

**ACADEMIC PLANNER 2025-26**

**CLASS XI PSYCHOLOGY**

DATE	CONTENT	LEARNING OUTCOMES	ASSIGNMENT/CLASS ACTIVITY	MODE OF ASSESSMENT	TEACHING PEDAGOGY	INTERDISCIPLINARY ASPECT/SDG GOALS	21st CENTURY SKILLS	LAB PRACTICAL	
April 15-30	Chapter 1 : What is Psychology?	The Learner will be able to: 1.Understand the nature and role of psychology in deciphering mind and behavior 2. State the growth of the discipline 3. Know the different field of Psychology and its relationship with other discipline, and professions 4. Appreciate the value of Psychology in daily life to understand oneself and others better.	Students will be provided with a list of sentences where they are to find out various psychological processes used.	Notebook Assessment-class Notes	Incorporating Writing	Art Integration:- Making a mindmap. SDG Goal 4: Quality Education	Critical Thinking Self- Reflection		
May 1-15	Chapter 2: Methods of Enquiry in psychology	The Learner will be able to: 1. Understand the goals of psychological enquiry 2. Grasp various tools for a scientific enquiry 3. Develop the skills of psychological enquiry 4. Know the importance of ethical consideration.	Research project on any of the topic using various psychological tools	Project Evaluation	Using of online platforms/social media Apps eg:- Google forms, Telephonic Interview	Art Integration:- Project File	Communication skills Problem Solving		
May 16-25	Chapter 3 : Human Development	The Learner will be able to: 1. Describe the meaning and process of development 2.Explain the influence of heredity, environment and context on human development 3.Identify the stages of development and describe the major characteristics of each stage, records one's own course of development and related experiences.	To interact and observe the characteristics of any one person of the various stages, ROLE PLAY- 5 GROUPS- each will get one stage to define its challenges	Class Notes Assessment, Role play to be uploaded on the school website.	Role play, Collaborative learning	Art Integration:- To paste pictures of interaction with different stage people SDG Goal 3: Good Health and Well-being	Social Skills- Empathy, Adaptibility and coping etc.		
July 1- 15 and continued after Unit Test 1 August 1-15	Chapter 4 : Sensory, Attentional and perceptual processes	The Learner will be able to: 1. Explain the nature of sensory processes, i.e. how various sensory stimuli are received, attended to and given meaning 2. Describe the processes and types of attention.	- Pictures of various illusions where image create multiple meaning/ reality followed by discussion and connecting it with perception/figure and background perception. - Holding a pencil in front of nose and bringing it near to eyes followed by discussion on what happened and role of various senses	Class Notes Assessment, Research Project	Through TLMs.	Art Integration: Draw/paint an image based on Figure and Ground concept.	Focus and Attention Decision Making Social Skills		
July 16- 30	<b>UNIT TEST- I</b>								
August- 15-30	Chapter 5: Learning	The Learner will be able to: 1. Understand the nature of learning and get a detailed idea on different types of learning processes 2. Examine the various factors affecting learning 3. Get insight on learning disabilities, its types and symptoms	Students shall share Real-Life Examples of conditional and operant conditioning	Notebook Assessment	Through TLMs, Use case studies and videos of real-life examples.	Art Integration-Understanding each type of learning with a mind map and examples SDG Goal 4: Quality Education	Problem Solving Decision Making Self- Analytical	Practical 1- Verbal Learning	
September 1 - 15	<b>REVISION</b>	The Learner will be able to: 1. Strengthen their understanding of important topics 2. Practice applying concepts to solve problems effectively. 3. Assess their grasp of the material	Oral and Written Class Test, Presentations, QUIZ	Notebook Assessment-class Notes, Revision test, mindmaps etc.	Class Discussion, Explanation and incorporating writing	Art Integration- Presentation, Role Play	Time Management Communication Skills Technical Skills		
September 16-30	<b>TERM -I</b>								
October 6- 18	Chapter 6: Human Memory	The Learner will be able to: 1. Understand the nature of memory 2. Distinguish between different types of memory 3. Explain how the contents of long-term memory are represented and organised 4. Appreciate the constructive and reconstructive processes in memory 5. Describe the nature and causes of forgetting and the strategies for improving memory.	Memory Game	Class notes, practical file	Real- Life examples, Explanation, Group activity	Art Integration- Development of a memory game	Time Management: Using memory-enhancing techniques (like chunking and mnemonics) to organize time and information, using of Higher order skills Collaboration Skills	Practical 2- Span of attention.	
October 24- November 15	Chapter 7: Thinking	The Learner will be able to: 1.Describe the nature of thinking and reasoning 2.Explain some cognitive processes involved in problem solving and decision-making 3.Differentiate between language and thought.	Introduce concepts like problem-solving, decision-making, and reasoning. Use puzzles and real-life examples to make these concepts engaging.	Class notes	Group Discussion, Explanation	Mathematics	Critical thinking and reasoning as fundamental skills in psychology that lead to innovation Problem-solving Creativity		
November 16-30	<b>UNIT TEST- II</b>								
December 1-20	Chapter 8: Emotions	The Learner will be able to: 1.Describes the nature of human motivation and crucial motives. 2.Enumerate the strategies to manage one's own emotions.	To express different emotions through story telling	Class Notes	Collaborative learning	SDG Goal 3: Good Health and Well-being Maslow's theory which is mentioned in Economics and Physical Education	Emotional regulation Resilience Self Actualisation		
December 21-31	Doubt Classes	The Learner will be able to: 1. Deepen their comprehension of challenging concepts. 2. Reinforce their understanding, leading to better retention of key concepts. 3. Practice applying concepts in different contexts, improving their problem-solving abilities.	Will discuss Case based questions, help them with answer framing, will mark important topics etc.	Revision test	Group discussion, Explanation, youtube videos	Art Integration- Creative Notes Making	Literacy skills Problem Solving Critical Thinking		
January 1-15	<b>WINTER BREAK</b>								
January 16-31	<b>REVISION</b>								
February 1-15	<b>REVISION</b>								
February 16- 28	<b>ANNUAL EXAMINATION</b>								