

PLANNER PSYCHOLOGY XII- 2023-24

Month/Working Days	Contents	No of Working Days	Homework/Assignment/ Practical Work	Teaching Padegogy
APRIL (21) 3rd April to 15 April, 2023	Individual Differences in Human Functioning Assessment of Psychological Attributes Intelligence Theories of Intelligence Theory of Multiple Intelligences Triarchic Theory of Intelligence Planning, Attention-arousal, and Simultaneous-successive Model of Intelligence, Practical -I-RSPM	9	Diagram on different Intellegence Theory, Assessment of Intelligence, Practical based Assignments	Constructive and Integrative Methods
APRIL (21) 16 April to 30 April, 2023	Individual Differences in Intelligence Variations of Intelligence Some Misuses of Intelligence Tests Culture and Intelligence Emotional Intelligence Characteristics of Emotionally Intelligent Persons Special Abilities Aptitude : Nature and Measurement Creativity Practical -II DBDA	11	Diagram on different Intellegence Theory, Assessment of Intelligence, Practical based Assignments	Demonstration and Practical
May (11) 1st May to 15th May, 2023	Self and Personality Concept of Self Cognitive and Behavioural Aspects of Self Self-esteem, Self-efficacy and Self-regulation Culture and Self Concept of Personality Personality-related Terms	11	Observation of Diiferent personalities, Assignmentn of Self Concept, Practical of Assessment of Personality, Interoversion and Extroverson among Surrounding	Constructive and Integrative Methods

16th May to 30th June, 2023				
July (25) 1st July to 15th July, 2023	Major Approaches to the Study of Personality Type Approaches Trait Approaches Five-Factor Model of Personality, Psychodynamic Approach Behavioural Approach Cultural Approach Humanistic Approach Who is a Healthy Person? Assessment of Personality Self- report Measures Projective Techniques Behavioural Analysis Practical-III KIEI	12	Observation of Different personalities, Assignment of Self Concept, Practical of Assessment of Personality, Introversion and Extroversion among Surrounding	Constructive and Integrative Methods
16th July to 31st July, 2023	Nature, Types and Sources of Stress A Measure of Stressful Life Events Effects of Stress on Psychological Functioning and Health Examination Anxiety Stress and Health General Adaptation Syndrome Stress and Immune System Lifestyle Coping with Stress Stress Management Techniques Promoting Positive Health and Well-being Life Skills Resilience and Health CASE STUDY- Introduction	12	Assignment of find the various stressor in day to day life, Preparation on "how to control on Stress" Stress Management Techniques, Documentary on Various Cases	Constructive and Integrative Methods
August (22) 1st August to 15th August, 2023	Concepts of Abnormality and Psychological Disorders Classification of Psychological Disorders Factors Underlying Abnormal Behaviour Major Psychological Disorders Anxiety Disorders Obsessive-Compulsive and Related Disorders Trauma- and Stressor-Related Disorders Somatic Symptom and Related Disorders Dissociative Disorders Salient Features of Somatic Symptom and Related Disorders and Dissociative Disorders CASE STUDY-Selection and Demonstration	11	Find the various Movies and Documentary on Different Disorders, Prepare charts on disorder and its Management, Writing of CASE study	Demonstration and Practical,

16th August to 31st August, 2023	Depressive Disorders 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	13	Reading of Basic points and Make a chart on DSM and ICD, Collection of Small clipping on Disaorders and its Management	Constructive and Integrative Method
September (25) 1st -15th September, 2023	Nature and Process of Psychotherapy Therapeutic Relationship Type of Therapies Steps in the Formulation of a Client's Problem Behaviour Therapy Relaxation Procedures Practical-IV AISS	11	List of Counseling Skills, Prepare charts, Practical AISS-Conduction and Administration on students	Intergrative Social Science
16th to 30th September, 2023	Cognitive Therapy Humanistic-existential Therapy Alternative Therapies Rehabilitation of the Mentally Ill	12	Find and prepare a PPT on rehabilitation of Mentally Ill	Demonstration and Practical
October (18) 1st October to 15th October, 2023	Explaining Social Behaviour Nature and Components of Attitudes A 'Green Environment' : The A-B-C Components of an Attitude Attitude Formation and Change Attitude Formation Attitude Change Telling a Lie for Twenty Dollars Attitude-Behaviour Relationship Practical-V CACS	10	Write a Short notes of Five friends, Write SWOT analysis, Make a list of liking and disliking things around us. Make a list of tips to escape from Negative Peer Pressure	Reflective
16th October to 31st October, 2023	Prejudice and Discrimination Strategies for Handling Prejudice Social Cognition Schemas and Stereotypes Impression Formation and Explaining Behaviour of Others through Attributions Impression	9	Practical of Self Concept, Write notes on Prosocial behaviour, Write a list of various addiction among adolescent and its Mangement	Inquiry Based Learning
November (24) 1st November to 15th November, 2023	Formation Attribution of Causality Behaviour in the Presence of Others Pro-social Behaviour Factors Affecting Pro-social Behaviour	9	Assignment of PSB	Demonstration and Pract

16th November to 30th November, 2023	Case Study Disacussion and Interaction with Subject(Case)	12	Practical CSCS	Constructive and Integrative Method, Practical
December (26) 1st December to 15th December, 2023	Introduction Nature and Formation of Groups Groupthink, Type of Groups Practical Demonstration of AISS, CSCS	12	Practical AISS	Intergrative Social Science, Demonstartive
16th December to 31st December, 2023	The Minimal Group Paradigm Experiments, Influence of Group on Individual Behaviour Social Loafing Group Polarisation, Practical Practice of KIEI, DBDA	13	Practical DBDA, KIEI	Demonstration and Practical, Practical
January (13) 1st January to 15 January, 2023	Revision Work	—		CBSE Exemplar, MCQ, CaseStudy Based Questions
January to 16th to 31st January, 2023	Revision Work	13		CBSE Exemplar, MCQ, CaseStudy Based Questions