

**COURSE STRUCTURE
CLASS XII (2023-2024)**

Theory Paper

**3 Hours
Marks: 70**

Units	Topics	No. of periods	Marks
I	Variations in Psychological Attributes	30	13
II	Self and Personality	32	13
III	Meeting Life Challenges	23	9
IV	Psychological Disorders	30	12
V	Therapeutic Approaches	25	9
VI	Attitude and Social Cognition	16	8
VII	Social Influence and Group Processes	14	6
	Total	170	70

COURSE CONTENT

Unit I	<p>Variations in Psychological Attributes</p> <p><i>The topics in this unit are:</i></p> <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, Information Processing Theory: Planning, Attention-arousal and Simultaneous successive Model of Intelligence, Triarchic Theory of Intelligence; Theory of Multiple Intelligences. 6. Individual Differences in Intelligence 7. Culture and Intelligence 8. Emotional Intelligence 9. Special Abilities: Aptitude: Nature and Measurement 10. Creativity 	30 Periods
Unit II	<p>Self and Personality</p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> 1. Introduction 2. Self and Personality 3. Concept of Self 4. Cognitive and Behavioural aspects of Self 	32 Periods

	<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> <ol style="list-style-type: none"> 1. Introduction 2. Nature, Types and Sources of Stress 3. Effects of Stress on Psychological Functioning and Health <ul style="list-style-type: none"> • Stress and Health • General Adaptation Syndrome • Stress and Immune System • Lifestyle 4. Coping with Stress <ul style="list-style-type: none"> • Stress Management Techniques 5. Promoting Positive Health and Well-being <ul style="list-style-type: none"> • Life Skills • Positive Health 	23 periods
Unit IV	<p>Psychological Disorders</p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> 1. Introduction 2. Concepts of Abnormality and Psychological Disorders <ul style="list-style-type: none"> • Historical Background 3. Classification of Psychological Disorders 4. Factors Underlying Abnormal Behaviour 5. Major Psychological Disorders 	30 Periods

	<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 • 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</p> <p><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 2. Types of Therapies <ul style="list-style-type: none"> • Behaviour Therapy • Cognitive Therapy • Humanistic-Existential Therapy • Alternative Therapies • Factors contributing to healing in Psychotherapy • Ethics in Psychotherapy 3. Rehabilitation of the Mentally Ill 	25 Periods
Unit VI	<p>Attitude and Social Cognition</p> <p><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 	16 Periods

Unit VII	Social Influence and Group Processes <i>The topics in this unit are:</i> <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 <ul style="list-style-type: none"> • Social Loafing • Group Polarisation 	14 Periods								
Practical 30 Marks <p>A. Development of case profile: Using appropriate methods like interview, observation & psychological tests.</p> <p>B. Test administration: Students are required to administer and interpret five psychological tests related to various psychological attributes like intelligence, aptitude, attitude, personality, etc.</p> <p>C. In the Practical examination, the student will be required to administer and interpret two psychological tests.</p> <p>Distribution of Marks:</p> <table border="1" data-bbox="204 1104 1214 1451"> <tr> <td data-bbox="204 1104 961 1184">• Practical File and Case Profile</td> <td data-bbox="961 1104 1214 1184">10 Marks</td> </tr> <tr> <td data-bbox="204 1184 961 1264">• Viva Voce (Case Profile & Two Practicals)</td> <td data-bbox="961 1184 1214 1264">05 Marks</td> </tr> <tr> <td data-bbox="204 1264 961 1381">• Two Practicals (5 marks for conduct of practicals and 10 marks for reporting)</td> <td data-bbox="961 1264 1214 1381">15 Marks</td> </tr> <tr> <td data-bbox="204 1381 961 1451" style="text-align: center;">Total</td> <td data-bbox="961 1381 1214 1451" style="text-align: center;">30 Marks</td> </tr> </table>		• Practical File and Case Profile	10 Marks	• Viva Voce (Case Profile & Two Practicals)	05 Marks	• Two Practicals (5 marks for conduct of practicals and 10 marks for reporting)	15 Marks	Total	30 Marks	60 Periods
• Practical File and Case Profile	10 Marks									
• Viva Voce (Case Profile & Two Practicals)	05 Marks									
• Two Practicals (5 marks for conduct of practicals and 10 marks for reporting)	15 Marks									
Total	30 Marks									

QUESTION PAPER DESIGN
CLASS – XII (2023-24)

I. Board Examination: Theory

Time: 3 Hours		Maximum Marks: 70	
S. No.	Competencies	Total Marks	% Weightage
1	Remembering and Understanding: Exhibiting memory of previously learned material by recalling facts, terms, basic concepts, and answers; Demonstrating understanding of facts and ideas by organizing, comparing, translating, interpreting, giving descriptions and stating main ideas	25	35%
2	Applying: Solving problems to new situations by applying acquired knowledge, facts, techniques and rules in a different way	31	45%
3	Formulating, Analysing, Evaluating and Creating: Examining and breaking information into parts by identifying motives or causes; Making inferences and finding evidence to support generalizations; Presenting and defending opinions by making judgments about information, validity of ideas, or quality of work based on a set of criteria; Compiling information together in a different way by combining elements in a new pattern or proposing alternative solutions	14	20%
	Total	70	100%

II. Practical: 30 Marks

Prescribed Books:

1. Psychology, Class XI, Published by NCERT
2. Psychology, Class XII, Published by NCERT

Note: The above textbooks are also available in Hindi medium.