

PSYCHOLOGY
CLASS XI
(THEORY)

One Paper

Time: 3 Hours

70 Marks
170 Periods

Unit	Unitwise Weightage	Marks
I	What is Psychology?	11
II	Methods of Enquiry in Psychology	13
IV	Human Development	11
V	Sensory, Attentional and Perceptual Processes	8
VI	Learning	9
VII	Human Memory	8
VIII	Thinking	5
IX	Motivation and Emotion	5

Unit I: What is Psychology?

(27 Periods)

Objectives:- The Unit seeks to develop understanding and appreciation of psychology as a discipline, its evolution, its applications and its relationships with other sciences through appropriate and interesting examples and analysis of everyday experience.

What is Psychology? - Psychology as a Discipline, Psychology as a Natural Science, Psychology as a Social Science; Understanding Mind and Behaviour; Understanding Mind and Behaviour; Popular Notions about Discipline of Psychology; Evolution of Psychology; Development of Psychology in India; Branches of Psychology; Psychology and Other Disciplines; Psychology in Everyday Life.

Unit II: Methods of Enquiry of Psychology

(32 Periods)

Objectives :- It is to discuss methods of enquiry for collecting psychological data.

Goals of psychological enquiry- Steps in conducting Scientific Research, Alternatives Paradigms of Research; Nature of Psychological Data; Methods of Psychology – Observational, Experimental, Co-relational, Survey, Psychological Testing, Case Study; Analysis of Data- Quantitative Method and Qualitative Method; Limitations of Psychological Enquiry; Ethical Issues.

Unit IV: Human Development

(26 Periods)

Objectives : To deal with Variations in development and the developmental tasks during the life span.

Meaning of Development - Life-span Perspective on Development; Factors Influencing Development; Context of Development; Overview of Developmental Stages - Prenatal Stage, Infancy, Childhood, Challenges of Adolescence, Adulthood and Old age.

Unit V: Sensory, Attentional and Perceptual Processes

(18 Periods)

Objectives : To aim at understanding how various sensory stimuli are received, attended to and given meaning.

Knowing the World; Nature and Varieties of stimulus; Sense Modalities - Functional limitation of sense organs, Attentional processes - Selective Attention and Sustained Attention; Perceptual Processes - Processing Approaches in Perception; The Perceiver; Principles of Perceptual Organisation; Perception of Space, Depth and Distance - Monocular and Binocular Cues; Perceptual constancies; Illusions; Socio-Cultural Influences on Perception.

Unit VI: Learning

(20 Periods)

Objectives : This unit focuses on how one acquires new behaviour and how changes in behaviours take place.

Nature of learning; Paradigms of Learning; Classical Conditioning - Determinants of Classical Conditioning; Operant/Instrumental Conditioning - Determinants of Operant Conditioning, Key Learning Processes; Observational Learning; Cognitive Learning; Verbal learning; Skill Learning; Factors Facilitating Learning; Learning Disabilities.

Unit VII: Human Memory

(19 Periods)

Objectives : This unit deals with how information is received, stored, retrieved and lost. It will also discuss how memory can be improved.

Nature of Memory; Information Processing Approach - The Stage Model; Memory system—Sensory, Short-Term, Long-Term Memories; Levels of Processing; Types of Long-term Memory-Declarative and Procedural, Episodic and Semantic; Nature and Causes of Forgetting - Forgetting due to Trace Decay; Interference and Retrieval Failure; Enhancing Memory - Mnemonics using Images and Organisation

Unit VIII: Thinking

(14 Periods)

Objectives : This Unit deals with thinking and related processes like reasoning, problem-solving, decision making and creative thinking. The relationship between thought and language will also be discussed.

Nature of Thinking - Building Blocks of Thought; The Process of Thinking; Problem Solving; Reasoning; Decision making; Nature and Process of Creative Thinking - Nature of Creative thinking, Process of Creative thinking; Thoughts and Language; Development of Language and Language Use.

Unit IX: Motivation and Emotion

(14 Periods)

Objectives : This Unit focuses on why human beings behave as they do. It also deals with how people experience positive and negative events and respond to them.

Nature of motivation; Types of Motives - Biological Motives, Psychosocial motives – Achievement, Affiliation, Power; Maslow’s hierarchy of needs; Nature of emotions; Physiological, Cognitive and Cultural bases of Emotions; Managing Negative Emotions; Enhancing Positive Emotions.

PRACTICAL CLASS XI

One Paper

3 Hours

30 Marks

(Projects, Experiments, Small Studies, etc.)

60 Periods

The students shall be required to undertake one project and conduct three practicals. The project would involve the use of different methods of enquiry and related skills. Practical would involve undertaking experiments and conducting small studies, exercises, related to the topics covered in the course (Human development, Learning, Memory, Motivation, Perception, Attention, Thinking).

PRESCRIBED TEXTBOOK:

Introduction to Psychology Part I
(A Textbook for Class XI)
Published by: NCERT, New Delhi.

