

ACADEMIC PLANNER 2025-26

CLASS XII PSYCHOLOGY

DATE	CONTENT	LEARNING OUTCOMES	ASSIGNMENT/CLASS ACTIVITY	MODE OF ASSESSMENT	TEACHING PEDAGOGY	INTERDISCIPLINARY ASPECT/SDG GOALS	21st CENTURY SKILLS	LAB PRACTICAL
March 19-31	Bridge Course Programme- Methods of psychological enquiry	Learner will be able to: 1. Gain a comprehensive understanding of the principles, methods, and tools used in psychological assessments. 2. Develop the ability to apply various psychological testing methods to real-life case studies. 3. Acquire skills to analyse test results within the context of a case study.	Creating a Mind Map of Important Topics from Chapter 2	Oral Test	Explanation	Sociology	Critical thinking Problem Solving Self Management	
April 1-20	Chapter 1- Variations in Psychological Attributes	Learner will be able to: 1. Describe the construct of intelligence, theories of intelligence and Indian perspective. 2. Explain variations in intelligence as entwined in both heredity and environment. 3. Distinguish among aptitude, intelligence, and creativity.	Asking the students to list all the attributes (quality, characteristics, traits, features) they consider as sign of intelligent behaviour.	Class Notes, Practical 1	Explanation using TLMs, use of psychological Test	SDG Link: SDG 4 Quality Education	Creativity and Innovation Social Skills	Practical-1 RSPM Raven's standard progressive matrices, hands on practice of Psychological assessment for the intelligence
April 21- May 25	Chapter 2- Self and Personality	Learner will be able to: 1. Differentiate among aspects of self like self-concept, self-efficacy, self-esteem, and self-regulation, etc. 2. Explain the theories of personality. 3. Enumerate various techniques of personality assessment.	Ask them to share situations where they have used defense mechanisms as a tool to cope with anxiety.	Mind Maps of each approach, Practical 1 and 2	Class Discussion, Use of TLMs, Presentation and Notes pdf	Art integration- Draw a comparison between Real Self and Ideal Self	Self Awareness Interpersonal Skills	Practical 2- Self Concept Questionnaire Practical 3 MPI- Maudsley Personality Inventory
July 1-15	Chapter 3- Meeting Life Challenges	Learner will be able to: 1. Explain the nature, types and sources of stress. 2. Describe strategies to cope with stress 3. Identify life skills that help people to stay healthy.	Students have to write how they use manage when in stress. Practice of Meditation in the class.	Class Notes, Mind Maps, Case study, Practical 4	Explanation, Class discussion	SDG Link: SDG 3 (Good Health and Well-being).	Interpersonal skills All Life skills- assertiveness, decision making, Stress management, coping etc.	Practical 4- Adjustment Inventory for School Students
July 16-31	UNIT TEST-I							
August 1-31	Chapter 4- Psychological disorders	Learner will be able to: 1. State the factors underlying abnormal behaviour. 2. Describe the major psychological disorders— anxiety, obsessive-compulsive, trauma- and stressor related, somatic symptom, dissociative, depressive, bipolar, schizophrenia spectrum, psychotic, neurodevelopmental, disruptive, impulse-control and conduct, feeding and eating, and substance-related and addictive disorders.	Disorder game (Dumb Charades)	Practical file, Class Notes, Practice of Question Paper	Explanation, Class Discussion, real life cases, Group discussion	Biology- Biological factors contributing to psychological factors, SDG 3 (Good Health and Well-being)	Empathy Interpersonal skills Creativity and Innovation	Practical 5- SCAT Sinha's Comprehensive Anxiety Test
September 1 - 15	REVISION							
September 16-30	TERM -1							
October 6-18	Chapter 4- Psychological disorders continued	Learner will be able to: 1. State the factors underlying abnormal behaviour. 2. Describe the major psychological disorders— anxiety, obsessive-compulsive, trauma- and stressor related, somatic symptom, dissociative, depressive, bipolar, schizophrenia spectrum, psychotic, neurodevelopmental, disruptive, impulse-control and conduct, feeding and eating, and substance-related and addictive disorders.	Disorder game	Practical file, Class Notes, Practice of Question Paper	Explanation, Class Discussion, real life cases, Group discussion	Biology- Biological factors contributing to psychological factors, SDG 3 (Good Health and Well-being)	Empathy Interpersonal skills Creativity and Innovation	Practical 5- SCAT Sinha's Comprehensive Anxiety Test,
October 24- November 15	Chapter 5- Therapeutic Approaches	Learner will be able to: 1. Enumerate the different types of therapies — psychodynamic, behaviour, cognitive, humanistic existential, bio-medical, and alternative. 2. Explore how people with mental disorders can be rehabilitated.	Role Play- Client and a therapist	Notebook Assessment- Class Notes, revision test	Explanation, Class Discussion,	Art Integration- Role Play, Yog Skills, Biology- Treatment	Listening Skills Coping Mechanisms Self-help and Reflection	
November 16-30	Chapter 6- Attitude and Social Cognition	Learner will be able to: 1. Explain nature, formation and change of attitudes. 2. Explain how people interpret the behaviour of others and how the presence of others influences our behaviour. 3. Describe the concept of pro-social behaviour and factors affecting it.	Make an effective advertisement which changes in a person's attitude	Notebook Assessment- Class Notes	Real life Examples, Explanation, Case based questions	Sociology, SDG 10 (Reduced Inequality) and SDG 16 (Peace and Justice Strong Institutions)	Social skills Conflict Resolution Critical Thinking	
December 1-15	Chapter 7- Social Influences and Group Processes	Learner will be able to: 1. Examine the nature, types, formation and influences of groups on individual behaviour. 2. Describe the nature of intergroup conflict and examines various conflict resolution strategies.	Case Based Questions Assignment	Notebook Assessment	Real life Examples, Explanation, class discussion	Sociology and Anthropology	Effective Communication Cultural sensitivity Global Awareness	
December 16-31	REVISION							

January 1-15	WINTER BREAK
January 16- February 14	BOARD PRACTICAL