



BLOOM PUBLIC SCHOOL
C-8 Vasant Kunj New Delhi
SYLLABUS FOR THE SESSION 2023-24

Class: XII
Subject: Psychology

MONTH	CHAPTERS (NCERT TEXT BOOK)	CONTENT
April	Unit I Variations in Psychological Attributes	1. Introduction 2. Individual Differences in Human Functioning 3. Assessment of Psychological Attributes 4. Intelligence. 5. Theories of Intelligence: Psychometric Theories of Intelligence, Information Processing Theories, Theory of Multiple Intelligences, Triarchic Theory of Intelligence, Planning, Attention-Arousal and Simultaneous Successive Model of Intelligence 6. Individual Differences in Intelligence 7. Culture and Intelligence 8. Emotional Intelligence 9. Special Abilities: Aptitude: Nature and Measurement 10. Creativity
May	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 Approach ● Trait Approach ● Psychodynamic Approach ● Behavioural Approach ● Cultural Approach ● Humanistic Approach

		8. Assessment of Personality <ul style="list-style-type: none"> ● Self-report Measures ● Projective Techniques ● Behavioural Analysis
July	Unit III Meeting Life Challenges Unit IV Psychological Disorders	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"> ● Stress Resistant Personality ● Life Skills ● Positive Health 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

		<ul style="list-style-type: none"> ● Feeding and Eating Disorders ● Substance Related and Addictive Disorders
August	Unit V Therapeutic Approaches	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 3. Rehabilitation of the Mentally Ill
September	Unit VI Attitude and social cognition	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
October	Unit VII Social influence and Group processes	1. Introduction 2. Nature and Formation of Groups 3. Type of Groups 4. Influence of Group on Individual Behavior <ul style="list-style-type: none"> ● Social Loafing ● Group Polarization
November	Revision Pre Board I	
December	Revision Pre Board II	
January	Revision	
February	Revision	
March	Board Examination	
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
Term I Examination	Unit I Variations in Psychological Attributes Unit II Self and Personality Unit III Meeting Life Challenges Unit IV: Psychological Disorders Unit V: Therapeutic Approaches
PREBOARD EXAMINATION	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