

ACADEMIC CURRICULUM PLAN

2020_21

PSYCHOLOGY XII

Month	Topic/Unit	Learning Objective		Resources/Activities	Expected Learning Outcome	Assessment
		Specific	Behavioural			
March-April (Online classes)	Chapter 1: Variations in Psychological Attributes.	<ul style="list-style-type: none"> - Understanding psychological attribute on which people differ from each other - Learn about assessment methods that are used to assess psychological attributes 	<ul style="list-style-type: none"> - Self awareness/ Knowing oneself -Developing critical thinking -Be able to acknowledge individual differences 	<p>- Question and Answer – Interactive session: Why do we look different from each other? On what criteria we differ from each other? Why one event is very painful for one person and for somebody else the same event has less negative impact?</p> <p>After discussion concluding and connecting the discourse with individual differences and situationism.</p> <p>-Little biographical information on eminent people from various filed to understand the concept of Multiple Intelligence. Example : Mother Teresa, Arundhati Roy, Stewan Hawkings, Picaso, A.R.Rehman, Sania Mirza, Medha Patkar, Pradip Krishen, Anne Frank/Socrates/Mahatama Gandhi.</p> <p>-Letting students read through the biographies and determine the types of intelligences manifested by each person. Discussion could revolve around how these intelligences match or mismatch traditional ideas about intelligence.</p> <p><u>Art Integration:</u></p> <ul style="list-style-type: none"> - Make a collage on Emotional Intelligence or Multiple Intelligence. <p><u>Digital Resources:</u></p>	<ul style="list-style-type: none"> - To be able to understand individual and situational differences - To know various assess methods to assess psychological attributes - To be able to understand the concept of Intelligence - To be able to 	-Make a mind map of whole chapter.

		<ul style="list-style-type: none"> - Understanding intelligence and its broad meaning - Understand the difference between intelligence and aptitude. <p>Understanding Intelligence relationship with Creativity.</p>		<p>Does Intelligence only limited to homo-Sapiens? (Critical Thinking)</p> <p>https://www.youtube.com/watch?v=hcgXIPIREa4</p>	<p>differentiate between aptitude and intelligence.</p> <p>-To be able to understand relationship between intelligence and creativity.</p>	
<p>April- May (Online classes)</p>	<p>Chapter 2: Self and personality</p>	<ul style="list-style-type: none"> - Understand the concept of self and personality - Learn few ways for self regulation of 	<ul style="list-style-type: none"> - Self awareness/Knowing oneself - Self regulation - Developing critical thinking - Be able to 	<p>Understanding the Self activity: in this students will complete 10 sentences starting with “I am.....” With this activity connecting the concept of Self, personal and social identity, cognitive and behavioural aspect of self.</p> <ul style="list-style-type: none"> - Sentence Completion Test: <ul style="list-style-type: none"> o My Father_____ o My greatest fear is _____ o The best thing about my mother is _____ 	<ul style="list-style-type: none"> - To understand the concept of self and personality, - To regulate their own behavior, - To differentiate 	<p>Mind Map and question answer</p>

		<p>behavior, differentiate between various approaches to study of personality , Develop insight into a healthy personality , Describe techniques of personality assessment .</p>	<p>acknowledge individual differences</p>	<p>o I am proud of _____</p> <p>o The toughest thing about being a girl/boy is _____</p> <p>Afterwards discussion on how these responses reflects the attitude, motivation and conflicts of an individual.</p> <p><u>Art Integration:</u></p> <p>- Make a portrait of self. Fill it with various attributes that you think you possess in your personality.</p> <p><u>Digital Resources:</u></p> <p>Read 1: https://www.simplypsychology.org/personality-theories.html</p> <p>Read 2: https://www.verywellmind.com/personality-perspectives-2795950</p>	<p>various approaches to the study of personality, To develop insight about healthy personality, To describe techniques of personality assessment.</p>	
May (Online Classes)	Chapter 3: Meeting Life Challenges	<p>- Understand the nature, types and sources of stress as life challenges, Examine the</p>	<p>- Self awareness/ Knowing oneself</p> <p>- Self regulation</p> <p>- Managing stress</p> <p>- Developing /</p>	<p>As the class starts, Students will be asked to give spontaneous test on chapter 1. The class will also be instructed that the test has 10% weightage in First term assessment. This will create a little stress/panic in them.</p> <p>After 5 or 10 minutes telling them that it was a lie and starts a discussion on how stress could have various effects on us by bringing their attention to their physical and psychological symptoms. Discussing those and introducing the concept.</p>	<p>- Student will have a broader understanding of stress, Understanding healthy coping strategies,</p>	<p>Recall a recent personal stressful incident [not</p>

