



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

**Class: XII**

**Subject: PSYCHOLOGY**

| <b>SYLLABUS</b> |   |   |  |
|-----------------|---|---|--|
| <b>MONTH</b>    | <b>CHAPTER<br/>( NCERT Text<br/>book)</b>     | <b>CONTENT</b>  | <b>Practical/Activities</b>  |
| <b>April</b>    | Unit I Variations in Psychological Attributes | 1. Introduction<br>2. Individual Differences in Human Functioning<br>3. Assessment of Psychological Attributes<br>4. Intelligence<br>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.<br>6. Individual Differences in Intelligence<br>7. Culture and Intelligence<br>8. Emotional Intelligence<br>9. Special Abilities: Aptitude: Nature and Measurement<br>10. Creativity | 1. Introduction to Psychological Testing<br>2. Raven's standard Progressive Matrices |
|                 | Unit II Self and Personality                  | 1. Introduction<br>2. Self and Personality<br>3. Concept of Self<br>4. Cognitive and Behavioural aspects of Self<br>5. Culture and Self<br>6. Concept of Personality<br>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> </ul>   |  |

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

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|                  |   | 2. Concepts of Abnormality and Psychological Disorders <ul style="list-style-type: none"> <li>• Historical Background</li> </ul> 3. Classification of Psychological Disorders 4. Factors Underlying Abnormal Behaviour 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> <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<br>Psychological Disorders ( Contd) | 1. Introduction 2. Concepts of Abnormality and Psychological Disorders <ul style="list-style-type: none"> <li>• Historical Background</li> </ul> 3. Classification of Psychological Disorders 4. Factors Underlying Abnormal Behaviour 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>   | 1.David's Battery of Differential Abilities |
| <b>September</b> | Unit V<br>Therapeutic Approaches            | 1. Nature and Process of psychotherapy <ul style="list-style-type: none"> <li>• Therapeutic relationship</li> </ul> 2. Types of Therapies   | Compiling Case Profile                      |

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|                 |  | <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> 3. Rehabilitation of the Mentally Ill  |                        |
| <b>October</b>  | Unit VI Attitude and Social Cognition<br><br>Unit VII Social Influence and Group processes | 1. Introduction<br>2. Explaining Social Behaviour<br>3. Nature and Components of Attitudes<br>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> 5. Prejudice and Discrimination 6. Strategies for Handling Prejudice<br><br>1. Introduction<br>2. Nature and Formation of Groups<br>3. Type of Groups<br>4. Influence of Group on Individual Behaviour <ul style="list-style-type: none"> <li>• Social Loafing</li> <li>• Group Polarisation</li> </ul> | Compiling Case Profile |
| <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

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|-------------------------------|--|---|
| <b>PERIODIC ASSESSMENT -1</b> | Unit I : Variations in Psychological attributes<br>Unit II : Self and Personality  |   |
| <b>PERIODIC ASSESSMENT -2</b> | Unit III : Meeting Life Challenges<br>Unit IV : Psychological disorders  |   |
| <b>MID TERM EXAM</b>          | Unit I : Variations in Psychological attributes<br>Unit II : Self and Personality<br>Unit III : Meeting Life Challenges<br>Unit IV : Psychological disorders<br>Unit V : Therapeutic Approaches  |   |
| <b>PRE-BOARD I EXAM</b>       | Unit I : Variations in Psychological attributes<br>Unit II : Self and Personality<br>Unit III : Meeting Life Challenges<br>Unit IV : Psychological disorders<br>Unit V : Therapeutic Approaches<br>Unit VI : Attitudes and social Cognition<br>Unit VII : Social Influence and Group Processes | <ol style="list-style-type: none"> <li>1. Raven's Standard Progressive Matrices</li> <li>2. Self Concept Questionnaire</li> <li>3. Eysencks Personality questionnaire ®</li> <li>4. Global adjustment Scale</li> <li>5. DBDA</li> </ol> |
| <b>PRE-BOARD II EXAM</b>      | Unit I : Variations in Psychological attributes<br>Unit II : Self and Personality<br>Unit III : Meeting Life Challenges<br>Unit IV : Psychological disorders<br>Unit V : Therapeutic Approaches<br>Unit VI : Attitudes and social Cognition  |   |

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|  | Unit VII : Social Influence and<br>Group Processes |  |
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