

Psychology Annual & Weekly Syllabus Split-Up - 2025-26
Grade XII

Month	No. of Working Days		No. of Days	Topic	Sub Topic	Resources	Activity	Mid April Test	Periodic Test 1	Pre Mid Term	Mid Term	Pre Board-I	Pre Board-II	Pre Board-III	Annual
APRIL	23	Week 1	5	Variations in Psychological Attributes	Introduction, Individual Differences in Human Functioning, Assessment of Psychological Attributes, Intelligence Assessment of Psychological Attributes, Intelligence, Psychometric Theories of Intelligence	Textbook, Presentation	Group Discussion	✓			✓	✓	✓	✓	✓
		Week 2	5	Variations in Psychological Attributes	Individual Differences in Intelligence, Culture and Intelligence, Emotional Intelligence Special Abilities: Aptitude: Nature and Measurement, Creativity	Worksheet and revision	Textbook reading				✓	✓	✓	✓	✓
		Week 3	4	Self and Personality	Introduction, Self and Personality, Concept of Self, Cognitive and Behavioural aspects of Self	Textbook, Presentation	Textbook reading	✓	✓		✓	✓	✓	✓	✓
		Week 4	6	Self and Personality	Culture and Self, Concept of Personality, Major Approaches to the Study of Personality, Type Approaches, Trait Approaches Psychodynamic Approach and Post Freudian Approaches, Behavioural Approach	Textbook, Presentation	Textbook reading				✓	✓	✓	✓	✓
		Week 5	3	Self and Personality	Cultural Approach, Humanistic Approach, Assessment of Personality Self-report Measures, Projective Techniques, Behavioural Analysis	Textbook, Presentation Worksheet and revision	Self introspection				✓	✓	✓	✓	✓
JUNE	19	Week 1	0	Meeting Life Challenges		Textbook, Presentation	Group Discussion		✓		✓	✓	✓	✓	✓
		Week 2	6		Effects of Stress on Psychological Functioning and Health		Group Discussion				✓	✓	✓	✓	✓
		Week 3	6		Stress and Health, General Adaptation Syndrome		Group Discussion				✓	✓	✓	✓	✓
		Week 4	6		Immune System, Lifestyle, Coping with Stress, Stress Management Techniques		Reading research				✓	✓	✓	✓	✓
		Week 5	1		Promoting Positive Health and Well-being, Life Skills, Positive Health	Worksheet and revision	Application one day at a time-self monitoring				✓	✓	✓	✓	✓
JULY	27	Week 1	5	Psychological Disorders	Introduction, Concepts of Abnormality and Psychological Disorders, Historical Background, Classification of Psychological Disorders	Textbook, Presentation	Discussion			✓	✓	✓	✓	✓	✓
		Week 2	6		Factors Underlying Abnormal Behaviour, Major Psychological Disorders		Skimming through DSM-5			✓	✓	✓	✓	✓	✓
		Week 3	6		Anxiety Disorders, Obsessive-Compulsive and Related Disorders, Trauma and Stressor-Related Disorders		Textbook reading			✓	✓	✓	✓	✓	✓
		Week 4	6		Somatic Symptom and Related Disorders, Dissociative Disorders, Depressive Disorder, Bipolar and Related Disorders		Textbook reading			✓	✓	✓	✓	✓	✓

		Week 5	4		Somatic Symptom and Related Disorders, Dissociative Disorders, Schizophrenia Spectrum and Other Psychotic Disorders, Neurodevelopmental Disorders		Textbook reading			✓	✓	✓	✓	✓	✓	
AUGUST	23	Week 1	2	Psychological Disorders	Disruptive, Impulse-Control and Conduct Disorders, Feeding and Eating Disorders, Substance Related and Addictive Disorders	Worksheet and revision	Rehabilitation visit			✓	✓	✓	✓	✓	✓	
		Week 2	5	Therapeutic Approaches & Attitude and Social Cognition	Nature and Process of psychotherapy, Therapeutic relationship, Types of Therapies, Behaviour Therapy	Textbook, Presentation, Worksheet	Chart				✓	✓	✓	✓	✓	
		Week 3	5		Cognitive Therapy, Humanistic-Existential Therapy, Alternative Therapies		Group Discussion				✓	✓	✓	✓	✓	
		Week 4	6		Factors contributing to healing in Psychotherapy, Ethics in Psychotherapy, Rehabilitation of the Mentally ill Overview of Introduction, Explaining Social Behaviour, Nature and Components of Attitudes, Attitude Formation and Change		Group Discussion				✓	✓	✓	✓	✓	
		Week 5	5		Revision											
SEPTEMBER	25	Week 1	5	Term 1												
		Week 2	6	Term 1												
		Week 3	6	Attitude and Social Cognition & Social Influence and Group Processes	Explanation: Introduction, Explaining Social Behaviour, Nature and Components of Attitudes, Attitude Formation and Change	Textbook, Presentation, Worksheet	Presentation					✓	✓	✓	✓	
		Week 4	6		Attitude Formation, Attitude Change, Attitude-Behaviour Relationship, Prejudice, Strategies for handling prejudice		Case study					✓	✓	✓	✓	
		Week 5	2		Introduction, Nature and Formation of Groups		Discussion					✓	✓	✓	✓	
OCTOBER	13	Week 1	3	Social Influence and Group Processes	Type of Groups, Influence of Group on Individual Behaviour, Social Loafing, Group Polarisation	Textbook, Presentation	Discussion						✓	✓	✓	✓
		Week 2	6		Practicals and Project briefing and conduction	Manual of the Psychometric tests										
		Week 3	4		HOLIDAY											
		Week 4	0		HOLIDAY											
		Week 5	0	Revision, book, journal and case completion												
NOVEMBER	23	Week 1	0	Pre Board-1 Examination (4/Nov to 14/Nov)	All Chapters	Sample papers										
		Week 2	5		All Chapters	Sample papers										
		Week 3	6	REVISION AND PRACTICE FOR BOARD EXAM-2026	All Chapters	Sample papers										
		Week 4	6	REVISION AND PRACTICE FOR BOARD EXAM-2026	All Chapters	Sample papers										
		Week 5	6	REVISION AND PRACTICE FOR BOARD EXAM-2026	All Chapters	Worksheets										
DECEMBER	20	Week 1	6	Pre Board-2 Examination (9/Dec to 19/Dec)												
		Week 2	6													
		Week 3	6	REVISION AND PRACTICE FOR BOARD EXAM-2026	All Chapters	Sample papers										
		Week 4	2	Pre Board-3 Examination												

		Week 5	0	(6/Jan to 16/Jan)												
JANUARY	22	Week 1	0	REVISION AND PRACTICE FOR BOARD EXAM-2026	All Chapters	Worksheets										
		Week 2	6	REVISION AND PRACTICE FOR BOARD EXAM-2026	All Chapters	Worksheets										
		Week 3	5	REVISION AND PRACTICE FOR BOARD EXAM-2026	All Chapters	Worksheets										
		Week 4	6	Board Practicals	Revision	Maunual and Journals										
		Week 5	5	Board Practicals Conduction												
FEBRUARY	23	Week 1	6													
		Week 2	6													
		Week 3	5													
		Week 4	6													
		Week 5	0													
MARCH	22	Week 1	5													
		Week 2	6													
		Week 3	5													
		Week 4	5													
		Week 5	1													

Subject Teacher: Ms. Sushmita Kori

HOD Social Science

Dean Academics

Principal