disorder and Disability
Aug 16 to Aug 31, 2022	13	Chapter- 3 Meeting Life Challenges 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	Discussion and Exploration	Discussion of Life Style of Students
Sep 1 to Sep 15, 2022	12	Cont... 4. Coping with Stress Stress Management Techniques 5. Promoting Positive Health and Well-being Life Skills Positive Health PRACTICAL- II RSPM	Psychological Testing, Practical of Intelligence, Demonstration and Constructive	Practical of RSPM
Sep 16 to Sep 30, 2022	13	TERM-1 EXAMINATION		
Oct 1 to Oct 15, 2022	8	Chapter- 4 Psychological Disorders 1 Introduction	Integrative Approach	Culture, Biology, Neurology

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		2. Concepts of Abnormality and Psychological Disorders Historical Background 3. Classification of Psychological Disorders		
Oct 16 to Oct 30, 2022	10	Cont... 4. Factors Underlying Abnormal Behavior Feeding and Eating Disorders Substance Related and Addictive Disorders 5. Major Psychological Disorders Anxiety Disorders Obsessive-Compulsive and Related Disorders Trauma-and Stressor-Related Disorders		
Nov 1 to Nov 15, 2022	11	Cont... 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 Chapter- 5 Therapeutic Approaches 1 Nature and Process of psychotherapy Therapeutic relationship	Integrative Approach	Culture, Biology, Neurology
Nov 16 to Nov 30, 2022	13	Cont... 2. Types of Therapies Behavior Therapy Cognitive Therapy Humanistic-Existential Therapy Alternative Therapies Factors contributing to healing in Psychotherapy Ethics in Psychotherapy 3. Rehabilitation of the Mentally Ill	Integrative Approach	Culture, Biology, Neurology

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Dec 1 to Dec 15, 2022	12	Chapter- 6 Attitude and Social Cognition 1. Introduction 2. Explaining Social Behavior 3. Nature and Components of Attitudes 4. Attitude Formation and Change Attitude Formation Attitude Change	Integrative, Discussion, Question Based	Sociology, Cultural and Ethnography
Dec 16 to Dec 31, 2022	14	Cont.. Attitude-Behavior Relationship 5. Prejudice and Discrimination 6. Strategies for Handling Prejudice Chapter- 7 Social Influence and Group Processes 1. Introduction 2. Nature and Formation of Groups Cont.. 3. Type of Groups 4. Influence of Group on Individual Behavior Social Loafing Group Polarisation	Integrative, Discussion, Question Based	Sociology, Cultural and Ethnography
Jan 1 to Jan 15, 2022	NIL	Revision Work of Syllabus	Integrative, Discussion, Question Based	Sociology, Cultural and Ethnography
Jan 15 to Jan 31, 2022	13	Revision Work of Syllabus		

Class Test-1	Units of Chapter 1	20 Marks
Class Test- 2	Chapter 2, and Units of Chapter-3	20 Marks
Practical-1	DBDA	15 Marks

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Class Test-3	Chapter- 3 and 4	20 Marks
Project and Practical -2	Case Profile-1 and RSPM	15 Marks
Class Test- 4	Chapter – 5, 6	20 Marks
Term-1	Chapter 1,2,3	80 Marks
Pre Board	Chapter- 4, 5, 6, 7	80 Marks