

		<ul style="list-style-type: none"> • Psychodynamic Approach and Post Freudian Approaches • Behavioural Approach • Cultural Approach • Humanistic Approach <p>8. Assessment of Personality</p> <ul style="list-style-type: none"> • Self-report Measures • Projective Techniques • Behavioural Analysis 	
May	Unit II Self and Personality (CONT.)	<ol style="list-style-type: none"> 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 	<ol style="list-style-type: none"> 1. Self Concept Questionnaire 2. Eysenck's Personality Questionnaire®
July	Unit III Meeting Life Challenges (Contd)	<ol style="list-style-type: none"> 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 	<ol style="list-style-type: none"> 1. Global adjustment Scale

	Unit IV Psychological Disorders	<ol style="list-style-type: none"> 1. Introduction 2. Concepts of Abnormality and Psychological Disorders <ul style="list-style-type: none"> • Historical Background 3. Classification of Psychological Disorders 4. Factors Underlying Abnormal Behaviour 5. Major Psychological Disorders <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)	<ol style="list-style-type: none"> 1. Introduction 2. Concepts of Abnormality and Psychological Disorders <ul style="list-style-type: none"> • Historical Background 3. Classification of Psychological Disorders 4. Factors Underlying Abnormal Behaviour 5. Major Psychological Disorders <ul style="list-style-type: none"> • Anxiety Disorders • Obsessive-Compulsive and Related Disorders • Trauma-and Stressor-Related Disorders • Somatic Symptom and Related Disorders 	1.David's Battery of Differential Abilities
September			Compiling Case Profile

	Unit V Therapeutic Approaches	<ol style="list-style-type: none"> 1. Nature and Process of psychotherapy <ul style="list-style-type: none"> • Therapeutic relationship 2. Types of Therapies <ul style="list-style-type: none"> • Behaviour Therapy • Cognitive Therapy • Humanistic-Existential Therapy • Alternative Therapies • Factors contributing to healing in Psychotherapy • Ethics in Psychotherapy 3. Rehabilitation of the Mentally Ill 	
October	Unit VI Attitude and Social Cognition	<ol style="list-style-type: none"> 1. Introduction 2. Explaining Social Behaviour 3. Nature and Components of Attitudes 4. Attitude Formation and Change <ul style="list-style-type: none"> • Attitude Formation • Attitude Change • Attitude-Behaviour Relationship 5. Prejudice and Discrimination 6. Strategies for Handling Prejudice 	Compiling Case Profile
November	Unit VII : Social Influence and Group Processes	<ol style="list-style-type: none"> 1. Introduction 2. Nature and Formation of Groups 3. Type of Groups 4. Influence of Group on Individual Behaviour <ul style="list-style-type: none"> • Social Loafing • Group Polarisation <p>REVISION</p>	
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 Unit VI : Attitudes and social Cognition Unit VII : Social Influence and Group Processes	<ol style="list-style-type: none"> 1. Raven's Standard Progressive Matrices 2. Self Concept Questionnaire 3. Eysencks Personality questionnaire ® 4. Global adjustment Scale 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	
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