

**Reduced Syllabus : Class - XII : Psychology : Marks 70 : 2020-2021**

<b><u>Content in English</u></b>	<b>Content in Bengali</b>
<p><b>Chapter-1</b> <b>VARIATION IN PSYCHOLOGICAL ATTRIBUTES</b></p> <p><b>Introduction</b> <b>Individual Differences in Human Functioning</b> <b>Assessment of Psychological Attributes</b> <b>Intelligence</b> <b>Psychometric Theories of Intelligence, Information Processing Theory, Theory of Multiple Intelligences, Triarchic Theory of Intelligence, PASS Model of Intelligence.</b> <b>Individual Differences in Intelligence</b> <b>Culture and Intelligence</b> <b>Emotional Intelligence</b> <b>Special Abilities</b> Aptitude : Nature and Measurement <b>Creativity</b></p>	
<p><b>Chapter-2</b> <b>SELF AND PERSONALITY</b></p> <p><b>Introduction</b> <b>Self and Personality</b> <b>Concept of Self</b> <b>Cognitive and Behavioural Aspects of Self</b> <b>Culture and Self</b> <b>Concept of Personality</b> <b>Major Approaches to the Study of Personality</b> Type Approaches Trait Approaches Psychodynamic Approach Behavioural Approach Cultural Approach Humanitarian Approach <b>Assessment of Personality</b> Self-report Measures Projective Techniques Behavioural Analysis</p>	

<p><b>Chapter-3</b> <b>Meeting life Challenges</b></p> <p><b>Introduction</b> <b>Nature, Types and Sources of Stress</b> <b>Effects of Stress on Psychological Functioning and Health</b> Stress and health General Adaptation Syndrome Stress and Immune System Lifestyle</p> <p><b>Coping with Stress</b> Stress Management Techniques</p> <p><b>Promoting Positive Health and Well-being</b> Life Skills</p>	
<p><b>Chapter-4</b> <b>PSYCHOLOGICAL DISORDER</b></p> <p><b>Introduction</b> <b>Concepts of Abnormality and Psychological Disorders</b> <b>Historical Disorders</b> <b>Classification of Psychological Disorders</b> <b>Factors Underlying Abnormal Behaviour</b> <b>Major Psychological Disorders</b> Anxiety Disorders Obsessive-Compulsive and Related Disorders Trauma- and Stressor-Related Disorders Somatic Symptom and Related Disorders Dissociative Disorders Depressive Disorders Bipolar and Related Disorders Schizophrenia Spectrum and Other Psychotic Disorders Neurodevelopmental Disorders</p>	

<p>Disruptive, Impulse-Control and Conduct Disorders</p> <p>Feeding and Eating Disorders</p> <p>Substance - Related and Addictive Disorders</p>	
<p><b>Chapter-5</b> <b>THERAPEUTIC APPROACHES</b></p> <p><b>Introduction</b> <b>Nature and Process of Psychotherapy</b> Therapeutic Relationship</p> <p><b>Type of Therapies</b> Psychodynamic Therapy Behaviour Therapy <i>Relaxation Procedures</i> (Box 5.2) Cognitive Therapy Humanistic-existential Therapy Biomedical Therapy Alternative Therapies</p> <p><b>Rehabilitation of the Mentally Ill</b></p>	
<p><b>Chapter-6</b> <b>ATTITUDE AND SOCIAL COGNITION</b></p> <p><b>Introduction</b> <b>Explaining Social Behaviour</b> <b>Nature and Components of Attitudes</b> <b>Attitude Formation and Change</b> Attitude Formation Attitude Change Attitude-Behaviour Relationship</p> <p><b>Prejudice and Discrimination</b> <b>Strategies for Handling Prejudice</b> <b>Social Cognition</b> <b>Schemas and Stereotypes</b> <b>Impression Formation and Explaining Behaviour of Others through Attributions</b> Impression Formation Attribution of Causality</p> <p><b>Behaviour in the Presence of Others</b> <b>Pro-social Behaviour</b> Factors Affecting Pro-social Behaviour</p>	
<p><b>Chapter-7</b> <b>SOCIAL INFLUENCE AND GROUP PROCESSES</b></p> <p><b>Introduction</b> <b>Nature and Formation of Groups</b></p>	

<p><b>Type of Groups</b></p> <p><b>Influence of Group on Individual Behaviour</b></p> <p>Social Loafing Group Polarisation</p> <p><b>Conformity, Compliance, and Obedience</b></p> <p><b>Cooperation and Competition</b></p> <p>Determinants of Cooperation and Competition</p> <p><b>Social Identity</b></p> <p><b>Intergroup Conflict : Nature and Causes</b></p> <p><b>Conflict Resolution Strategies</b></p>	
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**Reduce Syllabus : Class XII : Psychology (Practical) Marks : 30**

The students shall be required to undertake one assignment on any one of the following topics.

- 1) Stress Management Techniques
- 2) Role of Secondary group in Social Life.

Word Limit : within 200 words.

**Practical :**

Students shall be required to conduct two experiments. List of the experiments are given below :

- i) Measurement of concrete Intelligence using Alexandir Pass Along Test.
- ii) Assess the personality of subject using NEO-PI by Mc. Crae and Costa.

<b>Mark Distribution</b>	
Experiment :	15
Viva :	05
Note Book :	05
Attendance :	05
<b>Total :</b>	<b>30</b>

## Blue Print of Question : Final Examination : 2020-21

**Class XI :**

**Psychology**

**70 Marks**

<b>Blue Print of Question : Distribution of Marks</b>							
<b>Chapter</b>	<b>Title</b>	<b>Gr-A 1Marks</b>	<b>Gr-B 2Marks</b>	<b>Gr-C 3Marks</b>	<b>Gr-D 4Marks</b>	<b>Gr-E 6Marks</b>	<b>Unit Total Marks</b>
Ch-1	Variations in Psychology Attributes	3	--	1	2	--	14
Ch-2	Self and Personality	3	1	1	1	--	12
Ch-3	Meeting life Challenges	3	1	1	--	--	08
Ch-4	Psychological Disorder	3	1	--	--	1	11
Ch-5	Therapeutic Approaches	2	1	--	1	--	08
Ch-6	Attitude and Social Cognition	3	--	--	--	1	09
Ch-7	Social influences and Group process	3	1	1	--	--	08
	<b>Total</b>	<b>20x1=20</b>	<b>5x2=10</b>	<b>4x3=12</b>	<b>4x4=16</b>	<b>2x6=12</b>	<b>70 (35 Q)</b>

<b>Word Limit</b>	
1 mark	One word / sentence
2 marks	within 30 words.
3 marks	within 60 words
4 marks	within 100 words
6 marks	within 150 words.