

Class -XII

Planner of Psychology

Month/Working days	Content	Homework/Assignment	Practical Work
March-April (days-29)	Unit1 Intelligence and Aptitude	Assignment of Long	Practical-1
March 23-April15 (17)	Individual differences in human functioning; Theories of intelligence;One Factor theory two factor theory,Gardener Theory of Multiple	Questions	Intelligence Testing
April16-30(12)	Intelligence,Pass model of Intelligence;Culture and intelligence,Emotiona intelligence,Aptitude Nature and types ; Assessment of psychological attributes;	Class notes	Identifying type of Intelligence on MI Questionaire
May (days-14)	Unit-2; Self and Personality	An Assignment of	Practical-2
1-22 (14)	Aspects of self,self concept,self esteem,self regulation Approaches to personality;Theories of personality Assessment of personality;self report measures Behaviour analysis,Projective techniques	questions based on this chapter Making GO for different concepts	Personality testing project ideas
July (days-25)	Unit-4; Psychological disorders	An assignment of	Discussion of various
1-15 (12)	Concept of abnormality,Causal factors;Classification of disorder,Major psychological disorders,Anxiety; Somatoform;Dissociative,mood, Schizophrenic; Developmentaland behavioural;Substance related Disorder	long and Short Questions Waching Movies related to different psychological disorders	case studies related to different psychological disorders
16-31(13)	Unit-5;Therapeutic Approach and Counselling Nature and process of therapy;Therapeutic relationship Types of therapies;Psychodynamic;Humanistic; Cognitive;Behaviour;Alternative therapies;Yoga Meditation;Zen;Rehabilitation of mentally ill patient Counselling	An assignment of questions from previous years papers	Practical-3;Adjusment testing
August (days-24)	Unit-6;Attitude and social cognition	Assignment on Long Question	Practical-4 Attitude Testing
1-15 (10)	Explaining behaviour through attribution;social cognition;nature and component of attitude;beh. inpresence of others;prosocial beh.;prejudice	take a concept	
16-31 (14)	Unit-7 Social influence and group processes Group nature function and types,Influence processes		
September(days -21)			

1-15(11)	Half Yearly Examination		
16-30 (10)	Unit-3 Human Strength and meeting life challenges		
	Life challenges and adjustment;concept of adaptation;		
October(days-20)		An assignment of questions	Practical-5 Aptitude testing
1-15 (9)	Unit-3 Human Strength and meeting life challenges	from previous years papers	
	Human strength and virtues;coping with stress;		
16-31 (11)	Unit-8;Environment and social concern	Objective questions	
	Human environment relationship;promoting pro environm	Review Questions	
	Behaviour,noise,natural disaster,aggression and violence		
November(days-24)		Preparing ppt onSocial issues	Project Completion
1-15(11)	Unit-9 Applied psychology	Review Questions	
	Applicationof psychology in sports, education, communication ,organisation		
16-30 (13)	Revision	Revision worksheets and test	Case Study Completion
December(days-23)			
1-15(11)	Assessment Test		
16-31(12)	Project Work	Revision assignments	
	Revision		
16-31(12)	Unit-5 sensory and perceptual processes	Assignment of short	Practical -3 Illusion
	Nature and functionof sense modality;sensory adap	answer	
	attention;nature and determinents ;selective and		
	sustained attention,perception and depth perception		
January(days-14)			

1-15 (1)	Revision Chapter-5		
16-31 (13)	Unit-8 Language and thought	Assignment of short	Activity from chapter
	Thought and language stages of cognitive devel.	and long questions	
	Development of language		
	revision	sample Questions	
	revision	class test	
Feburary			
	Completion of Practical File		
	Revision Work		
	Revision for exams		