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DESIGN OF QUESTION PAPER

Subject : PSYCHOLOGY
Paper : Theory
Class : XI
Full Mark : 70
Time : 3 hours

WEIGHTAGE TO OBJECTIVES					
I	Objectives			Marks	Percentage
	Knowledge (K)			10	15
	Understanding (U)			35	50
	Application (A)			21	30
	Skill (S)			4	5
	Total :			70	100
WEIGHTAGE TO FORMS OF QUESTIONS:					
II	Form of Questions	No. of Question	Time (in minute)	Marks	Percentage
	Essay/Long Answer(E/LA)	3	60	15	21
	Short Answer (SA-I)	6	36	18	26
	Short Answer(SA-II)	10	40	20	29
	Very Short Answer(VSA)	7	21	7	10
	MCQ	10	20	10	14
	Total:		36	180	70
WEIGHTAGE TO CONTENT:					
UNIT/CONTENTS :				Marks	
III	I	What is Psychology			12
	II	Methods of Enquiry in Psychology			12
	IV	Human Development			11
	V	Sensory, Attentional and Perceptual Processes			8
	VI	Learning			9
	VII	Human Memory			8
	VIII	Thinking			5
	IX	Motivation and Emotion			5
	Total :				70
IV	SCHEME OF SECTIONS : Nil				
V	SCHEME OF OPTIONS : Internal option may be given in Essay Type Question & SA-I.				
VI	DIFFICULTY LEVEL : Difficult : 30% of the total marks Average : 50% of the total marks Easy : 20% of the total marks				

Abbreviation : K(Knowledge), U(Understanding), C(Comprehension), Exp.(Expression), Skill(S), E(Essay Type), SA (Short Answer Type), VSA (Very Short Answer Type), MCQ(Multiple Choice Question)

PSYCHOLOGY
CLASS XII
(THEORY)

One Paper

Time: 3 Hours

70 Marks

170 Periods

Unit	Unitwise Weightage	Marks
I	Variations in Psychological Attributes	13
II	Self and Personality	13
III	Meeting Life Challenges	9
IV	Psychological Disorders	12
V	Therapeutic Approaches	9
VI	Attitude and Social Cognition	8
VII	Social Influence and Group Processes	6

Unit I: Variations in Psychological Attributes(30 Periods)

Objectives:- The unit aims at studying how people differ with respect to their various psychological attributes.

Individual differences in Human Functioning; Assessment of Psychological Attributes; Intelligence; Psychometric Theories of Intelligence, Information Processing Theory: Planning, Attention- Arousal and Simultaneous Successive Model of Intelligence, Triarchic Theory of Intelligence, Theory of Multiple Intelligences; Individual differences in intelligence; Culture and Intelligence; Emotional Intelligence; Special Abilities :- Aptitude – Nature and Measurement; Creativity.

Unit II: Self and Personality

(32 Periods)

Objectives :- This unit focuses on the study of self and personality in the context of different approaches in an effort to appraise the person. The assessment of personality will also be discussed.

Self and Personality; Concepts of Self, Cognitive and Behavioural Aspects of Self; Culture and Self; Concept of Personality; Major approaches – Type and Trait, Psychodynamic and Post Freudian Approaches, Behavioural Approach, Cultural Approach, Humanistic Approach; Assessment of Personality - Self-report Measures, Behavioural, and Projective Techniques, Behavioural Analysis.

Unit III: Meeting Life Challenges

(23 Periods)

Objectives :- This unit deals with the nature of stress and how responses to stress depend on an individual's appraisal of stressors. Strategies to cope with stress will also be dealt with.

Nature, Types and Sources of Stress; Effects on Psychological Functioning and Health - Stress and Health, General Adaptive Syndrome, Stress and Immune System, Life Style; Coping with Stress - Stress Management Techniques; Promoting Positive Health and Well-Being - Life Skills, Positive Health.

Unit IV: Psychological Disorders (30 Periods)

Objectives :- This unit discusses the concepts of normality and abnormality and the major psychological disorders.

Concepts of Abnormality and Psychological Disorders - Historical Background; Classification of Psychological Disorders; Factors Underlying Abnormal Behaviour; Major Psychological Disorders – Anxiety, Obsessive- Compulsive and Related Disorder, Trauma and Stressor Related Disorders, Somatic Symptom and Related Disorder, Dissociative Disorder, Depressive Disorder, Bipolar and Related Disorders, Schizophrenia Spectrum and other Psychotic Disorders, Neuro developmental Disorders, Disruptive, Impulse- Control and Conduct Disorders, Feeding and Eating Disorder, Substance related and Addictive Disorders.

Unit V: Therapeutic Approaches (25 Periods)

Objectives :- The unit discusses the goals, techniques, and effectiveness of different approaches to treat psychological disorders.

Nature and process of Psychotherapy - Therapeutic relationship; Types of therapies - Behaviour Therapy, Cognitive Therapy, Humanistic - Existential Therapy, Alternative therapies; Factors contributing to healing in Psychotherapy, Ethics in Psychotherapy; Rehabilitation of mentally ill.

