COURSE STRUCTURE
CLASS XI (2025-2026)
Theory Paper

Time : 3 Hours **Marks: 70**

Units	Topics	Marks
I	Understanding Psychology	11
II	Methods of Enquiry in Psychology	13
III	Human Development	11
IV	Sensory, Attentional and Perceptual Processes	8
V	Learning	9
VI	Human Memory	8
VII	Thinking	5
VIII	Motivation and Emotion	5
	Total	**70**

COURSE STRUCTURE

	Name of the Units
Unit I	**Understanding Psychology** *The topics in this unit are:* 1. Introduction 2. Nature of 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
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 ● 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 III	**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
Unit IV	**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 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 V	**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
Unit VI	**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 ● Forgetting due to Trace Decay, Interference and Retrieval Failure 8. Enhancing Memory ● Mnemonics using Images and Organisation
Unit VII	**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 and strategies of Creative Thinking 8. Thought and Language 9. Development of Language and Language Use
Unit VIII	**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 Labeling 7. Managing Negative Emotions 8. Enhancing Positive Emotions

Practical (Projects/small study, experiments, etc.) **30 marks**

The students shall be required to undertake ***one project /small study and conduct two experiments.*** The project/small study would involve the use of different methods of enquiry like observation, survey, interview, questionnaire related to the following topics:

- Bullying/Cyberbullying
- Mental health and wellbeing
- Impact of social media on the youth today
- Altruism and its impact on wellbeing
- Peer Pressure
- Anger management
- Sleep Hygiene
- Changing Gender roles and stereotypes
- Cooperation and Competition
- Compliance and Obedience

You may also choose to do a project on any topic covered in the course (e.g., Human development, Learning, Memory, Motivation, Perception, Attention and Thinking). Experiments could focus on cause-and-effect relationships.

Practical Examination

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

QUESTION PAPER DESIGN
CLASS –XI (2025-26)

I. Theory : 70 Marks

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	35	50%
2	**Applying:** Solving problems to new situations by applying acquired knowledge, facts, techniques and rules in a different way	25	35%
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	10	15%
	Total	**70**	**100%**

II. Practical: 30 Marks