

PLANNER PSYCHOLOGY XII- 2024-25

Month/Working Days	Contents	No of Working Days	Homework/Assignment/ Practical Work	Teaching Pedagogy
APRIL (22) 1 April to 15 April, 2024	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	11	Diagram on different Intelligence Theory, Assessment of Intelligence, Practical based Assignments	Constructive and Integrative Methods
APRIL (22) 16 April to 30 April, 2024	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 Intelligence Theory, Assessment of Intelligence, Practical based Assignments	Demonstration and Practical
May (18) 1st May to 15th May, 2024	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	12	Observation of Different personalities, Assignment of Self Concept,	Constructive and Integrative Methods

16th May to 25 May, 2024	Personality Assessment, Various personality factors and theory ,	6	Practical of Assessment of Personality, Interersion and Extroversion among Surrounding	
25 th May to 30 th June, 2024	Holiday Homework and Project Work			
July (25) 1st July to 15th July, 2024	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 Diiferent personalities, Assignentn of Self Concept, Practical of Assessment of Personality, Interersion and Extroversion among Surrounding	Constructive and Integrative Methods
16th July to 31st July, 2024	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	13	Assignment of find the various stressor in day to day life, Preparation on "how to control on Stress" Stress Mnagment Techniques, Documentry on Various Cases	Constructive and Integrative Methods
August (23) 1st August to 15th August, 2024	CASE STUDY- Introduction 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	11	Find the various Movies and Documentry on Difeerent Disorders, Prepare charts on disaorder and its Management, Writing of CASSE study	Demonstation and Practical,

	Related Disorders Dissociative Disorders Salient Features of Somatic Symptom and Related Disorders and Dissociative Disorders CASE STUDY-Selection and Demonstration			
16th August to 31st August, 2024	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	12	Reading of Basic points and Make a chart on DSM and ICD, Collection of Small clipping on Disorders and its Management	Constructive and Integrative Method
September (23) 1st -15th September, 2024	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, 2024	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 (20) 1st October to 15th October, 2024	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	8	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, 2024	Attitude-Behaviour Relationship Practical-V CSCS Prejudice and Discrimination Strategies for Handling Prejudice Social Cognition Schemas and Stereotypes Impression Formation and Explaining Behaviour of Others through Attributions Impression	12	Practical of Self Concept, Write notes on Prosocial behaviour, Write a list of various addiction among adolescent and its Mangement	Inquiry Based Learning
November (23) 1st November to 15th November, 2024	Formation Attribution of Causality Behaviour in the Presence of Others Pro-social Behaviour Factors Affecting Pro-social Behaviour	10	Assignment of PSB	Demonstration and Prac

16th November to 30th November, 2024	Case Study Discussion and Interaction with Subject(Case)	13	Practical CSCS	Constructive and Integrative Method, Practical
December (24) 1st December to 15th December, 2024	Introduction Nature and Formation of Groups Groupthink, Type of Groups Practical Demonstration of AISS, CSCS	11	Practical AISS	Intergrative Social Science, Demonstarative
16th December to 31st December, 2024	The Minimal Group Paradigm Experiments, Influence of Group on Individual Behaviour Social Loafing GroupPolarisation, Practical Practice of KIEI, DBDA	13	Practical DBDA, KIEI	Demonstration and Practical, Practical
January (13) 1st January to 15 January, 2024	Revision Work	—		CBSE Exemplar, MCQ, CaseStudy Based Questions
January to 16th to 31st January, 2024	Revision Work	13		CBSE Exemplar, MCQ, CaseStudy Based Questions