



ITL PUBLIC SCHOOL

Active Engagement of Young Minds

CLASS XI 2023-24

SUBJECT: PSYCHOLOGY

The Epoch of summer vacation is upon us! A time of restoration and leisure, yet also a prime occasion for immersive and entertaining edification. With a fluid schedule at our disposal, we have the splendid opportunity to strike a harmonious equilibrium between repose and assiduous endeavor.

To that end, and in alignment with the current academic curriculum, pupils ought to direct their attention towards the captivating and enlightening realm of **CASE HISTORY**. In essence, a case history denotes a dossier of pertinent particulars pertaining to an individual patron. These archives are upheld by a wide-ranging gamut of proficient establishments, including those in the fields of psychiatry, psychology, healthcare, and social work.

The students are expected to **identify a case** and **prepare a case history** in detail using the following methods of enquiry-

- Observation
- Survey Research
- Psychological Testing
- Experimental Method

Introduction to case history as well as the **conclusion** must be provided in the file.

In addition to this, undoubtedly, benevolence and compassion are indispensable human virtues that we must imbue within our being, and what better moment to instill these traits than during the halcyon days of summer vacation! Let us aspire to make it our mission to undertake noble deeds and proffer aid to those in our midst. Some suggestions to do so is given as follows :

- Feed birds
- Empower someone with life enhancing skills
- Help around in your neighborhood and community
- Express gratitude towards those around you

And many more. Make sure to click photographs/take videos of the same. Happy summer!