

ARMY PUBLIC SCHOOL, BANGALORE
SPLIT UP SYLLABUS 2023-24

CLASS - 12
SUBJECT- PSYCHOLOGY

SL. NO.	MONTH & WORKING DAYS	CONTENT
1.	MARCH, 13 DAYS	Unit 1: -Variations in Psychological Attributes Introduction, Individual Differences in Human Functioning, Assessment of Psychological Attributes Intelligence, Psychometric Theories of Intelligence, Information Processing Theory: Planning, Attention-arousal and Simultaneous successive Model of Intelligence, Triarchic Theory of Intelligence; Theory of Multiple Intelligences. Individual Differences in Intelligence, Culture and Intelligence, Emotional Intelligence, Special Abilities: Aptitude: Nature and Measurement, Creativity Practical 1 and Case Study
2.	APRIL, 14 DAYS	Unit 2 - Self and Personality - Introduction, Self and Personality, Concept of Self, Cognitive and Behavioural aspects of Self, Culture and Self, Concept of Personality, Major Approaches to the Study of Personality, Type Approaches, Trait Approaches. Psychodynamic Approach and Post Freudian Approaches, Behavioural Approach, Cultural Approach, Humanistic Approach Assessment of Personality, Self-report Measures,

		Projective Techniques, Behavioural Analysis Practical 2 and Case Study
3.	JUNE, 24 DAYS	Unit 3 - Meeting Life Challenges - Introduction, Nature, Types and Sources of Stress, Effects of Stress on Psychological Functioning and Health, 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, Positive Health. Practical 3 and Case Study. Unit 4 -Psychological Disorders - Introduction, Concepts of Abnormality and Psychological Disorders Historical Background, Classification of Psychological Disorders, Factors Underlying Abnormal Behaviour,
4.	JULY, 23 DAYS	Unit 4 -Psychological Disorders - 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 Practical 4
5.	AUG, 24 DAYS	Unit 5 - Therapeutic Approaches - Nature and Process of psychotherapy, therapeutic relationship, Types of Therapies- Behaviour Therapy, Cognitive Therapy, Humanistic- Existential Therapy, Alternative Therapies, Factors contributing to healing in Psychotherapy, Ethics in Psychotherapy, Rehabilitation of the Mentally Ill. Practical 5
6.	SEPT, 22 DAYS	Unit 6 - Attitude and Social Cognition- Introduction, Explaining Social Behaviour, Nature and Components of Attitudes, Attitude Formation and Change, Attitude Formation Attitude Change, Attitude-Behaviour Relationship, Prejudice and Discrimination, Strategies for Handling Prejudice
7.	OCT, 16 DAYS	Unit 7 - Social Influence and Group Processes -Introduction Nature and Formation of Groups, Type of Groups, Influence of Group on Individual Behaviour - Social Loafing and Group

8.	NOV, 21 DAYS	Revision
9.	DEC, 18 DAYS	Revision/ Preboard I
10.	JAN, 23 DAYS	Revision/ Preboard II
11.	FEB, 24 DAYS	
12.	MARCH, 21 DAYS	

BOOKS:NCERT Psychology