

N.C. JINDAL PUBLIC SCHOOL

SESSION: 2018-19

CLASS : XII SUBJECT: PSYCHOLOGY SUBJECT TEACHER: MS. MANEESHA RAJPAL

DESIGNATION : PGT PSYCHOLOGY

ACADEMIC BOOK: NCERT PSYCHOLOGY

CHAPTER	CHAPTER TOPIC	TERM	START DATE	END DATE	NUMBER OF PERIODS
	ORIENTATION TO THE CURRENT ACADEMIC YEAR	1	2.4.18	3.4.18	2
	INTRODUCTION TO THE SYLLABUS				
VARIATIONS IN PSYCHOLOGICAL ATTRIBUTES	MEANING OF INDIVIDUAL DIFFERENCES	1	4.4.18	20.4.18	20
	ASSESSMENT - FORMAL AND INFORMAL				
	DOMAINS OF PSYCHOLOGICAL ATTRIBUTES				
	ASSESSMENT METHODS				
	CONCEPT OF INTELLIGENCE				
	PSYCHOMETRIC APPROACHES				
	INFORMATION-PROCESSING APPROACHES				
	VARIATIONS OF INTELLIGENCE				
	TYPES OF TESTS				
	CULTURE AND INTELLIGENCE				
	EMOTIONAL INTELLIGENCE				

	CREATIVITY AND INTELLIGENCE				
	CONCEPT OF APTITUDE				
SELF AND PERSONALITY	CONCEPT OF SELF				
	KINDS OF SELF	1	23.4.18	17.5.18	28
	SELF-ESTEEM				
	SELF-EFFICACY				
	SELF-REGULATION				
	CULTURE AND SELF				
	CONCEPT OF PERSONALITY				
	TYPE APPROACHES OF PERSONALITY				
	TRAIT APPROACHES OF PERSONALITY				
	PSYCHODYNAMIC APPROACHES				
	BEHAVIOURAL APPROACH				
	CULTURAL APPROACH				
	HUMANISTIC APPROACH				
	PERSONALITY ASSESSMENT				
	INTRODUCTION TO PSYCHOLOGICAL TESTING				
PRACTICAL	RAVEN'S STANDARD PROGRESSIVE MATRICS				
MEETING LIFE CHALLENGES	NATURE OF STRESS				
	SIGNS OF STRESS	1	2.7.18	13.7.18	14
	SOURCES OF STRESS				
	TYPES OF STRESS				
	SOURCES OF STRESS				
	EFFECTS OF STRESS ON PSYCHOLOGICAL FUNCTIONING				
	GAS MODEL		16.7.18	21.7.18	8
	STRESS AND IMMUNE SYSTEM				
	LIFESTYLE				

	COPING WITH STRESS				
	STRESS MANAGEMENT TECHNIQUES				
	PROMOTING POSITIVE HEALTH AND WELL-BEING				
	ADAPTATION AND ADJUSTMENT				
PRACTICAL	MAUDSLEY PERSONALITY INVENTORY				
	SELF-CONCEPT QUESTIONNAIRE				
PSYCHOLOGY AND LIFE	HUMAN-ENVIRONMENT RELATIONSHIP				
	NOISE	1	23.7.18	3.8.18	14
	POLLUTION				
	CROWDING				
	NATURAL DISASTERS				
	PRO-ENVIRONMENTAL BEHAVIOUR				
	POVERTY				
	AGGRESSION				
	HEALTH				
	IMPACT OF TELEVISION				
	MEDIA				
	HUMAN RIGHTS				
	CITIZENSHIP				
	PROMOTION OF PEACE				
	SODHI'S ATTITUDE SCALE				
DEVELOPING	GENERAL SKILLS		16.8.18	1.9.18	14
	OBSERVATIONAL SKILLS				
	SPECIFIC SKILLS				
	PSYCHOLOGICAL TESTING SKILLS				

