



**BLOOM PUBLIC SCHOOL**  
**C-8 Vasant Kunj, New Delhi**  
**Syllabus for the Session 2024-25**

**Class: XII**

**Subject: PSYCHOLOGY**

<b>SYLLABUS</b>		
<b>MONTH</b>	<b>CHAPTER ( NCERT Text book)</b>	<b>CONTENT</b>
<b>April</b>	Unit I Variations in Psychological Attributes	1. Introduction 2. Individual Differences in Human Functioning 3. Assessment of Psychological Attributes 4. Intelligence 5. Psychometric Theories of Intelligence, Information Processing Theory: Planning, Attention-arousal and Simultaneous successive Model of Intelligence, Triarchic Theory of Intelligence; Theory of Multiple Intelligences. 6. Individual Differences in Intelligence 7. Culture and Intelligence 8. Emotional Intelligence 9. Special Abilities: Aptitude: Nature and Measurement 10. Creativity
	Unit II Self and Personality	1. Introduction 2. Self and Personality 3. Concept of Self 4. Cognitive and Behavioural aspects of Self 5. Culture and Self 6. Concept of Personality 7. Major Approaches to the Study of Personality <ul style="list-style-type: none"> <li>• Type Approaches</li> <li>• Trait Approaches</li> <li>• Psychodynamic Approach and Post Freudian Approaches</li> <li>• Behavioural Approach</li> <li>• Cultural Approach</li> <li>• Humanistic Approach</li> </ul> 8. Assessment of Personality <ul style="list-style-type: none"> <li>• Self-report Measures</li> <li>• Projective Techniques</li> <li>• Behavioural Analysis</li> </ul>
<b>May</b>	Unit II Self and Personality (CONT.)	1. Introduction 2. Self and Personality 3. Concept of Self 4. Cognitive and Behavioural aspects of Self 5. Culture and Self



		<ul style="list-style-type: none"> <li>• Trauma-and Stressor-Related Disorders</li> <li>• Somatic Symptom and Related Disorders</li> <li>• Dissociative Disorders</li> <li>• Depressive Disorder</li> <li>• Bipolar and Related Disorders</li> <li>• Schizophrenia Spectrum and Other Psychotic Disorders</li> <li>• Neurodevelopmental Disorders</li> <li>• Disruptive, Impulse-Control and Conduct Disorders</li> <li>• Feeding and Eating Disorders</li> <li>• Substance Related and Addictive Disorders</li> </ul>
<b>August</b>	Unit IV Psychological Disorders ( Contd)	<ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Concepts of Abnormality and Psychological Disorders <ul style="list-style-type: none"> <li>• Historical Background</li> </ul> </li> <li>3. Classification of Psychological Disorders</li> <li>4. Factors Underlying Abnormal Behaviour</li> <li>5. Major Psychological Disorders <ul style="list-style-type: none"> <li>• Anxiety Disorders</li> <li>• Obsessive-Compulsive and Related Disorders</li> <li>• Trauma-and Stressor-Related Disorders</li> <li>• Somatic Symptom and Related Disorders</li> </ul> </li> </ol>
<b>September</b>	Unit V Therapeutic Approaches	<ol style="list-style-type: none"> <li>1. Nature and Process of psychotherapy <ul style="list-style-type: none"> <li>• Therapeutic relationship</li> </ul> </li> <li>2. Types of Therapies <ul style="list-style-type: none"> <li>• Behaviour Therapy</li> <li>• Cognitive Therapy</li> <li>• Humanistic-Existential Therapy</li> <li>• Alternative Therapies</li> <li>• Factors contributing to healing in Psychotherapy</li> <li>• Ethics in Psychotherapy</li> </ul> </li> <li>3. Rehabilitation of the Mentally Ill</li> </ol>
<b>October</b>	Unit VI Attitude and Social Cognition  Unit VII Social Influence and Group processes	<ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Explaining Social Behaviour</li> <li>3. Nature and Components of Attitudes</li> <li>4. Attitude Formation and Change <ul style="list-style-type: none"> <li>• Attitude Formation</li> <li>• Attitude Change</li> <li>• Attitude-Behaviour Relationship</li> </ul> </li> <li>5. Prejudice and Discrimination</li> <li>6. Strategies for Handling Prejudice</li> </ol> <ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Nature and Formation of Groups</li> <li>3. Type of Groups</li> <li>4. Influence of Group on Individual Behaviour</li> </ol>

		<ul style="list-style-type: none"> <li>• Social Loafing</li> <li>• Group Polarisation</li> </ul>
<b>November</b>	Preboard Exam/ Revision	
<b>December</b>	Preboard Exam/ Revision	
<b>January</b>	Board Practical	
<b>February</b>	Board Practical/ CBSE Board Exam	
<b>March</b>	CBSE Board Exam	

### **ASSESSMENT SYLLABUS**

<b>PERIODIC ASSESSMENT -1</b>	Unit I : Variations in Psychological attributes Unit II : Self and Personality
<b>PERIODIC ASSESSMENT -2</b>	Unit II : Self and Personality Unit III : Meeting Life Challenges
<b>MID TERM EXAM</b>	Unit I : Variations in Psychological attributes Unit II : Self and Personality Unit III : Meeting Life Challenges Unit IV : Psychological disorders Unit V : Therapeutic Approaches
<b>PRE-BOARD I EXAM</b>	Unit I : Variations in Psychological attributes Unit II : Self and Personality Unit III : Meeting Life Challenges Unit IV : Psychological disorders Unit V : Therapeutic Approaches Unit VI : Attitudes and social Cognition Unit VII : Social Influence and Group Processes
<b>PRE-BOARD II EXAM</b>	Unit I : Variations in Psychological attributes Unit II : Self and Personality Unit III : Meeting Life Challenges Unit IV : Psychological disorders Unit V : Therapeutic Approaches

	Unit VI : Attitudes and social Cognition Unit VII : Social Influence and Group Processes
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