2026-27
PSYCHOLOGY
CLASS XI
Theory one paper

Time : 3 Hours **Marks: 70**

Units	Topics	Marks
I	Understanding Psychology	11
II	Methods of Enquiry in Psychology	13
III	Human Development	11
IV	Sensory, Attentional and Perceptual Processes	8
V	Learning	9
VI	Human Memory	8
VII	Thinking	5
VIII	Motivation and Emotion	5
	Total	**70**

COURSE STRUCTURE

	Name of the Units
Unit I	**Understanding Psychology** *The topics in this unit are:* 1. Introduction 2. Nature of Psychology: ● Psychology as a Discipline ● Psychology as a Natural Science ● Psychology as a Social Science 3. Understanding Mind and Behaviour 4. Popular Notions about the Discipline of Psychology 5. Evolution of Psychology 6. Development of Psychology in India 7. Branches of Psychology 8. Psychology and Other Disciplines 9. Psychology in Everyday Life
Unit II	**Methods of Enquiry in Psychology** *The topics in this unit are:* 1. Introduction 2. Goals of Psychological Enquiry ● Steps in Conducting Scientific Research ● Alternative Paradigms of Research 3. Nature of Psychological Data

	4. Some Important Methods in Psychology ● Observational Method ● Experimental Method ● Correlational Research ● Survey Research ● Psychological Testing ● Case Study 5. Analysis of Data ● Quantitative Method ● Qualitative Method 6. Limitations of Psychological Enquiry 7. Ethical Issues
Unit III	**Human Development** *The topics in this unit are:* 1. Introduction 2. Meaning of Development ● Life-Span Perspective on Development 3. Factors Influencing Development 4. Context of Development 5. Overview of Developmental Stages ● Prenatal Stage ● Infancy ● Childhood ● Challenges of Adolescence ● Adulthood and Old Age
Unit IV	**Sensory, Attentional and Perceptual Processes** *The topics in this unit are:* 1. Introduction 2. Knowing the world 3. Nature and varieties of Stimulus 4. Sense Modalities ● Functional limitation of sense organs 5. Attentional Processes ● Selective Attention ● Sustained Attention 6. Perceptual Processes ● Processing Approaches in Perception 7. The Perceiver 8. Principles of Perceptual Organisation

	9. Perception of Space, Depth and Distance ● Monocular Cues and Binocular Cues 10. Perceptual Constancies 11. Illusions 12. Socio-Cultural Influences on Perception
Unit V	**Learning** *The topics in this unit are:* 1. Introduction 2. Nature of Learning 3. Paradigms of Learning 4. Classical Conditioning ● Determinants of Classical Conditioning 5. Operant/Instrumental Conditioning ● Determinants of Operant Conditioning ● Key Learning Processes 6. Observational Learning 7. Cognitive Learning 8. Verbal Learning 9. Skill Learning 10. Factors Facilitating Learning 11. Learning Disabilities
Unit VI	**Human Memory** *The topics in this unit are:* 1. Introduction 2. Nature of memory 3. Information Processing Approach : The Stage Model 4. Memory Systems : Sensory, Short-term and Long-term Memories 5. Levels of Processing 6. Types of Long-term Memory ● Declarative and Procedural; Episodic and Semantic 7. Nature and Causes of Forgetting ● Forgetting due to Trace Decay, Interference and Retrieval Failure 8. Enhancing Memory ● Mnemonics using Images and Organisation
Unit VII	**Thinking** *The topics in this unit are:* 1. Introduction 2. Nature of Thinking

	● Building Blocks of Thought 3. The Processes of Thinking 4. Problem Solving 5. Reasoning 6. Decision-making 7. Nature and Process of Creative Thinking ● Nature of Creative Thinking ● Process and strategies of Creative Thinking 8. Thought and Language 9. Development of Language and Language Use
Unit VIII	**Motivation and Emotion** *The topics in this unit are:* 1. Introduction 2. Nature of Motivation 3. Types of Motives ● Biological Motives ● Psychosocial Motives 4. Maslow's Hierarchy of Needs 5. Nature of Emotions 6. Expression of Emotions ● Culture and Emotional Expression ● Culture and Emotional Labeling 7. Managing Negative Emotions 8. Enhancing Positive Emotions

Practical (Projects/small study, experiments, Continuous Assessment) 30 marks

The students shall be required to undertake ***one project /small study and conduct two experiments.*** The project/small study would involve the use of different methods of enquiry like observation, survey, interview, questionnaire related to the following topics:

- Bullying/Cyberbullying
- Mental health and wellbeing
- Impact of social media on the youth today
- Altruism and its impact on wellbeing
- Peer Pressure
- Anger management
- Sleep Hygiene
- Changing Gender roles and stereotypes
- Cooperation and Competition
- Compliance and Obedience

You may also choose to do a project on any topic covered in the course (e.g., Human development, Learning, Memory, Motivation, Perception, Attention and Thinking). Experiments could focus on cause-and-effect relationships.

