

Class – XII

Sub: PSYCHOLOGY

Weekly Syllabus

Academic Session 2024-25

Month	Week	Dates		Days	No of Periods	Chapter	Contents	Syllabus
Mar 24	Block Teaching				16	Chap 1 : Variations In Psychological Attributes	<ul style="list-style-type: none">• Introduction• Individual Differences in Human Functioning• Assessment of Psychological Attributes• Intelligence• Psychometric Theories of Intelligence• Information Processing Theory: Planning, Attention-arousal and Simultaneous successive Model of Intelligence, Triarchic Theory of Intelligence; Theory of Multiple Intelligences.	
Apr-24	I	01-06	06-Working Saturday (Staff)	05	8	Chap 1 : Variations In Psychological Attributes	<ul style="list-style-type: none">• Individual Differences in Intelligence• Culture and Intelligence Practical :Raven's Progressive Matrices	
	II	08-12	11 – Id-ul-Fitr	04	4	Chap 1 : Variations In Psychological Attributes	<ul style="list-style-type: none">• Emotional Intelligence• Special Abilities: Aptitude: Nature and Measurement Creativity	

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	III	15-19	14 - Ambedakar Jayanti 17 – Ram Navami 21 - Mahavir Jayanti	04	08	Chap 2 : Self and Personality	<ul style="list-style-type: none"> • Introduction on Self • Different types of Self • Cognitive and Behavioral aspects of self • Culture and se Introduction on Personality • Type Approaches to Personality 	
	IV	22-27	27-Working Saturday (Student)	06	09	Chap 2 : Self and Personality	<ul style="list-style-type: none"> • Trait approaches • Psychodynamic approach 	
	V	29-30		02	04	Chap 2 : Self and Personality	<ul style="list-style-type: none"> • Cultural Approach • Humanistic approach • Self Report measures 	
May-24	I	01-03	01-03 : ES-1 (XII)/ CT-1 (X)	03	05	Chap 2 : Self and Personality	<ul style="list-style-type: none"> • Projective techniques • Behavioral Analysis <p>Practical : Introduction and Report writing Of Self Concept Questionnaire</p> <ul style="list-style-type: none"> • Videos on personality types 	ES-1 (XII)/ CT-1 (X) Date: 01-07 May Ch 1 : Variations In Psychological Attributes
	II	06-10	06-07 : ES-1 (XII)/ CT-1 (X) 09,10 – The Quest	05	08	Chapter 3 : Meeting Life’s Challenges	<ul style="list-style-type: none"> • Introduction • Types of stress <p>Practical : Maudley’s Personality Inventory and Sinha’s Comprehensive Anxiety Test</p>	

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	III	13-18	18- Working Saturday (Open House X & XII)	06	08	Chapter 3 : Meeting Life's Challenges	<ul style="list-style-type: none"> Examination Anxiety Stress and health Stress and Immune system. 	
***** SUMMER BREAK 20 MAY -30 JUN 2024 *****								
Jul-24	I	01-06	01- School reopens for staff 06-Working Saturday (Student)	05	08	Chapter 3 : Meeting Life's Challenges	<ul style="list-style-type: none"> Revision of chap 1 ,2 and 3 Stress and Immune system Lifestyle Coping With Stress 	PT-I Class VI-X Date: 05 Jul – 12Jul ES-2 (XII): 05 Jul – 12Jul Chap 1 : Variations In Psychological Attributes Chap 2 : Self and Personality
	II	08-12		05	08	Chapter 3 : Meeting Life's Challenges	<ul style="list-style-type: none"> Stress Management Techniques Life skills Resilience and Health 	
	III	15-19	17-Muharram	04	06	Chap 4 : Psychological Disorders	<ul style="list-style-type: none"> Introduction Concept of abnormality and normality History of Classification Of psychological disorders 	
	IV	22-27	27 – Working Saturday (Students)	06	08	Chap 4 : Psychological Disorders	<ul style="list-style-type: none"> Factors Underlying abnormal behavior Anxiety disorders 	
	V	29-31		03	04	Chap 4 : Psychological Disorders	<ul style="list-style-type: none"> Somatoform Disorders Dissociative disorders 	

