



INDIAN SCHOOL MUSCAT
DEPARTMENT OF COMMERCE AND HUMANITIES
PSYCHOLOGY CODE NO. 037
CLASS XII (2022 - 2023)

Unit	Unit Name	Marks
1	Variations in Psychological Attributes	13
2	Self and Personality	13
3	Meeting Life Challenges	09
4	Psychological Disorders	12
5	Therapeutic Approaches	09
6	Attitude and Social Cognition	08
7	Social Influence and Group Processes	06
	Total Theory marks	70
	Case study	05
	Practical file with five experiments	05
	Practical test with two experiments	15
	viva	05
	Total Practical Marks	30
	Grand Total	100

PRACTICAL

Test administration:

Students are required to administer and interpret three psychological tests related to various psychological attributes like intelligence, aptitude, attitude, personality, self-concept, adjustment, anxiety, interest etc. The focus should be on helping the student develop an understanding of human behavior through the administration of the tests, interpretation of the scores and its application in various situations/conditions.

PRACTICAL - (30 Marks)

A. In Practical examination of the student will be required to administer and interpret any two psychological test.

Distribution of Marks

Practical File	5 Marks
Viva Voce	5 Marks
Administration of two test & report writing	15 Marks
Case study project	5 Marks
Total	30 marks

QUESTION PAPER DESIGN

CLASS – XII (2022-23)

Board Examination: Theory

Time: 3 Hours

Maximum Marks: 70

S. No.	Competencies	Total Marks	% Weightage
1	Remembering and Understanding: Exhibiting memory of previously learned material by recalling facts, terms, basic concepts, and answers; Demonstrating understanding of facts and ideas by organizing, comparing, translating, interpreting, giving descriptions and stating main ideas	25	35%
2	Applying: Solving problems to new situations by applying	31	45%

	acquired knowledge, facts, techniques and rules in a different way		
3	Formulating, Analysing, Evaluating and Creating: Examining and breaking information into parts by identifying motives or causes; Making inferences and finding evidence to support generalizations; Presenting and defending opinions by making judgments about information, validity of ideas, or quality of work based on a set of criteria; Compiling information together in a different way by combining elements in a new pattern or proposing alternative solutions	14	20%
Total		70	100%



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MONTHLY BREAK UP OF SYLLABUS

MONTH	UNIT
March, 2022	Variations in Psychological Attributes <ol style="list-style-type: none"> 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 <p style="text-align: center;">EXPERIMENT – 1 EMOTIONAL INTELLIGENCE</p>
April, 2022	Chapter – 2: Self and Personality <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 Approach • Trait Approach • Psychodynamic Approach • Behavioural Approach • Cultural Approach

	<ul style="list-style-type: none"> • Humanistic Approach <p>8. Assessment of Personality</p> <ul style="list-style-type: none"> • Self-report Measures • Projective Techniques • Behavioural Analysis <p>Chapter – 3: Meeting Life Challenges</p> <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 <p>FIRST PERIODIC TEST</p>
May, 2022	<p>Chapter – 3: Meeting Life Challenges</p> <ul style="list-style-type: none"> • Lifestyle <ol style="list-style-type: none"> 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 <p>EXPERIMENT – 2 DAT ABSTRACT REASONING</p> <p>Chapter – 4: Psychological Disorders</p> <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 <p>SECOND PERIODIC TEST</p>
June, 2022	<p>Psychotic Disorders</p> <ul style="list-style-type: none"> • Neurodevelopmental Disorders • Disruptive, Impulse-Control and Conduct Disorders • Feeding and Eating Disorders • Substance Related and Addictive Disorders
August, 2022	<p>Chapter – 5: Therapeutic Approaches</p> <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 3. Rehabilitation of the Mentally ill Chapter – 6: Attitude and Social Cognition <ol style="list-style-type: none"> 1. Introduction 2. Explaining Social Behaviour 3. Nature and Components of Attitudes Experiment -3 Adjustment inventory
September, 2022	Chapter – 6: Attitude and Social Cognition <ol style="list-style-type: none"> 4. Attitude Formation and Change <ul style="list-style-type: none"> • Attitude Formation • Attitude Change • Attitude-Behaviour Relationship HALF – YEARLY EXAMINATION
October, 2022	Chapter – 6: Attitude and Social Cognition <ol style="list-style-type: none"> 1. Prejudice and Discrimination 2. Strategies for Handling Prejudice Chapter – 7: 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 Behavior <ul style="list-style-type: none"> • Social Loafing • Group Polarization
November, 2022	Chapter – 4: Psychological Disorders Chapter – 5: Therapeutic Approaches Chapter – 6: Attitude and Social Cognition Chapter – 7: Social Influence and Group Processes REVISION FINAL EXAMINATION
December, 2022	FINAL EXAMINATION REVISION
January, 2023	FIRST PRE BOARD EXAMINATION CBSE BOARD PRACTICALS AND PROJECT WORK
February, 2023	SECOND PRE BOARD EXAMINATION CBSE EXAMINATION
March, 2023	CBSE EXAMINATION