PSYCHOLOGY
CLASS XI-XII (2022-2023)
(CODE NO. 037)

Psychology is introduced as an elective subject at the higher secondary stage of school education. As a discipline, psychology specializes in the study of experiences, behaviors and mental processes of human beings within a socio-cultural historical context. This course purports to introduce the learners to the basic ideas, principles, and methods in Psychology. The emphasis is to create interest and exposure needed by learners to develop their own knowledge base and understanding.

The course deals with psychological knowledge and practices which are contextually rooted. It emphasizes the complexity of behavioral processes and discourages simplistic cause-effect thinking. This is pursued by encouraging critical reasoning, allowing students to appreciate the role of cultural factors in behavior and illustrating how biology and experiences shape behavior.

It is suggested that the teaching - learning processes should involve students in evolving their own understanding, therefore, teaching of Psychology should be based on the use of case studies, narratives, experiential exercises, analysis of common everyday experiences, etc.

Objectives:

- To develop appreciation about human mind and behavior in the context of learners' immediate society and environment.
- To develop in learners an appreciation of the nature of psychological knowledge and its application to various aspects of life.
- To enable learners to become perceptive, socially aware and self-reflective.
- To facilitate students' quest for personal growth and effectiveness, and to enable them to become responsive and responsible citizens.

COURSE STRUCTURE
CLASS XI (2022-2023)

Theory Paper **3 Hours**
Marks: 70

Units	Topics	No. of periods	Marks
I	What is Psychology?	27	11
II	Methods of Enquiry in Psychology	32	13
IV	Human Development	26	11
V	Sensory, Attentional and Perceptual Processes	18	8
VI	Learning	20	9
VII	Human Memory	19	8
VIII	Thinking	14	5
IX	Motivation and Emotion	14	5
	Total	**170**	**70**

COURSE STRUCTURE

Unit I	**What is Psychology?** *The topics in this unit are:* 1. Introduction 2. What is 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	**27 Periods**
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	**32 Periods**

	• 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 IV	**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	**26 Periods**
Unit V	**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	**18 Periods**

	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 VI	**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	**20 Periods**
Unit VII	**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	**19 Periods**

	• Forgetting due to Trace Decay, Interference and Retrieval Failure 8. Enhancing Memory • Mnemonics using Images and Organisation	
Unit VIII	**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 of Creative Thinking 8. Thought and Language 9. Development of Language and Language Use	**14 Periods**
Unit IX	**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 Labelling 7. Managing Negative Emotions 8. Enhancing Positive Emotions	**14 Periods**
Practical (Projects, experiments, small studies, etc.) 30 marks The students shall be required to undertake ***one project and conduct two experiments.*** The project would involve the use of different methods of enquiry like observation, survey, interview, questionnaire, small studies related to the topics covered in the course (e.g. Human		**60 Periods**

development, Learning, Memory, Motivation, Perception, Attention and Thinking). Experiments could focus on cause-and-effect relationship.

Practical Examination

• Practical (Experiments) file	05 Marks
• Project File	05 Marks
• Viva Voce (Project and experiments)	05 Marks
• One experiment (05 marks for conduct of experiment and 10 marks for reporting)	15 Marks
Total	**30 Marks**

QUESTION PAPER DESIGN
CLASS –XI (2022-23)

I. Theory

Time: 3 Hours			**Maximum Marks: 70**
S. No.	**Competencies**	**Total Marks**	**% Weightage**
1	**Remembering and Understanding:** Exhibiting memory of previously learned material by recalling facts, terms, basic concepts, and answers; Demonstrating understanding of facts and ideas by organizing, comparing, translating, interpreting, giving descriptions and stating main ideas	25	35%
2	**Applying:** Solving problems to new situations by applying acquired knowledge, facts, techniques and rules in a different way	31	45%
3	**Formulating, Analysing, Evaluating and Creating:** Examining and breaking information into parts by identifying motives or causes; Making inferences and finding evidence to support generalizations; Presenting and defending opinions by making judgments about information, validity of ideas, or quality of work based on a set of criteria; Compiling information together in a different way by combining elements in a new pattern or proposing alternative solutions	14	20%
	Total	**70**	**100%**

II. Practical: 30 Marks