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Aug-24	I	01-03	03 – Working Saturday (Open House (VI-X), XII)	03	04	Chap 4 : Psychological Disorders	<ul style="list-style-type: none"> • Mood disorders • Schizophrenia 	
	II	05-09		05	08	Chap 4 : Psychological Disorders	<ul style="list-style-type: none"> • Behavioral and developmental disorders 	
	III	12-16	15 – Independence Day	04	04	Chap 4 : Psychological Disorders	<ul style="list-style-type: none"> • Substance use disorders • Effects of alcohol 	
	IV	19-23	19-Raksha Bandhan	04	06	Revision	Revision	ES-1 (XI):
	V	26-31	26-Janmashtami 31-Working Saturday (Students) 31-Annual Prize Distribution	05	08	Revision	Revision	
Sep-24	I	02-06		05	08	Revision	Revision	
	II	09-14	14 – Working Saturday (Students)	06				Mid Term (PT-II)/ HYE

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						Mid Term/ HYE Exam		Chap 1 : Variations In Psychological Attributes Chap 2 : Self and Personality Chap 3 : Meeting Life's Challenges Chap 4 : Psychological disorders
	III	16-21	16-Milad-un-Nabi 21 – Working Saturday (Students)	05		Chap 5 : Therapeutic Approaches	<ul style="list-style-type: none"> • Introduction • Therapeutic alliance • Steps in formulation of client's problem 	
	IV	23-27		05			<ul style="list-style-type: none"> • Behavior therapy • Cognitive therapy 	
	V	30		01	01	Chap 5 : Therapeutic Approaches	<ul style="list-style-type: none"> • Videos and demonstration 	
Oct-24	II	01-05	02-Mahatma Gandhi's Birthday 05-Annual Prize Distribution	04	06	Chap 5 : Therapeutic Approaches Chapter 6 : attitude and social cognition	<ul style="list-style-type: none"> • Cognitive therapies • Humanistic existential therapies • Board Questions • Class test • Nature and components of attitudes 	
	III	07-12	09-13– Autumn Break 12- Dussehra	02	04	Chapter 6 : attitude and social cognition	<ul style="list-style-type: none"> • Attitude Change • Attitude-Behaviour Relationship Prejudice and Discrimination Strategies for Handling Prejudice	
	IV	14-19	17-Maharishi Valmiki's Birthday 19 – Working Saturday (Open House VI-XII)	05	08	Chapter 7: Social Influence and group processes	<ul style="list-style-type: none"> • Introduction • Nature and formation of groups 	

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	V	21-25	20– Karwa Chouth	05	08	Chapter 7: Social Influence and group processes	<ul style="list-style-type: none"> Influence of groups on individual behavior 	
	VI	28-31	30-03 Nov – Diwali Break	02	02	Chapter 7: Social Influence and group processes	<ul style="list-style-type: none"> Influence of Group on Individual Behaviour Social Loafing Group Polarisation 	
*** Autumn Break 09-13 Oct 2024 ***								
Nov-24	I	04-09	09 – Working Saturday (Students)	06		Revision	Revision	
	II	11-15	12 – Annual Day 15 – Guru Nank's Birthday	04		Revision	Revision	
	III	18-22		05				PT-II (VI-VIII): 19 Nov-10 Dec PT-III (IX): 19 Nov-10 Dec PT-III (X): 14 Nov-25 Nov MPB (XII): 14 Nov-25 Nov
	IV	25-30	29,30 – Annual Athletic Meet	06				
Dec-24	I	02-07	07 – Sports Day	06				
	II	09-13		05				
	III	16-21	21-Working Saturday, Open House (X & XII)	06				

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	IV	23	24,25 – Christmas Holidays	01				
*** Winter Break from 26 Dec to 04 Jan 2025 ***								
Jan-25	I	06-10		05				
	II	13-18	18-Working Saturday, Open House (VI-IX, XI)	06				
	III	20-25	25-Citation Ceremony 25-Open House XII 26-Republic Day	06				
	IV	27-31		05				
Feb-25	I	01	01 – Farewell XII 01- Open House X	01				Annual Exam Class IX & XI – 05 Feb-19 Feb 2025
	II	03-07		05				
	III	10-14		05				
	IV	17-22	22-Working Saturday (students)	06				
	V	24-28	26-Maha Shivratri	04				
Mar-25	Annual Exam Classes VI-VIII – 25 Feb-10 Mar 2025							

Note: The examination syllabus as mentioned above is to be considered Tentative. The final syllabus for each exam will be uploaded on the website along with the Date Sheet at the time of the examination.

