

कक्षा – XII
विशय – PSYCHOLOGY
प्रथम सैमेस्टर – 1 अप्रैल से 30 सितम्बर तक

मास	पुस्तक का नाम	विषय वस्तु	शिक्षण के पीरियड	दोहराई के पीरियड	प्रयोगात्मक कार्य
अप्रैल	Any book prescribed by BSEH which covers the whole syllabi preferably NCERT book	<p style="text-align: center;"><u>Unit-1 (Intelligency)</u></p> <ul style="list-style-type: none"> - What is intelligence and its approaches - Culture and intelligence - Assessment of intelligence - Intellectual deficiency - Social aptitudes - Aptitudes & its measurement <p style="text-align: center;"><u>Unit-2 (Personality&self)</u></p> <ul style="list-style-type: none"> - Concept of self & personality self concept & self regulation indian concept of self 	3 2 4 2 1 3	1 1 1	Alaxender pass along test of intelligenc (6)
मई	-do-	<ul style="list-style-type: none"> -Approaches of personality: typological, psychodynamic and humanistic approaches - Concept of Genes - Assessment of personality: self report, projectiveand behavioral analysis 	3 2 5	2 2	Essence's personality inventory (EPI) or Self concept test (6)
जून	ग्रीष्माकालीन अवकाश 1 जून से 30 जून तक				
जुलाई	-do-	<p style="text-align: center;"><u>Unit-III (Attitudes & social cognition)</u></p> <ul style="list-style-type: none"> - Nature & components of attitudes - Social cognition - Attitudes & behavior - Measurement of attitudes - Attitude formation & change - Prejudice, stereotypes and intra group conflicts - Strategies for handling prejudice - Belief & its functions - Nature & determinants of prosocial behavior - Aggression and violence 	2 1 1 2 2 2 2 2 2	2 1 1	Measurement of attitudes e.g. dowry system or Streo type test (6)
अगस्त	-do-	<p style="text-align: center;"><u>Unit-IV (Meeting life challenges)</u></p> <ul style="list-style-type: none"> - Nature, types & sources of stress - Coping with stress - Healthy lifestyle, promoting positive health and well being - Effective factors of positive health 	4 2 4 2	2 2	PGI well-being inventoy (6)
सितम्बर	-do-	<p style="text-align: center;"><u>Unit-V (Skills needed for effective psychologist)</u></p> <ul style="list-style-type: none"> - Psychologists skills - What is counseling & its stages - Testing & communication skills - Organizing rehabilitation services for physically, socially & mentally challenged <p style="text-align: center;">Revision work 1st Semester exams.</p>	1 3 4 4	1 2 1	Project work or small study (6)
अक्टुबर					