

Punjab Board

SYLLABUS

2024-2025

PSYCHOLOGY

CLASS – XI

SYLLABUS (2024-25)

Unit-I **Psychology as a Science of Behaviour:**

Nature of psychology, Importance of psychology in life. Its concept and Definition-Fields of Psychology-Relationship of Psychology with Physiology, Sociology and Education.

Unit-II **Methods of Psychology:**

Introspection, observation, Experimental and Case History Methods.

Unit-III **Psychological Basis of Behaviour:**

Response Mechanism: Meaning, Definition and Parts, i.e. Receptors, Effectors and Connections- Basic Unit of Nervous System: The Neurons and its kinds-Nerve Impulse and Reflex Action-Classification of Receptors according to Position and Function. Major Parts of Brain and their functions-The structure and function of Spinal Cord-The structure and function of Autonomic Nervous System, Endocrine glands and the effect of their Harmones on Behaviour.

Unit-IV **Sensory Processes**

Definition, Meaning, Threshold and characteristics of Sensations-kinds of sensations with special reference to visual sensation.

-Eye as a Sense Organ-Colour Blindness and After Images.

Unit-V: **Perception:** Nature and Meaning. Difference between Illusions and Hallucinations.

Unit-VI: **Attention:** Meaning, Definition and characteristics of Attention-Factors affecting attention-span, Division and Distraction of Attention.

Unit-VII: **Learning:** Meaning, Definition and views regarding Nature of Learning- Characteristics of Learning-Methods and theories of Learning: Leaning through trial and error, Insight theory of Learning. Laws of lemming.

Unit-VIII: **Memory:** Meaning, Definition and characteristics of Memory-Kinds of Memory-Processes of Memory: Recognition, Retention, Recall, Memorization-Forgetting and its Causes.

EXPERIMENTS

1. Negative After image
2. Mapping of Sensory Spots in the skin
3. Mapping of blind spot
4. Span of Attention
5. Mirror Drawing Experiment
6. Retention by Recall
7. Immediate Memory Span
8. Division of Attention



Study Materials

aglasem.com

Model Papers

Sample Papers

Half Yearly Sample Papers

Important Resources

Periodic Table

Writing Skills / Formats

Maps of India / World

Notes

- [ ] Class 6 Notes
- [ ] Class 7 Notes
- [ ] Class 8 Notes
- [ ] Class 9 Notes
- [ ] Class 10 Notes
- [ ] Class 11 Notes
- [ ] Class 12 Notes

Books and Solutions

NCERT Books

NCERT Book Solutions

HC Verma Chapter Wise Solutions

RD Sharma Solutions

CGBSE Solutions