

NAVY CHILDREN SCHOOL, MUMBAI
SPLIT OF SYLLABUS PSYCHOLOGY 2024-25

CLASS XII

MONTH	DAYS	CHAPTER	TOPIC/SUBTOPIC	PRACTICALS/ PROJECTS
March		1. Variations in Psychological Attributes	Individual differences in intelligence.	Using Intelligence Tests
April		1. Variations in Psychological Attributes(cont'd) 2. Self and personality	Theories of Intelligence. Emotional intelligence. Aptitude types. Nature and assessment of Psychological attributes	Aptitude Tests
May		2. Self and personality (cont'd)	Aspects of self, Self-concept, self –esteem and self-regulation. Personality: Concepts, personality types and Trait approach. Concepts of health and well being, life style	Case study using interview and observation methods. Tests of personality, aptitude, self – concept
June		3. Meeting life Challenges	Life challenge and adjustment. Concept of Adaptation.	Play therapy and relaxation therapy activity.
July		3. Meeting life Challenges(cont'd)	Stress Types and effects on psychological functioning, coping with stress	Testing Adjustment level in school setting and discussing stress related issues faced by adolescents. Various coping techniques and positive well-being.

August		4. Psychological Disorders	Concepts of abnormality and psychological disorder. Causal factors. Major psychological disorders. Anxiety. Somatoform dissociative, Bipolar , Neurodevelopmental Disorder Developmental and Behavioural substance related.	Class/ group discussion on various psychological disorders Field visit or meeting a professional from the field of Psychiatry.
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September		Ch 1 to Ch4	HALF YEARLY EXAMS	
September		5. Therapeutic Approaches	Nature and process of therapy. Nature of therapeutic relationships. Types of therapies. Yoga and meditation	Discuss case studies
October		6. Attitude and Social Cognition	Attribution, Social cognition, Schemas and stereotypes. Nature and components of attitudes, Attitude formation and change, Prosocial behaviour, prejudice and discrimination.	Using attitude scales.
November		7. Social influence and Group Processes	Nature of conformity, compliance, cooperation and competition, Conflicts resolution strategies.	Experiment on group behaviour
December/ January	PRE- BOARD EXAMS REVISION AND SOLVING SAMPLE PAPERS AND BOARD PAPERS			
February				