



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

Class: XI

Subject: PSYCHOLOGY

| SYLLABUS | | | |
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| MONTH | CHAPTER (NCERT Text book) | CONTENT | Practical/Activities |
| April | Unit I What is Psychology? | 1. Introduction 2. What is Psychology? • Psychology as a Discipline • Psychology as a Natural Science • Psychology as a Social Science 3. Understanding Mind and Behaviour 4. Popular Notions about the Discipline of Psychology 5. Evolution of Psychology 6. Development of Psychology in India 7. Branches of Psychology 8. Psychology and Other Disciplines 9. Psychology in Everyday Life | 1. Interview people to understand the popular notion of Psychology |
| | Unit II Methods of Enquiry in Psychology | 1. Introduction 2. Goals of Psychological Enquiry • Steps in Conducting Scientific Research • Alternative Paradigms of Research 3. Nature of Psychological Data 4. Some Important Methods in Psychology • Observational Method • Experimental Method • Correlational Research • Survey Research • Psychological Testing • Case Study 5. Analysis of Data • Quantitative Method • Qualitative Method 6. Limitations of Psychological Enquiry 7. Ethical Issues | 1. Conduct an activity to understand the different types of Observation |

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| | | 9. Perception of Space, Depth and Distance • Monocular Cues and Binocular Cues 10. Perceptual Constancies 11. Illusions 12. Socio-Cultural Influences on Perception | |
| August | Unit V Sensory, Attentional and Perceptual Processes (Contd) | 1. Introduction 2. Knowing the world 3. Nature and varieties of Stimulus 4. Sense Modalities • Functional limitation of sense organs 5. Attentional Processes • Selective Attention • Sustained Attention 6. Perceptual Processes • Processing Approaches in Perception 7. The Perceiver 8. Principles of Perceptual Organisation 9. Perception of Space, Depth and Distance • Monocular Cues and Binocular Cues 10. Perceptual Constancies 11. Illusions 12. Socio-Cultural Influences on Perception | |
| September | Unit VI Learning | 1. Introduction 2. Nature of Learning 3. Paradigms of Learning 4. Classical Conditioning • Determinants of Classical Conditioning 5. Operant/Instrumental Conditioning • Determinants of Operant Conditioning • Key Learning Processes 6. Observational Learning 7. Cognitive Learning 8. Verbal Learning 9. Skill Learning 10. Factors Facilitating Learning 11. Learning Disabilities | 1. Practical for Verbal Learning |
| October | Unit VI Learning (Contd) | 1. Introduction 2. Nature of Learning 3. Paradigms of Learning | |

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| | | 4. Classical Conditioning <ul style="list-style-type: none"> • Determinants of Classical Conditioning 5. Operant/Instrumental Conditioning <ul style="list-style-type: none"> • Determinants of Operant Conditioning • Key Learning Processes 6. Observational Learning 7. Cognitive Learning 8. Verbal Learning 9. Skill Learning 10. Factors Facilitating Learning 11. Learning Disabilities | |
| November | Unit VII Human Memory | 1. Introduction 2. Nature of memory 3. Information Processing Approach : The Stage Model 4. Memory Systems : Sensory, Short-term and Longterm Memories 5. Levels of Processing 6. Types of Long-term Memory <ul style="list-style-type: none"> • Declarative and Procedural; Episodic and Semantic 7. Nature and Causes of Forgetting <ul style="list-style-type: none"> • Forgetting due to Trace Decay, Interference and Retrieval Failure 8. Enhancing Memory <ul style="list-style-type: none"> • Mnemonics using Images and Organisation | 1. Practical to understand Memory as a constructive process |
| December | Unit VIII Thinking | 1. Introduction 2. Nature of Thinking <ul style="list-style-type: none"> • Building Blocks of Thought 3. The Processes of Thinking 4. Problem Solving 5. Reasoning 6. Decision-making 7. Nature and Process of Creative Thinking <ul style="list-style-type: none"> • Nature of Creative Thinking • Process of Creative Thinking 8. Thought and Language 9. Development of Language and Language Use | |
| January | Unit IX Motivation and Emotion | 1. Introduction 2. Nature of Motivation 3. Types of Motives <ul style="list-style-type: none"> • Biological Motives • Psychosocial Motives 4. Maslow's Hierarchy of Needs | |

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| | | 5. Nature of Emotions 6. Expression of Emotions • Culture and Emotional Expression • Culture and Emotional Labelling 7. Managing Negative Emotions 8. Enhancing Positive Emotions | |
| February | REVISION | | |
| March | FINAL EXAMINATION | | |
| ASSESSMENT SYLLABUS | | | |
| PERIODIC ASSESSMENT -1 | | Unit I : What is Psychology ? Unit II : Methods of Enquiry in Psychology | |
| MID TERM EXAM | | Unit I : What is Psychology ? Unit II : Methods of Enquiry in Psychology Unit IV : Human Development Unit V : Sensory, Attentional and Perceptual Processes Unit VI : Learning (Till Determinants of Operant Conditioning) | 1.Research project undertaken on topic of students choice 2. Flash cards experiment |
| PERIODIC ASSESSMENT -2 | | Unit VI : Learning Unit VII : Human Memory | |
| FINAL EXAMINATION | | Unit I : What is Psychology ? Unit II : Methods of Enquiry in Psychology Unit IV : Human Development Unit V : Sensory, Attentional and Perceptual Processes Unit VI : Learning Unit VII : Human Memory Unit VIII: Thinking Unit IX : Motivation and Emotion | 1.Research project undertaken on topic of students choice 2. Flash cards experiment 3.Memory experiment |