



BLOOM PUBLIC SCHOOL
C-8 Vasant Kunj, New Delhi
Syllabus for the Session 2025-26

Class: XII

Subject: PSYCHOLOGY

SYLLABUS			
MONTH	CHAPTER (NCERT Text book)	CONTENT	Practical/Activities
April	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	1. Introduction to Psychological Testing 2. Raven's standard Progressive Matrices
	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"> • Type Approaches • Trait Approaches • Psychodynamic Approach and Post Freudian Approaches • Behavioural Approach • Cultural Approach 	

		<ul style="list-style-type: none"> • Humanistic Approach 8. Assessment of Personality • Self-report Measures • Projective Techniques • Behavioural Analysis 	
May	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 6. Concept of Personality 7. Major Approaches to the Study of Personality <ul style="list-style-type: none"> • Type Approaches • Trait Approaches • Psychodynamic Approach and Post Freudian Approaches • Behavioural Approach • Cultural Approach • Humanistic Approach 8. Assessment of Personality <ul style="list-style-type: none"> • Self-report Measures • Projective Techniques • Behavioural Analysis 	1. Self Concept Questionnaire 2. Eysencks Personality Questionnaire®
	Unit III Meeting Life Challenges	1. Introduction 2. Nature, Types and Sources of Stress 3. Effects of Stress on Psychological Functioning and Health <ul style="list-style-type: none"> • Stress and Health • General Adaptation Syndrome • Stress and Immune System • Lifestyle 4. Coping with Stress <ul style="list-style-type: none"> • Stress Management Techniques 5. Promoting Positive Health and Well-being <ul style="list-style-type: none"> • Life Skills • Positive Health 	
July	Unit III Meeting Life Challenges (Contd)	1. Introduction 2. Nature, Types and Sources of Stress	1. Global adjustment Scale

	Unit IV Psychological Disorders	<p>3. Effects of Stress on Psychological Functioning and Health</p> <ul style="list-style-type: none"> • Stress and Health • General Adaptation Syndrome • Stress and Immune System • Lifestyle <p>4. Coping with Stress</p> <ul style="list-style-type: none"> • Stress Management Techniques <p>5. Promoting Positive Health and Well-being</p> <ul style="list-style-type: none"> • Life Skills • Positive Health <p>1. Introduction</p> <p>2. Concepts of Abnormality and Psychological Disorders</p> <ul style="list-style-type: none"> • Historical Background <p>3. Classification of Psychological Disorders</p> <p>4. Factors Underlying Abnormal Behaviour</p> <p>5. Major Psychological Disorders</p> <ul style="list-style-type: none"> • Anxiety Disorders • Obsessive-Compulsive and Related Disorders • Trauma-and Stressor-Related Disorders • Somatic Symptom and Related Disorders • Dissociative Disorders • Depressive Disorder • 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 	
August	Unit IV Psychological Disorders (Contd)	<p>1. Introduction</p> <p>2. Concepts of Abnormality and Psychological Disorders</p> <ul style="list-style-type: none"> • Historical Background <p>3. Classification of Psychological Disorders</p>	1.David's Battery of Differential Abilities

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December	Preboard Exam/ Revision		
January	Board Practical		
February	Board Practical/ CBSE Board Exam		
March	CBSE Board Exam		
ASSESSMENT SYLLABUS			
PERIODIC ASSESSMENT -1	Unit I : Variations in Psychological attributes Unit II : Self and Personality		
PERIODIC ASSESSMENT -2	Unit III : Meeting Life Challenges Unit IV : Psychological disorders		
MID TERM EXAM	Unit I : Variations in Psychological attributes Unit II : Self and Personality Unit III : Meeting Life Challenges Unit IV : Psychological disorders Unit V : Therapeutic Approaches		
PRE-BOARD I EXAM	Unit I : Variations in Psychological attributes Unit II : Self and Personality Unit III : Meeting Life Challenges Unit IV : Psychological disorders Unit V : Therapeutic Approaches	1. Raven's Standard Progressive Matrices 2. Self Concept Questionnaire 3. Eysencks Personality questionnaire ® 4. Global adjustment Scale	

	Unit VI : Attitudes and social Cognition Unit VII : Social Influence and Group Processes	5. DBDA
PRE-BOARD II EXAM	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	