

SUMMER FIELDS SCHOOL, DLF CITY, PHASE-I, GURGAON

SESSION -2018-18

SYLLABUS DISTRIBUTION

Type of Assessment Cycle Test – 1 - 8..05.2018 (Main) & 18.05.2018 (opt)

CLASS : XII

SUBJECT : PSYCHOLOGY

PRESCRIBED TEXT BOOKS: INTRODUCTION TO PSYCHOLOGY (NCERT)

LESSON / TOPICS COVERED	TEACHING AIDS USED	ASSOCIATED ACTIVITY	AV REQ. Y/N	VALUE(S) INHERENT IN THE CHAPTERS	LEARNING OUTCOME
Ch - 1 Variations in psychological attributes	Ppt, B.B, Reference books	Case studies, group discussion, MCQs	Yes but AV room is not required	Students will understand psychological attributes on which people differ from each other. They will learn how psychologists assess intelligence to identify mentally challenged and gifted individuals.	Empathy Confidentiality Acceptance of individual differences Cooperation
Ch -2 Self & Personality	Ppt B.B, Reference books	Case studies, group discussion, MCQs		Students will learn to differentiate between various approaches to personality, and develop insight into the development of a healthy personality, and will understand some techniques for personality assessment.	Self-Control Unconditional love Empathy Confidentiality Understanding Cooperation

Type of Assessment Mid Term Examination -13.09.2018 (main) , 20.09.2018(opt)&Practical21.09.2018 (main) ,23.09.2018 (opt)

CLASS : XII

SUMMER FIELDS SCHOOL, DLF CITY, PHASE-I, GURGAON

SESSION -2018-18

SYLLABUS DISTRIBUTION

SUBJECT : PSYCHOLOGY main (8.9.2018) opt. (20.9. 2018)

PRESCRIBED TEXT BOOKS:INTRODUCTION TO PSYCHOLOGY

/ TOPICS COVERED	TEACHING AIDS USED	ASSOCIATED ACTIVITY	AV REQ. Y/N	VALUE(S) INHERENT IN THE CHAPTERS	LEARNING OUTCOME
CH 1 & CH 2 Ch -3 Meeting life challenges	Ppt B.B, Reference books	Case studies, group discussion, MCQs	Yes but AV room is not required	Students will understand the nature, types and sources of stress as life challenges, They will examine the effects of stress on psychological functioning, & learn ways to cope with stress. They will know about the life skills that help people to stay healthy, and understand the factors that promote positive health and well-being .	Optimism Assertiveness Positive thinking Adjustment patience, tolerance
Ch -4 Psychological disorders	Ppt B.B, Reference books	Case studies, group discussion, MCQs		Students will understand the basic issues in abnormal behaviour and the criteria used to identify such behaviours. Students will come to know about the major psychological disorders.	Empathy Confidentiality Understanding. Awareness, Tolerance Acceptance of individual differences
Ch -5 Therapeutic Disorders <ul style="list-style-type: none"> • SPM • MPI 	Ppt B.B, Reference books	Case studies, group discussion, MCQs		This chapter familiarise the students with the basic nature and process of psychotherapy and different types of therapies for helping people. They will understand the use of psychological forms of intervention, and know how people with mental disorders can be rehabilitated.	Empathy Confidentiality Unconditional love Respect for others patience, tolerance listening healthy family relationship

SUMMER FIELDS SCHOOL, DLF CITY, PHASE-I, GURGAON

SESSION -2018-18

SYLLABUS DISTRIBUTION

Type of Assessment Cycle Test –2 - 26.11.2018(MAIN) , 30. 11.2018 (OPT) CLASS : XII

SUBJECT :PSYCHOLOGY

PRESCRIBED TEXT BOOKS:INTRODUCTION TO PSYCHOLOGY NCERT

LESSON / TOPICS COVERED	TEACHING AIDS USED	ASSOCIATED ACTIVITY	AV REQ. Y/N	VALUE(S) INHERENT IN THE CHAPTERS	LEARNING OUTCOME
Ch – 2 self and personality Ch 4 Psychological disorders Ch -6 Attitude & social cognition	Ppt B.B, Reference books	Case studies, group discussion, MCQs	Yes but AV room is not required	Students will understand what are attitudes, how they are formed and changed, & they will learn to analyse how people interpret and explain the behaviour of others, & comprehend how the presence of others influences our behaviour.	Awareness, Understanding Freedom from bias & Stereotypes Peaceful conflict resolution
Ch -7 Social influence & group processes	Ppt B.B, Reference books	Case studies, group discussion, MCQs		Students will understand the nature and types of groups and know how they are formed. They will examine the influence of group on individual behaviour and understand the process of cooperation and competition.	Team spirit Awareness, Cooperation Trust Love & affection

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SESSION -2018-18

SYLLABUS DISTRIBUTION

Type of Assessment Pre-Board 18.12.2018(MAIN) , 15. 12.2018 (OPT) &Practical29.12.2018 (main) ,08.1.2018 (opt) CLASS : XII

SUBJECT :PSYCHOLOGY

PRESCRIBED TEXT BOOKS:INTRODUCTION TO PSYCHOLOGY (NCERT)

LESSON / TOPICS COVERED	TEACHING AIDS USED	ASSOCIATED ACTIVITY	AV REQ. Y/N	VALUE(S) INHERENT IN THE CHAPTERS	LEARNING OUTCOME
Ch. 1 to 7 & Ch -8 Psychology & life	Ppt B.B, Reference books	Case studies, group discussion, MCQs	Yes but AV room is not required	Students will understand how psychology can be applied to common problems in our lives, appreciate the relationship between human beings and the environment. They will analyse how pro-environmental behaviour helps to deal with environmental stressors, explain the causes and consequences of social problems from a psychological perspective, and learn about the possible remedies of problems such as poverty, aggression, and health.	Awareness of social problems, helping, caring Respect for human Rights Sensitivity to environment
Ch -9 Developing Psychological skills SPM MPI SCQ SCAT SAS CASE STUDY	Ppt B.B, Reference books	Case studies, group discussion, MCQs		Student will learn practical applications of psychology in different fields like Industry, sports, education & communication.	optimism patience, tolerance acceptance absence of conflicts