

Class –XII

ACADEMIC PLANNER: PSYCHOLOGY

Month/Working days	Content	Homework/Assignment	Practical Work
April (22 Days)	Unit1 Intelligence and Aptitude	Assignment of Long	Practical-1
April 1-15 (11)	Individual differences in human functioning; Theories of intelligence; One Factor theory	Questions	Intelligence Testing
	two factor theory, Gardener Theory of Multiple Intelligence.		
April 16-30(11)	Intelligence, Pass model of Intelligence; Culture and intelligence, Emotional intelligence, Aptitude	Class notes	Project ideas – Collect ideas for project
	Nature and types ; Assessment of psychological		
	Attributes.		
May (11 Days)	Unit-2; Self and Personality	NCERT questions +	Practical-2
1-15 (11)	Aspects of self, self concept, self esteem, self regulation	Extra questions	Personality testing
	Approaches to personality; Theories of personality		
	Assessment of personality; self report measures		Project ideas
	Behavior analysis, Projective techniques.	Making GO for different theories	
July (26 Days)	Unit-4; Psychological disorders	NCERT questions +	Discussion of various
1-15 (12)	Concept of abnormality, Causal factors; Classification	Extra questions	case studies related to
	of disorder, Major psychological disorders, Anxiety;		different psychological
	Somatoform; Dissociative, Mood, Schizophrenia;	Watch movies related to	disorders
	Developmental and behavioral; Substance related	different psychological	
	Disorder.	Disorders	
16-31(14)	Unit-5;Therapeutic Approach and Counseling	An assignment of questions	Practical-3;Adjustment testing
	Nature and process of therapy; Therapeutic relationship	from previous years papers	
	Types of therapies; Psychodynamic; Humanistic;		

	Cognitive; Behavior; Alternative therapies; Yoga Meditation; Zen; Rehabilitation of mentally ill patient		
	Counseling.		
August (23 Days)	Unit-6;Attitude and social cognition	Assignment on Long Questions	Practical-4 Attitude Testing
1-15 (10)	Explaining behavior through attribution; social cognition; nature and component of attitude; behavior		
	In presence of others; pro social behavior; prejudice Revision of Half Yearly Syllabus	Take a concept and explain	
16-31 (13)	Unit-7 Social influence and group processes		
	Group nature function and types, Influence processes		
September(23 Days)			
1-15(10)	Unit-3 Human Strength and meeting life challenges	An assignment on questions from previous years papers	
	Life challenges and adjustment; concept of adaptation		
16-30 (13)	Half Yearly Examination		
October(17 Days)		An assignment of questions	Practical-5 Aptitude testing
1-15 (06)	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 type questions	
	Human environment relationship; promoting pro environment behavior, noise, natural disaster, aggression and violence	Review Questions	
November(24 Days)			
1-15(11)	Unit-9 Applied psychology	Review Questions	Project Completion
	Application of psychology in sports, education,		

	communication, organization.		
16-30 (13)	PRE BOARD - I		
December(24 Days)			
1-15(11)	PRE BOARD - II		
16-31(13)	REVISION	Practice papers	
January(14 Days)	PRE BOARD - II		
1-15(1)		CBSE Sample Papers and previous year question papers	
16-31(13)			