PSYCHOLOGICAL SKILLS	INTERVIEWING SKILLS				
	COUNSELLING SKILLS	1			
	APPLICATION OF PSYCHOLOGY IN SPORTS, EDUCATION, COMMUNICATION AND ORGANISATION				
	NATURE AND COMPONENTS OF ATTITUDE		4.9.18	12.9.18	9
ATTITUDE AND SOCIAL COGNITION	ATTITUDE FORMATION				
	ATTITUDE CHANGE				
	ATTITUDE BEHAVIOUR RELATIONSHIP				
	PREJUDICE AND DISCRIMINATION				
	SOCIAL COGNITION	2			
	ATTRIBUTION				
	IMPRESSION FORMATION				
	PRO-SOCIAL BEHAVIOUR				
	WHAT IS GROUP?		1.10.18	12.10.18	11
SOCIAL INFLUENCE AND GROUP PROCESSES	WHY DO PEOPLE JOIN GROUPS?				
	GROUP FORMATION				
	TYPES OF GROUPS				
	SOCIAL LOAFING				
	CONFORMITY	2	15.10.18	26.10.18	7
	COMPLIANCE				
	OBEDIENCE				
	INTERGROUP CONFLICT				
PSYCHOLOGICAL DISORDERS	CONCEPT OF ABNORMALITY	2	29.10.18	5.11.18	7
	CLASSIFICATION OF PSYCHOLOGICAL DISORDERS				
	FACTORS UNDERLYING ABNORMAL BEHAVIOUR				

	ANXIETY DISORDERS				
	SOMATOFORM DISORDERS				
	DISSOCIATIVE DISORDERS		12.11.18	30.11.18	14
PSYCHOLOGICAL DISORDERS	MOOD DISORDERS				
	SCHIZOPHRENIA				
	BEHAVIOURAL AND DEVELOPMENTAL DISORDERS				
	SUBSTANCE - USE DISORDERS				
	THERAPEUTIC RELATIONSHIP	2	3.12.18	13.12.18	14
THERAPEUTIC APPROACHES	PSYCHODYNAMIC THERAPY				
	BEHAVIOUR THERAPY				
	COGNITIVE THERAPY				
THERAPEUTIC APPROACHES	HUMANISTIC-EXISTENTIAL THERAPY				
	BIOMEDICAL THERAPY		17.12.18	21.12.18	7
	REHABILITATION				
	ZEN AND COUNSELLING				
	REVISION		24.12.18	28.12.18	6

N.C.JINDAL PUBLIC SCHOOL				
SESSION: 2018-19				
CLASS-XII				
SUBJECT-PSYCHOLOGY				
SCHEDULE FOR PERIODIC TEST				
PERIODIC TEST	DATE	CHAPTER/TOPIC	MARKS	
1	23.7.18	INTELLIGENCE AND APTITUDE	20	
		SELF AND PERSONALITY	20	
2	3.12.18	ATTITUDE AND SOCIAL COGNITION	20	
		SOCIAL INFLUENCE AND GROUP PROCESSES	20	

N.C.JINDAL PUBLIC SCHOOL**SESSION:2018-19****CLASS-XII****SUBJECT-PSYCHOLOGY****SCHEDULE FOR HALF-YEARLY EXAMINATION**

S.NO.	CHAPTER	MARKS
1	INTELLIGENCE AND APTITUDE	20
2	SELF AND PERSONALITY	20
3	HUMAN STRENGTHS AND MEETING LIFE CHALLENGES	10
4	PSYCHOLOGY AND LIFE	10
5	DEVELOPING PSYCHOLOGICAL SKILLS	10
	THEORY / TOTAL	70
	PRACTICAL	30
	SCHEDULE FOR PRE-BOARD EXAMINATION	
S.NO.	CHAPTER/TOPIC	MARKS
1	INTELLIGENCE AND APTITUDE	9
2	SELF AND PERSONALITY	10
3	HUMAN STRENGTHS AND MEETING LIFE CHALLENGES	7
4	PSYCHOLOGICAL DISORDERS	10
5	THERAPEUTIC APPROACHES AND COUNSELLING	7
6	ATTITUDE AND SOCIAL COGNITION	8
7	SOCIAL INFLUENCE AND GROUP PROCESSES	7
8	PSYCHOLOGY AND LIFE	6
9	DEVELOPING PSYCHOLOGICAL SKILLS	6
	THEORY / TOTAL	70