

	<ul style="list-style-type: none"> ● Lifestyle <p>4. Coping with Stress</p> <ul style="list-style-type: none"> ● Stress Management Techniques <p>5. Promoting Positive Health and Well-being</p> <ul style="list-style-type: none"> ● Stress Resistant Personality ● Life Skills ● Positive Health 		
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PRACTICAL

Test administration:

Students are required to administer and interpret three psychological tests related to various psychological attributes like intelligence, aptitude, attitude, personality, self-concept, adjustment, anxiety, interest etc.

The focus should be on helping the student develop an understanding of human behavior through the administration of the tests, interpretation of the scores and its application in various situations/conditions.

PRACTICAL - TERM 1 (15 Marks)

- A. In term 1 the student is introduced to administration, scoring, interpretation, & report writing of any 2 psychological tests.
- B. In Practical examination of term 1, the student will be required to administer and interpret any one psychological test.

Distribution of Marks (Term 1)

- Practical File – 5 Marks
- Viva Voce – 3 Marks
- Administration of one test & report writing – 7 Marks

COURSE CONTENT

TERM 2			
Unit IV	<p>Psychological Disorders</p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> 1. Introduction 2. Concepts of Abnormality and Psychological Disorders 	24 Periods	13

	<ul style="list-style-type: none"> ● Historical Background <ol style="list-style-type: none"> 3. Classification of Psychological Disorders 4. Factors Underlying Abnormal Behaviour 5. Major Psychological Disorders <ul style="list-style-type: none"> ● 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	<p>Therapeutic Approaches</p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> 1. Nature and Process of Psychotherapy <ul style="list-style-type: none"> ● Therapeutic relationship 2. Types of Therapies <ul style="list-style-type: none"> ● Behaviour Therapy ● Cognitive Therapy ● Humanistic-Existential Therapy ● Alternative Therapies 3. Rehabilitation of the Mentally Ill 	16 Periods	7
Unit VI	<p>Attitude and Social Cognition</p> <p><i>The topics in this unit are:</i></p> <ol style="list-style-type: none"> 1. Introduction 2. Explaining Social Behaviour 3. Nature and Components of Attitudes 4. Attitude Formation and Change <ul style="list-style-type: none"> ● Attitude Formation ● Attitude Change ● Attitude-Behaviour Relationship 5. Prejudice and Discrimination 	12 Periods	8

	6. Strategies for Handling Prejudice		
Unit VII	Social Influence and Group Processes <i>The topics in this unit are:</i> <ol style="list-style-type: none"> 1. Introduction 2. Nature and Formation of Groups 3. Type of Groups 4. Influence of Group on Individual Behavior <ul style="list-style-type: none"> ● Social Loafing ● Group Polarization 	08 Periods	7

PRACTICAL

Test administration:

Students are required to administer and interpret three psychological tests related to various psychological attributes like intelligence, aptitude, attitude, personality, self-concept, adjustment, anxiety, interest etc.

The focus should be on helping the student develop an understanding of human behavior through the administration of the tests, interpretation of the scores and its application in various situations/conditions.

PRACTICAL - TERM 2 (15 Marks)

- C. In term 2 the student is introduced to administration, scoring, interpretation & report writing of any one psychological test.
- D. In Practical examination of term 2, the student will be required to administer and interpret one psychological test.

Distribution of Marks:

- Practical File – 5 Marks
- Viva Voce – 3 Marks
- Administration of one test & report writing – 7 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.