

LESSON PLAN
CLASS - XII Session 2026-27
PSYCHOLOGY

CHAPTER - 1, Variations in Psychological Attributes

No. of periods required - 25

Specific Learning Outcomes	Pedagogical strategies	Group activities / Experiments / hands on learning	Interdisciplinary linkages and infusion of life skills	Resources including ICT	Assessment items	Feedback and remedial teaching	Inclusive practices full participation without discrimination
1. Understand the meaning and significance of the concept of individual differences in psychology. 2. Describe the different approaches to the study of individual differences, including the trait approach and the type approach. 3. Discuss the role of heredity and environment in the development of individual differences. 4. Understand the concepts of intelligence and aptitude, and distinguish between them. 5. Explain the different types of	1. Lecture: The teacher can give a lecture on the topic, highlighting the important concepts and theories in the chapter. They can also use examples and real-life situations to make the content more engaging and relatable. 2. Discussion: The teacher can facilitate a class discussion on the topic, encouraging students to share their thoughts and opinions. This can help to deepen their understanding of the topic and foster critical thinking skills. Multimedia resources: The	1. Divide the class into groups and assign each group a specific time period or influential figure in the history of psychology. Ask them to create a visual timeline that highlights the key events, theories, and contributions during that period or by that individual. Each group can present their timeline to the class, fostering discussion and understanding of the historical development of psychology. 2. Create posters or display boards representing	1. Connect with Biology and Genetics: Explore the biological and genetic factors that contribute to variations in psychological attributes. Discuss the role of genes, heritability, and the influence of the nervous system on intelligence, personality traits, and other psychological attributes. Connect with the field of genetics and biology to understand how nature and nurture interact to shape individual differences. 2. Analyze Sociocultural	1. Online Articles and Websites: Share links to reputable psychology websites or online articles that provide in-depth information on individual differences, intelligence, personality, and gender differences. Websites like the American Psychological Association (APA) and the British Psychological Society (BPS) offer resources specifically designed for students, including articles, research summaries, and interactive tools.	1. Multiple-Choice Questions: Create multiple-choice questions that assess students' knowledge of key concepts, theories, and research findings related to individual differences, intelligence, personality, and gender differences. Ensure that the options represent common misconceptions and plausible distractors to test students' understanding. 2. Sample question: Which of the following best defines heritability	1. Feedback on Assessments: Provide timely and specific feedback on students' assessments, highlighting their strengths and areas for improvement. Address misconceptions, inaccuracies, or incomplete understanding of key concepts. Encourage students to reflect on their performance and offer suggestions for further development. 2. Individualized Feedback: Offer personalized feedback to each student, taking into account their	1. Create a Safe and Respectful Environment: Establish clear expectations for respectful behavior and ensure that all students feel safe and valued in the classroom. Encourage open and honest discussions while emphasizing the importance of respecting diverse perspectives and experiences. 2. Use Inclusive Language: Use inclusive language that avoids stereotypes, assumptions, or discriminatory language related to individual