Practical Examination
Practical- 30 Marks

• Practical (Experiments) file	04 Marks
• Project File	04 Marks
• Viva Voce (Project and experiment)	05 Marks
• One experiment (04 marks for conduction of experiment and 08 marks for reporting) • Continuous Assessment(Unit Test)	12 Marks **05**Marks
Total	**30 Marks**

2026-27
PSYCHOLOGY
CLASS XII
Theory one paper

Time : 3 Hours **Marks: 70**

Units	Topics	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**

COURSE CONTENT

Unit I	**Variations in Psychological Attributes** *The topics in this unit are:* 1. Introduction 2. Individual Differences in Human Functioning 3. Assessment of Psychological Attributes 4. Intelligence 5. Psychometric Theories of Intelligence, Information Processing Theory: Planning, Attention-arousal and Simultaneous successive Model of Intelligence, Triarchic Theory of Intelligence; Theory of Multiple Intelligences. 6. Individual Differences in Intelligence 7. Culture and Intelligence 8. Emotional Intelligence 9. Special Abilities: Aptitude: Nature and Measurement 10. Creativity
Unit II	**Self and Personality** *The topics in this unit are:* 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

	● Type Approaches ● Trait Approaches ● Psychodynamic Approach and Post Freudian Approaches ● Behavioural Approach ● Cultural Approach ● Humanistic Approach 8. Assessment of Personality ● Self-report Measures ● Projective Techniques ● Behavioural Analysis
Unit III	**Meeting Life Challenges** *The topics in this unit are:* 1. Introduction 2. Nature, Types and Sources of Stress 3. Effects of Stress on Psychological Functioning and Health ● Stress and Health ● General Adaptation Syndrome ● Stress and Immune System ● Lifestyle 4. Coping with Stress ● Stress Management Techniques 5. Promoting Positive Health and Well-being ● Life Skills ● Positive Health
Unit IV	**Psychological Disorders** *The topics in this unit are:* 1. Introduction 2. Concepts of Abnormality and Psychological Disorders ● Historical Background 3. Classification of Psychological Disorders 4. Factors Underlying Abnormal Behaviour 5. Major Psychological Disorders ● 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 Psychotic Disorders ● Neurodevelopmental Disorders ● Disruptive, Impulse-Control and Conduct Disorders ● Feeding and Eating Disorders ● Substance Related and Addictive Disorders
Unit V	**Therapeutic Approaches** *The topics in this unit are:* 1. Nature and Process of psychotherapy ● Therapeutic relationship 2. Types of Therapies ● Behaviour Therapy ● Cognitive Therapy ● Humanistic-Existential Therapy ● Alternative Therapies ● Factors contributing to healing in Psychotherapy ● Ethics in Psychotherapy 3. Rehabilitation of the Mentally Ill
Unit VI	**Attitude and Social Cognition** *The topics in this unit are:* 1. Introduction 2. Explaining Social Behaviour 3. Nature and Components of Attitudes 4. Attitude Formation and Change ● Attitude Formation ● Attitude Change ● Attitude-Behaviour Relationship 5. Prejudice and Discrimination 6. Strategies for Handling Prejudice
Unit VII	**Social Influence and Group Processes** *The topics in this unit are:* 1. Introduction 2. Nature and Formation of Groups 3. Type of Groups 4. Influence of Group on Individual Behaviour ● Social Loafing ● Group Polarisation

Practical **30 Marks**

A. Development of case profile:
   Using appropriate methods like interview, observation & psychological tests.
B. Test administration:
   Students are required to administer and interpret five psychological tests related to various psychological attributes like intelligence, aptitude, attitude, personality, etc.
C. In the Practical examination, the student will be required to administer and interpret two psychological tests.

Distribution of Marks:

Topics	Internal Examiner	External Examiner
Practical File and Case Profile	10	-
Continuous Assessment (Unit Test)	05	-
Viva Voce (Case Profile & Two psychological tests)	-	03
Two tests (4 marks for conducting the tests and 8 marks for reporting)	-	12
	15	15

Prescribed Books:

1. Psychology, Class XI, Published by NCERT
2. Psychology, Class XII, Published by NCERT