



# THE CAMFORD INTERNATIONAL SCHOOL

## ANNUAL LESSON PLAN 2025-2026

**GRADE: 12**

**SUBJECT: PSYCHOLOGY (037)**

<b>MONTH</b>	<b>CHAPTER</b>	<b>DETAILS OF CONCEPTS TO BE COVERED</b>	<b>PRACTICALS</b>
<b>MARCH (21)</b>	1. Variations in Psychological Attributes	<ul style="list-style-type: none"><li>• Introduction</li><li>• Individual Differences in Human Functioning</li><li>• Assessment of Psychological Attributes</li><li>• Intelligence</li><li>• Psychometric Theories of Intelligence</li><li>• Information Processing Theories</li><li>• Theory of Multiple Intelligences</li><li>• Individual Differences in Intelligence</li><li>• Culture and Intelligence</li><li>• Emotional Intelligence</li><li>• Special Abilities: Aptitude</li><li>• Creativity</li></ul>	Ex.1. Emotional Intelligence Scale
<b>APRIL (18)</b>	2. Self and Personality	<ul style="list-style-type: none"><li>• Introduction</li><li>• Self and Personality</li><li>• Concept of Self</li><li>• Cognitive and Behavioural aspects of Self</li><li>• Culture and Self</li><li>• Concept of Personality</li><li>• Major Approaches to the Study of Personality</li><li>• Types Approach</li><li>• Traits Approach</li><li>• Behavioural Approach</li><li>• Cultural Approach</li></ul>	Ex. 2. Self-Confidence Scale

		<ul style="list-style-type: none"> <li>• Humanistic Approach</li> <li>• Assessment of Personality</li> <li>• Self Report Measures</li> <li>• Projective Techniques</li> <li>• Behavioural Analysis</li> </ul>	
<b>MAY (7)</b>	3. Meeting Life Challenges	<ul style="list-style-type: none"> <li>• Introduction</li> <li>• Nature, Types and Sources of Stress</li> <li>• Effects of Stress on Psychological Functioning and Health</li> <li>• Stress and Health</li> <li>• General Adaptation Syndrome</li> <li>• Stress and Immune System</li> <li>• Life Style</li> <li>• Coping with Stress</li> <li>• Stress Management Techniques</li> <li>• Promoting Positive Health and Well Being</li> <li>• Life Skills</li> </ul>	Ex. 3. Psychological Hardiness Scale
<b>JUNE (23)</b>	4. Psychological Disorders	<ul style="list-style-type: none"> <li>• Introduction</li> <li>• Concepts of Abnormality and Psychological Disorders</li> <li>• Historical Background</li> <li>• Classification of Psychological Disorders</li> <li>• Factors Underlying Psychological Disorders</li> <li>• Major Psychological Disorders</li> <li>• Anxiety Disorders</li> <li>• Obsessive-Compulsive and Related Disorders</li> <li>• Trauma and Stress Related Disorders</li> <li>• Somatic Symptom and Related Disorders</li> <li>• Dissociative Disorders</li> <li>• Depressive Disorders</li> <li>• Bipolar and Related Disorders</li> </ul>	Ex. 4. Aggression Scale

		<ul style="list-style-type: none"> <li>• Schizophrenia Spectrum and Other Psychotic Disorders</li> <li>• Neurodevelopmental Disorders</li> <li>• Disruptive, Impulse Control and Conduct Disorders</li> <li>• Feeding and Eating Disorders</li> <li>• Substance Related and Addictive Disorders</li> </ul>	
<b>JULY (25)</b>	5. Therapeutic Approaches	<ul style="list-style-type: none"> <li>• Introduction</li> <li>• Nature and Process of Psychotherapy</li> <li>• Therapeutic relationship</li> <li>• Types of Therapies</li> <li>• Behaviour Therapy</li> <li>• Cognitive Therapy</li> <li>• Humanistic Existential Therapy</li> <li>• Alternative Therapies</li> <li>• Factors Contributing to Healing in Psychotherapy</li> <li>• Ethics in Psychotherapy</li> <li>• Rehabilitation of the Mentally Ill</li> </ul>	Case Study
<b>AUGUST (22)</b>	6. Attitude and Social Cognition	<ul style="list-style-type: none"> <li>• Introduction</li> <li>• Explaining Social Behaviour</li> <li>• Nature and Components of Attitudes</li> <li>• Attitude Formation</li> <li>• Attitude Change</li> <li>• Attitude-Behaviour Relationship</li> <li>• Prejudice and Discrimination</li> <li>• Strategies for Handling Prejudice</li> </ul>	Ex. 5. Scientific Attitude Scale
<b>SEPTEMBER (21)</b>	7. Social Influence and Group Processes	<ul style="list-style-type: none"> <li>• Introduction</li> <li>• Nature and Formation of Groups</li> <li>• Types of Groups</li> <li>• Influence of Group on Individual Behaviour</li> <li>• Social Loafing</li> <li>• Group Polarization</li> </ul>	

<b>OCTOBER (21)</b>		<b>Revision</b>	
<b>NOVEMBER (22)</b>		<b>Pre-Board Examination- I</b>	
<b>DECEMBER (23)</b>		<b>Pre-Board Examination-II</b>	
<b>JANUARY (19)</b>		<b>CBSE Board practical examinations</b>	