intelligence, including Spearman's g-factor theory and Gardner's multiple intelligences theory. 6. Discuss the methods used to measure intelligence and aptitude, including standardized tests and projective techniques. 7. Analyze the cultural and social factors that influence individual differences in intelligence and aptitude. 8. Understand the concept of creativity and its relationship with intelligence.	teacher can use multimedia resources such as videos, animations, and images to help students visualize and understand complex concepts in the chapter. 3. Case studies: The teacher can provide case studies that highlight the application of the concepts and theories covered in the chapter. This can help to make the content more relevant and applicable to real-life situations. 4. Group activities: The teacher can organize group activities such as group projects, role-plays, and debates that require students to apply the concepts covered in the chapter. This can help to promote active learning and collaborative skills.	different branches of psychology such as cognitive, developmental, social, clinical, etc. Divide the class into small groups and assign each group a specific branch. Ask them to research and gather information about their assigned branch, including its key concepts, theorists, and practical applications. Then, set up a gallery walk where each group presents their findings and students have the opportunity to explore and learn about the various branches. 4. Provide students with case studies related to real-life psychological phenomena or disorders. Divide them into small groups and assign each group a different case study. Ask them to analyze and	Influences: Examine the impact of sociocultural factors on psychological attributes. Discuss how cultural norms, socialization practices, and socioeconomic status influence intelligence, personality development, and gender roles. Analyze case studies or real-life examples that demonstrate the interaction between individual differences and the sociocultural context. 3. Introduce students to statistical techniques used in psychology to analyze and interpret individual differences. Teach concepts such as correlation, regression, and inferential statistics to help students understand how researchers measure and analyze psychological	2. Multimedia Presentations: Create or find multimedia presentations that combine text, images, and videos to explain key concepts and theories related to individual differences. Platforms like PowerPoint, Prezi, or Google Slides can be used to develop visually appealing presentations that incorporate relevant multimedia elements. This approach can enhance students' comprehension and engagement with the material. 3. Interactive Simulations: Use interactive simulations or virtual labs to help students understand complex concepts related to intelligence, personality, or gender differences. These	in the context of individual differences? a) The extent to which genetics determine an individual's behavior b) The extent to which environment influences an individual's behavior c) The extent to which genetics and environment interact to shape individual differences d) The extent to which social factors determine an individual's behavior 3. Short Answer Questions: Ask students to provide concise written responses that demonstrate their understanding of specific psychological attributes and their variations. These questions can require students to define concepts, explain theories, or analyze research	unique learning needs and progress. Provide suggestions for additional resources, such as textbooks, articles, or online materials, that can help students deepen their understanding of the topic. Encourage students to seek clarification and ask questions to enhance their comprehension. 3. Remedial Sessions: Conduct remedial sessions for students who require additional support. These sessions can be conducted in small groups or on an individual basis, focusing on addressing specific learning gaps or areas of difficulty. Use interactive teaching methods, such as discussions, case studies, or hands-on activities, to reinforce the concepts and	differences, intelligence, personality, or gender differences. Model inclusive language and encourage students to do the same when discussing psychological attributes. 4. Diverse Examples and Case Studies: Incorporate examples and case studies that represent diverse individuals and populations. Include examples that highlight the variability of psychological attributes across different cultures, socioeconomic backgrounds, and genders. This allows students to understand and appreciate the diversity in human experiences.
--	---	--	--	--	---	---	--

		discuss the case study, applying their knowledge of psychological theories and concepts to understand the individual's behavior, emotions, and thoughts. Groups can present their analysis and conclusions to the class, encouraging critical thinking and problem-solving skills.	attributes. Encourage students to apply these statistical techniques to conduct their own small-scale research projects.	simulations can provide interactive experiences that allow students to manipulate variables, collect data, and observe the outcomes. Websites like PsychSim or Virtual Laboratories in Psychology offer interactive simulations on various psychological topics.	findings.	engage students actively.	
--	--	--	--	--	-----------	---------------------------	--

LESSON PLAN
CLASS - XII
PSYCHOLOGY

CHAPTER - 2, Self and Personality							
No. of periods required - 25							
Specific Learning Outcomes	Pedagogical strategies	Group activities / Experiments / hands on learning	Interdisciplinary linkages and infusion of life skills	Resources including ICT	Assessment items	Feedback and remedial teaching	Inclusive practices full participation without discrimination
1. Understand the concept of self and its significance in psychology.	1. Graphic Organizers: Use graphic organizers like mind maps,	1. Personality Test: Have students take a personality test, such as the Myers-	1. Linkage with Sociology: Personality traits can impact an	1. Personality Tests: Various online personality tests can be used	1. Multiple-Choice Questions: Multiple-choice questions can be	1. Regular Assessments: Regular assessments can	1. Encourage Diversity: Encourage diversity by incorporating

