



# The Camford International School

ANNUAL LESSON PLAN 2023-2024

GRADE: XII

SUBJECT: PSYCHOLOGY (037)

MONTH	CHAPTER NO. AND NAME	DETAIL CONCEPTS TO BE COVERED	PRACTICALS
MARCH [26]	Chapter -1 Variations in Psychological Attributes	<b>Variations in Psychological Attributes</b>  1. Introduction 2. Individual Differences in Human Functioning 3. Assessment of Psychological Attributes 4. Intelligence  Theories of Intelligence: Psychometric Theories of Intelligence, Information Processing Theories, Planning, Attention-Arousal and Simultaneous Successive Model of Intelligence, Triarchic Theory of Intelligence, Theory of Multiple Intelligences. 5. Individual Differences in Intelligence 6. Culture and Intelligence 7. Emotional Intelligence 8. Special Abilities: Aptitude: Nature and Measurement 10.Creativity  <b>Self and Personality</b>	<b>To administer and interpret psychological tests related to intelligence</b>

	<b>Chapter -2 Self and Personality</b>	<ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Self and Personality</li> <li>3. Concept of Self</li> <li>4. Cognitive and Behavioural Aspects of Self</li> <li>5. Culture and Self</li> </ol>	
<b>APRIL [14]</b>	<b>Chapter -2 Self and Personality</b>	<ol style="list-style-type: none"> <li>6. Concept of Personality</li> <li>7. Major Approaches to the Study of Personality <ul style="list-style-type: none"> <li>● Type Approach</li> <li>● Trait Approach</li> <li>● Psychodynamic Approach and Post Freudian Approaches</li> <li>● Behavioural Approach</li> <li>● Cultural Approach</li> <li>● Humanistic Approach</li> </ul> </li> <li>8. Assessment of Personality <ul style="list-style-type: none"> <li>● Self-report Measures</li> <li>● Projective Techniques</li> <li>● Behavioural Analysis</li> </ul> </li> </ol>	<b>To administer and interpret psychological tests related to personality.</b>
<b>MAY [8]</b>	<b>Chapter -3 Meeting Life Challenges</b>	<p><b>Meeting Life Challenges</b></p> <ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Nature, Types and Sources of Stress</li> <li>3. Effects of Stress on Psychological Functioning and Health <ul style="list-style-type: none"> <li>● Stress and Health</li> <li>● General Adaptation Syndrome</li> <li>● Stress and Immune System</li> <li>● Lifestyle</li> </ul> </li> </ol>	-

<p><b>JUNE</b> <b>[23]</b></p>	<p><b>Chapter -3</b> <b>Meeting Life</b> <b>Challenges</b></p> <p><b>Chapter – 4</b> <b>Psychological</b> <b>Disorders</b></p>	<p>4. Coping with Stress</p> <ul style="list-style-type: none"> <li>● Stress Management Techniques</li> </ul> <p>5. Promoting Positive Health and Well-being</p> <ul style="list-style-type: none"> <li>● Life Skills</li> <li>● Positive Health</li> </ul> <p><b>Psychological Disorders</b></p> <p>1. Introduction</p> <p>2. Concepts of Abnormality and Psychological Disorders</p> <ul style="list-style-type: none"> <li>● Historical Background</li> </ul> <p>3. Classification of Psychological Disorders</p> <p>4. Factors Underlying Abnormal Behaviour</p> <p>5. Major Psychological Disorders</p> <ul style="list-style-type: none"> <li>● Anxiety Disorders</li> <li>● Obsessive-Compulsive and Related Disorders</li> <li>● Trauma-and Stressor-Related Disorders</li> <li>● Somatic Symptom and Related Disorders</li> <li>● Dissociative Disorders</li> <li>● Depressive Disorder</li> <li>● Bipolar and Related Disorders</li> <li>● Schizophrenia Spectrum and Other Psychotic Disorders</li> <li>● Neuro developmental Disorders</li> <li>● Disruptive, Impulse-Control and Conduct Disorders</li> <li>● Feeding and Eating Disorders</li> <li>● Substance Related and Addictive Disorders</li> </ul>	<p><b>To administerand</b> <b>interpret psychological</b> <b>tests related to aptitude.</b></p> <p><b>Development of case</b> <b>profile using appropriate</b> <b>methods</b></p>
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<p><b>JULY</b> [24]</p>	<p><b>Chapter – 5 Therapeutic Approaches</b></p> <p><b>Chapter -6 Attitude and Social Cognition</b></p>	<p><b>Therapeutic Approaches</b></p> <ol style="list-style-type: none"> <li>1. Nature and Process of Psychotherapy <ul style="list-style-type: none"> <li>● Therapeutic relationship</li> </ul> </li> <li>2. Types of Therapies <ul style="list-style-type: none"> <li>● Behaviour Therapy</li> <li>● Cognitive Therapy</li> <li>● Humanistic-Existential Therapy</li> <li>● Alternative Therapies</li> </ul> </li> <li>3. Rehabilitation of the Mentally Ill</li> </ol> <p><b>Attitude and Social Cognition</b></p> <ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Explaining Social Behaviour</li> <li>3. Nature and Components of Attitudes</li> </ol>	<p><b>To administer and interpret psychological tests related to attitude.</b></p> <p style="text-align: center;">-</p>
<p><b>AUGUST</b> [23]</p>	<p><b>Chapter -6 Attitude and Social Cognition</b></p>	<ol style="list-style-type: none"> <li>4. Attitude Formation and Change <ul style="list-style-type: none"> <li>● Attitude Formation</li> <li>● Attitude Change</li> <li>● Attitude-Behaviour Relationship</li> </ul> </li> <li>5. Prejudice and Discrimination</li> <li>6. Strategies for Handling Prejudice</li> </ol>	<p><b>To administer and interpret psychological tests related to adjustment.</b></p>
<p><b>SEPTEMBER</b> [20]</p>	<p><b>Chapter -7 Social Influence and group Processes</b></p>	<p><b>Social Influence and Group Processes</b></p> <ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Nature and Formation of Groups</li> <li>3. Type of Groups</li> <li>4. Influence of Group on Individual Behavior <ul style="list-style-type: none"> <li>● Social Loafing</li> <li>● Group Polarization</li> </ul> </li> </ol>	<p style="text-align: center;">-</p>

<b>OCTOBER</b> [17]		<b>REVISION</b>	
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