		<p>effects of stress on psychological functioning</p> <ul style="list-style-type: none"> - Learn ways to cope with stress, - Know healthy life skills, - Learn about factors that promote positive health and well being. 	<p>work towards developing positive health and well being.</p>	<p>2 Students will be told to write their COVID experience. They will note down their own physiological, behavioural, emotional and cognitive responses to that stressful moment. Then on a class level they'll discuss the stress response and compare it with oneself. They'll also suggest few coping mechanisms if they were in the same situation as others were.</p> <ul style="list-style-type: none"> - The ABC – antecedents, behavior, consequence journaling will be introduced. <p>Art Integration:</p> <ul style="list-style-type: none"> - Create an image with dotted lines only. - Paint your emotions. - Draw what you feel like. <p>Digital Resources:</p> <p>Read-1 Selye Model http://www.currentnursing.com/nursing_theory/Selye%27s_stress_theory.html</p> <p>Read 2 Lazarus theory https://explorable.com/stress-and-cognitive-appraisal</p> <p>Read 3 Belly breathing https://www.uofmhealth.org/health-library/uz2255</p> <p>Practice– 1 Body scan meditation https://www.helpguide.org/meditations/body-scan-meditation.htm</p> <p>practice -1 Belly Breathing https://www.youtube.com/watch?v=sn_2GY1gTyo</p>	<ul style="list-style-type: none"> - Interpret one's own stress and create ways to manage it. 	<p>too private], narrate the incident and identify the key concept that student studied in this chapter.</p>
June (Onl	Chapter 4 :	- Understand the	- Understanding of	A quiz on Mental health that contains symptoms of various	- Student would	Online

ine Clas ses)	Psychol ogical Disorde r	basic issues in abnormal behavior and the criteria used to identify such behavior - Know w the factors which cause abnormal behavior - Und erstand various models of abnormal behavior - Und erstand the major psychologi cal disorders.	abnormality and well being - Self awareness and regulation	disorders. The students' needs to guess which symptom would come into the category of Abnormal and Normal symptoms. They also have to give reasons behind their decision. Then connecting the discourse to introduce the concept of abnormality. 2 Five case studies related to five disorders [anxiety, somatoform, Dissociative, mood, and behavioral and developmental] will be given to students followed by an interaction based on following points: Similarity and dissimilarity; Four D's ie deviance, distress, dysfunction, and danger; genetic, environmental factors, errors in thinking etc. <u>Art Integration:</u> - Express symptoms of any one disorder of your choice through a drawing using color or some kind of art. <u>Digital Resources:</u> Link 1 schizophrenia https://www.youtube.com/watch?v= VMkXdt9DIU https://www.youtube.com/watch?v=jE3VZymQ8lo Link 2 Bipolar https://www.youtube.com/watch?v=B139W3-GZTo	know how abnormal behavior is different from healthy behavior, - Stude nts will have knowledge of classification of psychologica l disorders - Stude nt will have wide understandin g of major psychologica l disorders, - Stude nts will develop awareness of mental health, stigmas and symptoms of psychologica l disorders.	Quiz. .
June	Chapte	Understand	-Be aware of	Teacher and student will have general conversation.	-Student	Online

<p>- July (Online Classes)</p>	<p>Unit 5 Therapeutic Approaches</p>	<p>the use of psychological forms of intervention, -To know the basic nature and process of psychotherapy, -Appreciate the various therapies available for helping people and -Know how people with mental disorders can be rehabilitated.</p>	<p>various forms of psychotherapies available -Self awareness and regulation -Analysis</p>	<p>Students will be instructed to share their one deep secret through personal chat. The facilitator will say that they will not share it with other. After their sharing the facilitator will speak one student's name and ask her/him – can I tell your secret to everyone? The student may feel apprehensive. From there the topic will be introduced that how important it is to build trust with client. 2 Students will be asked to talk about their problems or difficulties in life. From that data few thoughts and beliefs will be identified. And with the help of those cognitive distortions will be discussed. <u>Art Integration:</u> Express different settings of therapies through drawing its physical environment, position of counselor and client and captioning in a statement what sets them apart. <u>Digital Resources:</u> Link 1- CBT https://www.youtube.com/watch?v=-lOpXJlh2_w Link 2 Psychoanalysis https://www.youtube.com/watch?v=tQZPd7e8IXw Link 3 Qualities of Psychotherapist https://www.youtube.com/watch?v=OxuZiqY5ypU&list=PLwxNMb28XmpcpxBm1RoGRx4mVKNRlrKkG</p>	<p>would know nature and process of psychotherapy, -Students will have knowledge of various therapies, -Student will know how people with mental disorders can be rehabilitated.</p>	<p>Test and make a mind map of the chapter.</p>
--------------------------------	---	---	--	--	--	---