2. Describe the different components of self, including the self-concept, self-esteem, and self-efficacy. 3. Explain the role of socialization and culture in shaping the development of self and personality. 4. Discuss the different theories of personality development, including the psychodynamic, behavioral, and humanistic approaches. 5. Analyze the factors that contribute to the formation of personality traits, including genetics, environment, and culture. 6. Understand the concept of self-regulation and its role in achieving personal goals and maintaining well-being. 7. Describe the different mechanisms of	Venn diagrams, flow charts, and concept maps to help students visually organize and connect the different concepts covered in the chapter. 2. Real-Life Examples: Provide real-life examples and case studies to illustrate the concepts covered in the chapter. This can help students to understand and apply the concepts in a more meaningful way. 3. Interactive Presentations: Create interactive presentations with animations, videos, and audio to make the content more engaging and interesting. This can help students to retain the information better. 4. Classroom Discussions: Encourage classroom discussions where students can ask questions and share their thoughts on the	Briggs Type Indicator or the Big Five Personality Traits test, and then discuss their results in small groups. This can help students understand the different personality traits and their impact on behavior. 2. Self-Reflection Activities: Have students reflect on their own personality and behavior by keeping a journal or completing a self-reflection activity. This can help students to understand their own strengths and weaknesses and how they can improve. 3. Observation Exercise: Have students observe and analyze the behavior of people in a public place, such as a park or a mall. Then, have them discuss their observations in small groups and analyze how personality traits	individual's behavior in social situations. Teachers can encourage students to analyze the impact of personality traits on social behavior and how it can influence the dynamics of social groups. 2. Linkage with Anthropology: Anthropology examines human behavior and culture in different societies. Teachers can discuss how cultural influences can shape an individual's personality and how these differences can impact cross-cultural communication. 3. Linkage with Biology: Some personality traits may have a genetic basis. Teachers can introduce the idea of nature versus nurture and explore how genetics and environment can shape an individual's personality. 4. Infusion of Life Skills: The study of	to help students understand the different personality traits and their impact on behavior. Some popular tests include the Myers-Briggs Type Indicator, the Big Five Personality Traits test. 2. Interactive Videos: There are many interactive videos available online that can help students understand complex psychological concepts related to personality. Teachers can use platforms like YouTube, Vimeo, or Ted-Ed to find and share these videos with their students. 3. Websites and Blogs: Various websites and blogs are dedicated to providing information and resources related to psychology. Some popular websites include the American Psychological	used to assess students' knowledge and understanding of the key concepts related to personality. For example, "Which of the following is not one of the Big Five Personality Traits?" 2. Short Answer Questions: Short answer questions can be used to assess students' ability to apply the concepts related to personality to real-life scenarios. For example, "Explain how personality traits can influence an individual's choice of career." 3. Essay Questions: Essay questions can be used to assess students' ability to analyze and evaluate different personality theories and their applications in real life. For example, "Discuss the strengths and weaknesses of the psychoanalytic theory of personality."	help teachers identify areas where students are struggling and provide targeted feedback and remedial teaching. Teachers can use the results of these assessments to design customized remedial plans for individual students. 2. Constructive Feedback: Teachers should provide constructive feedback that focuses on the strengths and weaknesses of each student. Feedback should be specific, clear, and actionable, and should help students identify areas where they need to improve. 3. Peer Feedback: Teachers can encourage students to provide feedback to their peers. This can help students learn from each other and develop their critical thinking and communication skills.	multiple perspectives and examples that reflect the diversity of your students. This can include examples from different cultures, ethnicities, genders, and socio-economic backgrounds. 2. Use Inclusive Language: Use language that is inclusive and avoids stereotypes or assumptions based on gender, race, ethnicity, sexual orientation, or disability. Be mindful of the language you use when discussing personality traits and avoid reinforcing stereotypes. 3. Create a Safe Space: Create a safe space where students feel comfortable to share their thoughts and feelings without fear of judgment or discrimination. Encourage open communication and respectful
---	---	---	--	---	--	--	--

