## Public School

## **BLOOM PUBLIC SCHOOL**

## C-8 Vasant Kunj, New Delhi

## **Syllabus for the Session 2025-26**

Class: XII

**Subject: PSYCHOLOGY** 

	SYLLA	BUS	
MONTH	CHAPTER (NCERT Text book)	CONTENT	Practical/Activities
April	Unit II Self and Personality	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 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 • Type Approaches • Trait Approaches • Psychodynamic Approach and Post Freudian Approach • Cultural Approach • Cultural Approach	1.Introduction to Psychological Testing 2. Raven's standard Progressive Matrices

		<ul> <li>Humanistic Approach</li> <li>8. Assessment of Personality</li> <li>Self-report Measures</li> <li>Projective Techniques</li> <li>Behavioural Analysis</li> </ul>	
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 • Type Approaches • Trait Approaches • Psychodynamic Approach and Post Freudian Approaches • Behavioural Approach • Cultural Approach • Humanistic Approach • Humanistic Approach 8. Assessment of Personality • Self-report Measures • Projective Techniques • Behavioural Analysis	1. Self Concept Questionnaire 2. Eysencks Personality Questionnaire ®
	Unit III Meeting Life Challenges	2. Nature, Types and Sources of Stress 3. Effects of Stress on Psychological Functioning and Health • Stress and Health • General Adaptation Syndrome • Stress and Immune System • Lifestyle 4. Coping with Stress • Stress Management Techniques 5. Promoting Positive Health and Well-being • Life Skills • Positive Health	
July	Unit III Meeting Life Challenges (Contd)	1. Introduction 2. Nature, Types and Sources of Stress	Global adjustment     Scale

August	Unit IV Psychological Disorders ( Contd)	<ul> <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> <li>1. Introduction</li> <li>Concepts of Abnormality and Psychological Disorders</li> <li>Historical Background</li> <li>Classification of Psychological Disorders</li> </ul>	1.David's Battery of Differential Abilities
		<ol> <li>Introduction</li> <li>Concepts of Abnormality and Psychological Disorders</li> <li>Historical Background</li> <li>Classification of Psychological Disorders</li> <li>Factors Underlying Abnormal Behaviour</li> <li>Major Psychological Disorders</li> <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> </ol>	
	Unit IV Psychological Disorders	3. Effects of Stress on Psychological Functioning and Health  • Stress and Health  • General Adaptation Syndrome  • Stress and Immune System  • Lifestyle  4. Coping with Stress  • Stress Management Techniques  5. Promoting Positive Health and Well-being  • Life Skills  • Positive Health	

		<ul> <li>4. Factors Underlying Abnormal Behaviour</li> <li>5. Major Psychological Disorders</li> <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>	
September	Unit V Therapeutic Approaches	1. Nature and Process of psychotherapy  • Therapeutic relationship  2. Types of Therapies  • Behaviour Therapy  • Cognitive Therapy  • Humanistic-Existential Therapy  • Alternative Therapies  • Factors contributing to healing in Psychotherapy  • Ethics in Psychotherapy  3. Rehabilitation of the Mentally III	Compiling Case Profile
October	Unit VI Attitude and Social Cognition  Unit VII Social Influence and Group processes	<ol> <li>Introduction</li> <li>Explaining Social Behaviour</li> <li>Nature and Components of Attitudes</li> <li>Attitude Formation and Change</li> <li>Attitude Formation</li> <li>Attitude Change</li> <li>Attitude-Behaviour Relationship</li> <li>Prejudice and Discrimination 6. Strategies for Handling Prejudice</li> <li>Introduction</li> <li>Nature and Formation of Groups</li> <li>Type of Groups</li> <li>Influence of Group on Individual Behaviour</li> <li>Social Loafing</li> <li>Group Polarisation</li> </ol>	Compiling Case Profile
November	Preboard Exam/ Revision		

December  January  February	Preboard Exam/ Revision  Board Practical  Board Practical/ CBSE Board Exam		
March	CBSE Board Exam		
PERIODIC ASS	SESSMENT -2	SYLLABUS  Unit I: Variations in Psychological attributes Unit II: Self and Personality  Unit III: Meeting Life Challenges Unit IV: Psychological disorders  Unit I: Variations in Psychological attributes Unit II: Self and Personality Unit III: Meeting Life Challenges Unit IV: Psychological disorders 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	<ol> <li>Raven's Standard         Progressive         Matrices</li> <li>Self Concept         Questionnaire</li> <li>Eysencks         Personality         questionnaire ®</li> <li>Global adjustment         Scale</li> </ol>

	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	