Unit VI: Attitude and Social Cognition (16 Periods)

Objectives :- This unit focuses on formation and change of attitudes, cultural influences on attributional tendencies and conditions influencing pro-social behaviour.

Explaining Social Behaviour; Nature and Components of Attitudes; Attitude Formation and Change - Attitude Formation, Attitude Change, Attitude - Behaviour Relationship; Prejudice and Discrimination; Strategies for Handling Prejudice.

Unit VII: Social Influence and Group Processes (14 Periods)

Objectives :- The unit deals with the concept of group and its functions. Different conflict resolution strategies will also be discussed.

Nature and Formation of Groups; Types of Groups; Influence of Group on Individual Behaviour - Social Loafing, Group Polarisation.

PRACTICAL PAPER
CLASS XII

One Paper

3 Hours

30 Marks

(Projects, Psychological Testing, Case Studies, etc.)

60 Periods

The students shall be required to prepare one case profile and conduct five practicals related to the topics covered in the course. The case profile will include developmental History of the subject, using both qualitative (observation, interview, rating etc.) and quantitative approaches. Practical would involve using standardised psychological assessment devices in different domains (intelligence, personality, aptitude, adjustment, attitude, self-concept, and anxiety).

PRESCRIBED TEXTBOOK:

Introduction to Psychology Part II

(A Textbook for Class XII)

Published by: NCERT, New Delhi.

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FOR THE ACADEMIC SESSION 2024-25

**DESIGN OF
QUESTION PAPER**

Subject : PSYCHOLOGY
Paper : Theory
Class : XII
Full Mark : 70
Time : 3 hours

WEIGHTAGE TO OBJECTIVES					
I	Objectives			Marks	Percentage
	Knowledge (K)			14	20
	Understanding (U)			27	39
	Application (A)			21	30
	Skill (S)			8	11
Total :			70	100	
WEIGHTAGE TO FORM OF QUESTIONS:					
II	Form of Questions	No. of Question	Time (in minute)	Marks	Percentage
	Essay/Long Answer(E/LA)	3	60	15	21
	Short Answer(SA-I)	6	36	18	26
	Short Answer(SA-II)	10	40	20	29
	Very Short Answer(VSA)	10	30	10	14
	MCQ	7	14	7	10
	Total:		36	180	70
WEIGHTAGE TO CONTENT:					
III	UNIT/CONTENTS :			Marks	
	I	Variations in Psychological Attributes		13	
	II	Self and Personality		13	
	III	Meeting Life Challenges		9	
	IV	Psychological Disorders		12	
	V	Therapeutic Approaches		9	
	VI	Attitude and Social Cognition		8	
	VII	Social Influence and Group Processes		6	
Total :			70		
IV	SCHEME OF SECTIONS : Nil				
V	SCHEME OF OPTIONS : Internal option may be given in Essay Type Question & SA				
VI	DIFFICULTY LEVEL :				
	Difficult	:	30%		
	Average	:	50%		
	Easy	:	20%		

Abbreviation : K(Knowledge), U(Understanding), C(Comprehension), Exp.(Expression), Skill(S), E(Essay Type), SA (Short Answer Type), VSA (Very Short Answer Type), MCQ(Multiple Choice Question)

FROM THE ACADEMIC SESSION 2025-26

**DESIGN OF
QUESTION PAPER**

Subject : PSYCHOLOGY
Paper : Theory
Class : XII
Full Mark : 70
Time : 3 hours

WEIGHTAGE TO OBJECTIVES					
I	Objectives			Marks	Percentage
	Knowledge (K)			10	15
	Understanding (U)			35	50
	Application (A)			21	30
	Skill (S)			4	5
	Total :			70	100
WEIGHTAGE TO FORMS OF QUESTIONS:					
II	Form of Questions	No. of Question	Time (in minute)	Marks	Percentage
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	Short Answer(SA-I)	6	36	18	26
	Short Answer(SA-II)	10	40	20	29
	Very Short Answer(VSA)	7	21	7	10
	MCQ	10	20	10	14
	Total:		36	180	70
WEIGHTAGE TO CONTENT:					
III	UNIT/CONTENTS :			Marks	
	I	Variations in Psychological Attributes		13	
	II	Self and Personality		13	
	III	Meeting Life Challenges		9	
	IV	Psychological Disorders		12	
	V	Therapeutic Approaches		9	
	VI	Attitude and Social Cognition		8	
	VII	Social Influence and Group Processes		6	
Total :			70		
IV	SCHEME OF SECTIONS : Nil				
V	SCHEME OF OPTIONS : Internal option may be given in Essay Type Question & SA-I.				
VI	DIFFICULTY LEVEL : Difficult : 30% of the total marks Average : 50% of the total marks Easy : 20% of the total marks				

Abbreviation : K(Knowledge), U(Understanding), C(Comprehension), Exp.(Expression), Skill(S), E(Essay Type), SA (Short Answer Type), VSA (Very Short Answer Type), MCQ(Multiple Choice Question)