defense used by individuals to cope with stress and anxiety, including repression, denial, and rationalization. 8. Explain the concept of self-actualization and its relationship with personal growth and fulfillment. 9. Discuss the different factors that contribute to the formation of positive and negative self-concepts, including feedback from others, past experiences, and cultural norms. 10. Analyze the impact of social media and technology on the development of self and personality.	topic. This can help to develop critical thinking skills and foster a deeper understanding of the content. 5. Role Play: Use role play activities to help students understand different theories and concepts. For example, students can role play as different personality types or as different characters from a book or a movie.	might influence behavior. 4. Role Play: Divide students into small groups and have them role play different personality types. This can help students to understand different perspectives and the impact of personality on behavior. 5. Group Discussions: Divide students into small groups and have them discuss different personality theories and their applications in real life. This can help students to develop critical thinking skills and improve their understanding of the topic.	personality can help students develop important life skills such as self-reflection, communication, and self-awareness. Teachers can encourage students to reflect on their own personality traits and how they can improve their interpersonal skills. 5. Linkage with Career Planning: Understanding one's personality type can help students make informed career choices. Teachers can encourage students to explore different career options that align with their personality traits and interests.	Association, Psychology Today, and Verywell Mind. Teachers can use these resources to provide additional information and insights related to personality. 4. Infographics and Posters: Infographics and posters can be used to summarize the main concepts related to personality. Teachers can use platforms like Pictograph to create these resources and share them with their students.	4. Case Studies: Case studies can be used to assess students' ability to apply the concepts related to personality to real-life situations. For example, "Analyze the personality traits of a fictional character and explain how these traits influenced their behavior in a particular situation." 5. Group Projects: Group projects can be used to assess students' ability to work collaboratively and apply the concepts related to personality to real-life situations. For example, "As a group, create a personality profile of a well-known public figure and explain how their personality traits have influenced their success."	4. One-on-One Sessions: Teachers can schedule one-on-one sessions with students who are struggling. These sessions can be used to provide targeted feedback and remedial teaching and to help students develop strategies for improving their performance. 5. Use of Visual Aids: Teachers can use visual aids such as diagrams, flowcharts, and mind maps to help students understand complex concepts related to personality. Visual aids can help students organize their thoughts and make connections between different concepts.	dialogue among students. 4. Accommodate Individual Needs: Accommodate the individual needs of students with disabilities, learning difficulties, or different learning styles. Provide alternative formats of materials, such as audio or visual aids, or offer extended time or extra support. 5. Collaborative Learning: Encourage collaborative learning, where students work together in groups or pairs to share their ideas, perspectives, and experiences. This can foster a sense of community and inclusivity among children.

LESSON PLAN

**CLASS - XII
PSYCHOLOGY**

CHAPTER - 3, Meeting Life Challenges

No. of periods required - 20

Specific Learning Outcomes	Pedagogical strategies	Group activities / Experiments / hands on learning	Interdisciplinary linkages and infusion of life skills	Resources including ICT	Assessment items	Feedback and remedial teaching	Inclusive practices full participation without discrimination
1. Understand the concept of stress and its significance in psychology. 2. Identify the different types of stressors, including environmental, interpersonal, and internal stressors. 3. Describe the different psychological and physiological responses to stress, including the fight-or-flight response and the general adaptation syndrome. 4. Analyze the different coping strategies used to manage stress, including problem-focused coping and emotion-focused coping. 5. Understand the	1. Present case studies or scenarios that depict individuals facing different life challenges, such as academic stress, family conflicts, or major life transitions. Assign students to analyze the case studies, identify the challenges, and propose appropriate coping strategies or resilience-building techniques. Encourage students to think critically and apply psychological concepts to real-life situations. 2. Group Discussions and Debates: Facilitate group discussions or debates on various topics	1. Divide the class into small groups and assign each group a well-known personality trait inventory, such as the Big Five personality traits (Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism). Ask each group to research and understand the traits included in their inventory and develop a short questionnaire or survey to assess these traits in their group members. Each group can administer the inventory to their group members and calculate individual scores. Then, they can discuss the results	1. Connect with subjects like Sociology, Biology, and Philosophy to explore the various aspects of meeting life challenges. For example, discuss the sociological factors that influence an individual's ability to cope with challenges, the biological processes related to stress response, and philosophical perspectives on resilience and personal growth. 2. Collaborate with teachers from other disciplines to create integrated lessons or projects that highlight the interdisciplinary nature of meeting life challenges. This	1. Share links to reputable websites and online articles that provide in-depth information on coping strategies, stress management, resilience, and personal development. Examples include Psychology Today, American Psychological Association (APA) website, or educational psychology websites. 2. Encourage students to explore these resources independently and discuss key findings or insights in class. This promotes self-directed learning and encourages	1. Essay Questions: a) Discuss the concept of resilience and its role in meeting life challenges. Provide examples and strategies for building resilience. b) Analyze the impact of stress on physical and psychological well-being. Discuss effective stress management techniques. 2. Case Studies: a) Present a case study of an individual facing a significant life challenge. Ask students to identify the psychological factors at play and propose appropriate coping strategies. b) Provide a	1. Provide specific and constructive feedback to each student based on their performance in assessments. Highlight their strengths and areas for improvement related to meeting life challenges. 2. Conduct group feedback sessions where common patterns or misconceptions related to meeting life challenges are addressed.	1. Foster a classroom environment that values diversity, promotes inclusivity, and respects individuals' unique experiences and perspectives. 2. Establish ground rules for respectful communication and behavior, emphasizing the importance of active listening, empathy, and open-mindedness. 3. Encourage students to share their own experiences with meeting life challenges, creating a safe space for open dialogue and understanding. 4. Develop students' sensitivity and awareness of the challenges faced by individuals from diverse backgrounds, including those with different

