



Indian School Muscat
Department of Commerce and Humanities
ANNUAL PLAN

PSYCHOLOGY (037)

| Ch. No | UNIT | MARKS |
|--------|---|------------|
| 1 | Variations in Psychological attributes | 12 |
| 2 | Self and Personality | 13 |
| 3 | Human strengths and Meeting Life Challenges | 10 |
| 4 | Psychological Disorders | 13 |
| 5 | Therapeutic Approaches and counseling (Except Psychodynamic therapy) | 7 |
| 6 | Attitude and Social Cognition (except social cognition Page 119 – 125 removed) | 8 |
| 7 | Social influences and group processes (Except conformity, compliance and obedience, cooperation and competition, social identity, Intergroup conflicts, resolution strategies) Pages – 138 – 149 in Text book are removed. | 7 |
| | Total marks theory | 70 |
| | 3 Experiments – 15 marks & Board final practical examination – 15 marks | 30 |
| | Total Marks | 100 |

QUESTION WISE BREAK UP (for Term Examinations)

| Type of Question | Marks per question | Total No. of Questions | Total Marks |
|-------------------------|--------------------|------------------------|-----------------|
| Objective Type | 1 | 17 | 17 |
| Very Short Answer (VSA) | 2 | 4 | 8 |
| Short Answer (SA)-I | 3 | 3 | 9 |
| Short Answer (SA) - II | 4 | 6 | 24 |
| Long Answer (LA) | 6 | 2 | 12 |
| Total | | 32 Questions | 70 Marks |

QUESTION WISE BREAK UP (for Periodic Assessments)

| Type of Question | Marks per question | Total No. of Questions | Total Marks |
|-------------------------|--------------------|------------------------|-----------------|
| Objective Type | 1 | 4 | 4 |
| Very Short Answer (VSA) | 2 | 2 | 4 |
| Short Answer (SA)-I | 3 | 2 | 6 |
| Short Answer (SA) - II | 4 | 0 | 0 |
| Long Answer (LA) | 6 | 1 | 6 |
| Total | | 09 Questions | 20 Marks |

QUESTION PAPER DESIGN CLASS –XI (2020-21)
PSYCHOLOGY (Code No. 037)

I. Theory

| SN | Typology of Questions | Objective Type (1 Mark) | Very Short Answer (VSA) (2Marks) | Short Answer (SA) – I (3Marks) | Short Answer (SA) – II (4Marks) | Long Answer (LA) (6Marks) | Total Marks | % Weightage |
|--------------|--|----------------------------|--|--------------------------------------|---------------------------------------|---------------------------------|-------------|-------------|
| 1 | Remembering: Exhibit memory of previously learned material by recalling facts, terms, basic concepts, and answers. | 5 | 1 | - | 2 | 1 | 21 | 30% |
| 2 | Understanding: Demonstrate understanding of facts and ideas by organizing, comparing, translating, interpreting, giving descriptions, and stating main ideas | 4 | 2 | 1 | 1 | 1 | 21 | 30% |
| 3 | Applying: Solve problems to new situations by applying acquired knowledge, facts, techniques and rules in a different way. | 5 | 1 | 1 | 1 | - | 14 | 20% |
| 4 | Analysing and Evaluating: Examine and break information into parts by identifying motives or causes. Make inferences and find evidence to support generalizations Present and defend opinions by making judgments about information, validity of ideas, or quality of work based on a set of criteria. | 3 | - | - | 1 | 1 | 07 | 10% |
| 5 | Creating: Compile information together in a different way by combining elements in a new pattern or proposing alternative solutions. | - | - | 1 | 1 | - | 7 | 10% |
| TOTAL | | 1X17= 17 | 2X4=8 | 3X3=9 | 4X6=24 | 6X2=12 | 70 | 100% |

MONTHLY BREAK UP OF SYLLABUS

| MONTH | TOPICS |
|------------------------------|---|
| March 2020 | Chapter – 1 Intelligence and Aptitude .What is Intelligence? Individual differences, theories of intelligence, culture and intelligence, emotional intelligence, nature and types of intelligence tests, assessment of psychological attributes. Chapter – 2 Self and Personality: concept of self, self esteem and self regulation, culture and self, personality, concept, approaches to personality, type and trait , psychodynamic , humanistic, behavioral approaches, Experiment – I |
| 8 to12th March | |
| 15to 19 th March | |
| 22 to 26 th March | |
| 29 to 31 st March | |

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| <p>April 2020 8 & 9 April, 2020 12 to 16th April</p> <p>19 to 23rd April 26 to 30th April</p> | <p>Chapter – 3 Human strengths and Meeting Life Challenges- life challenges and adjustments, concept of adaptation, human strengths and virtues, types of psychological functioning, coping with stress, concepts health and well being</p> <p style="text-align: center;">Experiment – II</p> <p>Chapter – 4 Psychological Disorders: concepts of abnormality and psychological disorders, classification of disorders, anxiety disorders, Somatic-symptom disorders, mood disorders, schizophrenic disorders, developmental and behavioral disorders</p> |
| <p>May 2020 3 to 7th May 10 to 14th May</p> <p>17 to 21st May</p> <p>24 to 28th May 31st May</p> <p>June 2020 04th June 07 to 11th June</p> <p>July 2020</p> | <p style="text-align: center;">Experiment – III</p> <p>Chapter – 6 Attitude and social Cognition—introduction, nature and components, attitude and behavior, measurement of attitudes, formation of attitudes.</p> <p style="text-align: center;">ONLINE TEST - 1</p> <p>change of attitudes, prejudice, stereotypes, inter group conflicts, handling prejudices, attributions and pro social behavior</p> <p>Revision of Chapter -4 Psychological Disorders: concepts of abnormality and psychological disorders, classification of disorders, anxiety disorders, Somatic-symptom disorders, mood disorders, schizophrenic disorders, developmental and behavioral disorders</p> <p style="text-align: center;">ONLINE TEST - 2</p> |
| <p>August 9th 2020 09 to 13th August 16 to 20th August</p> <p>23 & 24th August</p> | <p>Chapter – 5 Therapeutic Approaches: nature and process of therapy, types of therapies, cognitive, behavior, alternative therapies, yoga and meditation, and rehabilitation of mentally ill.</p> <p style="text-align: center;">HALF-YEARLY EXAMINATION</p> |
| <p>September 2020 01 to 03,</p> <p>27 to 30th Sept</p> | <p>Chapter – 7 Social Influences and Group Processes: Influence processes; Nature of competition, Group : Nature formation and types Influence of Group on individual behavior; Inter-group on individual behaviour;</p> |
| <p>October 2020 04 to 08th Oct</p> <p>11 to 15th Oct</p> <p>18 to 22nd Oct</p> <p>25 to 29th Oct</p> | <p style="text-align: center;">.SYLLABUS COMPLETION – CLASS – XII REVISION OF CLASS XII SYLLABUS</p> |

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|--|---|
| November 2020 01 to 05 th Nov 08 to 12 th Nov 15 to 19 th Nov 22 to 26 th Nov 29 & 30 th Nov | REVISION PRE-BOARD EXAMINATION -1 |
| December 2020 01 to 03 rd Dec 06 to 10 th Dec 13 to 17 th Dec | WINTER BREAK |
| January 2021 03 to 07 th Jan 10 th to 14 th Jan 17 th to 21 st Jan 24 th to 28 th Jan 31 st Jan | PRE-BOARD EXAMINATION -2 AISSC BOARD PRACTICAL EXAMINATION |
| February 2021 | CBSE EXAMINATION |
| March 2021 | CBSE EXAMINATION |
