COURSE STRUCTURE
CLASS XII (2025-2026)
Theory Paper

Time : 3 Hours **Marks: 70**

Units	Topics	Marks
I	Variations in Psychological Attributes	13
II	Self and Personality	13
III	Meeting Life Challenges	9
IV	Psychological Disorders	12
V	Therapeutic Approaches	9
VI	Attitude and Social Cognition	8
VII	Social Influence and Group Processes	6
	Total	**70**

COURSE CONTENT

Unit I	**Variations in Psychological Attributes** *The topics in this unit are:* 1. Introduction 2. Individual Differences in Human Functioning 3. Assessment of Psychological Attributes 4. Intelligence 5. Psychometric Theories of Intelligence, Information Processing Theory: Planning, Attention-arousal and Simultaneous successive Model of Intelligence, Triarchic Theory of Intelligence; Theory of Multiple Intelligences. 6. Individual Differences in Intelligence 7. Culture and Intelligence 8. Emotional Intelligence 9. Special Abilities: Aptitude: Nature and Measurement 10. Creativity
Unit II	**Self and Personality** *The topics in this unit are:* 1. Introduction 2. Self and Personality 3. Concept of Self 4. Cognitive and Behavioural aspects of Self 5. Culture and Self 6. Concept of Personality 7. Major Approaches to the Study of Personality

	● Type Approaches ● Trait Approaches ● Psychodynamic Approach and Post Freudian Approaches ● Behavioural Approach ● Cultural Approach ● Humanistic Approach 8. Assessment of Personality ● Self-report Measures ● Projective Techniques ● Behavioural Analysis
Unit III	**Meeting Life Challenges** *The topics in this unit are:* 1. Introduction 2. Nature, Types and Sources of Stress 3. Effects of Stress on Psychological Functioning and Health ● Stress and Health ● General Adaptation Syndrome ● Stress and Immune System ● Lifestyle 4. Coping with Stress ● Stress Management Techniques 5. Promoting Positive Health and Well-being ● Life Skills ● Positive Health
Unit IV	**Psychological Disorders** *The topics in this unit are:* 1. Introduction 2. Concepts of Abnormality and Psychological Disorders ● Historical Background 3. Classification of Psychological Disorders 4. Factors Underlying Abnormal Behaviour 5. Major Psychological Disorders ● Anxiety Disorders ● Obsessive-Compulsive and Related Disorders ● Trauma-and Stressor-Related Disorders ● Somatic Symptom and Related Disorders ● Dissociative Disorders ● Depressive Disorder ● Bipolar and Related Disorders

	● Schizophrenia Spectrum and Other Psychotic Disorders ● Neurodevelopmental Disorders ● Disruptive, Impulse-Control and Conduct Disorders ● Feeding and Eating Disorders ● Substance Related and Addictive Disorders
Unit V	**Therapeutic Approaches** *The topics in this unit are:* 1. Nature and Process of psychotherapy ● Therapeutic relationship 2. Types of Therapies ● Behaviour Therapy ● Cognitive Therapy ● Humanistic-Existential Therapy ● Alternative Therapies ● Factors contributing to healing in Psychotherapy ● Ethics in Psychotherapy 3. Rehabilitation of the Mentally Ill
Unit VI	**Attitude and Social Cognition** *The topics in this unit are:* 1. Introduction 2. Explaining Social Behaviour 3. Nature and Components of Attitudes 4. Attitude Formation and Change ● Attitude Formation ● Attitude Change ● Attitude-Behaviour Relationship 5. Prejudice and Discrimination 6. Strategies for Handling Prejudice
Unit VII	**Social Influence and Group Processes** *The topics in this unit are:* 1. Introduction 2. Nature and Formation of Groups 3. Type of Groups 4. Influence of Group on Individual Behaviour ● Social Loafing ● Group Polarisation

Practical **30 Marks**

A. Development of case profile:
   Using appropriate methods like interview, observation & psychological tests.
B. Test administration:
   Students are required to administer and interpret five psychological tests related to various psychological attributes like intelligence, aptitude, attitude, personality, etc.
C. In the Practical examination, the student will be required to administer and interpret two psychological tests.

Distribution of Marks:

● Practical File and Case Profile	10 Marks
● Viva Voce (Case Profile & Two psychological tests)	05 Marks
● Two tests (5 marks for conducting the tests and 10 marks for reporting)	15 Marks
Total	**30 Marks**

QUESTION PAPER DESIGN
CLASS – XII (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	10	15%

	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		
	Total	**70**	**100%**

II. Practical: 30 Marks

Prescribed Books:

1. Psychology, Class XI, Published by NCERT
2. Psychology, Class XII, Published by NCERT

Note: The above textbooks are also available in Hindi medium.