concept of resilience and its role in coping with adversity and stress. 6. Discuss the different factors that contribute to the development of resilience, including social support, positive thinking, and adaptive coping skills. 7. Analyze the impact of stress on physical and mental health, including the development of stress-related disorders such as anxiety and depression. 8. Understand the concept of positive psychology and its focus on promoting well-being and positive emotions. 9. Identify the different factors that contribute to happiness and well-being, including positive relationships, a sense of purpose,	related to meeting life challenges. Assign students different perspectives on a particular challenge, such as the benefits and drawbacks of stress, or different approaches to resilience. Encourage students to support their arguments with evidence from research or personal experiences. This strategy promotes critical thinking, active participation, and the exploration of different viewpoints. 3. Introduce mindfulness and relaxation techniques to help students manage stress and enhance well-being. Conduct guided mindfulness exercises or relaxation activities in the classroom. You can use apps, audio recordings, or lead the	and analyze the implications of these traits on behavior and interpersonal relationships. 2. Provide students with case studies that involve individuals with different personality traits or disorders. In groups, students should analyze and discuss the case studies, applying their knowledge of personality theories and concepts to understand the behavior and motivations of the individuals. Each group can present their analysis, highlighting the influence of personality traits on the person's actions and decisions. 3. Introduce students to experimental design by having them design and conduct simple personality experiments. In	can involve joint classroom activities, guest lectures, or cross-curricular assignments. 3. Incorporate life skills development into the curriculum, focusing on skills relevant to meeting life challenges. These skills can include problem-solving, decision-making, effective communication, stress management, emotional regulation, and resilience-building.	students to engage with current research and evidence-based practices. 3. Create interactive presentations using presentation software such as PowerPoint or Prezi. Include multimedia elements like images, videos, and animations to engage students and present key concepts related to meeting life challenges. 4. Embed interactive quizzes or self-assessment activities within the presentations to allow students to test their understanding and receive immediate feedback on their progress.	scenario where a person is dealing with a major career transition. Ask students to analyze the challenges involved and suggest effective coping mechanisms.	Encourage students to share their thoughts, strategies, and experiences, fostering a supportive learning environment. 3. Facilitate class discussions where students can exchange ideas, perspectives, and suggestions for overcoming specific challenges. This encourages collaborative learning and provides opportunities for peer support.	ities, cultural backgrounds, or socioeconomic statuses. Incorporate diverse examples, case studies, and real-life stories that represent a wide range of individuals' experiences in meeting challenges.
--	--	--	--	--	--	--	---

and a growth mindset.	exercises yourself. After each session, provide time for students to reflect on their experiences and discuss the impact of these techniques on their mental and emotional well-being.	groups, students can develop hypotheses related to specific personality traits and design experiments to test them. For example, they could investigate whether extraverts perform better in group settings compared to introverts. Each group can present their experimental design, explain the rationale behind their hypotheses, conduct the experiment, collect data, and discuss their findings. This activity encourages students to think critically about personality traits and their impact on behavior.					
10. Discuss the role of mindfulness and meditation in reducing stress and promoting well-being.							

LESSON PLAN
CLASS - XII
PSYCHOLOGY

CHAPTER - 4, Psychological Disorders							
No. of periods required - 25							
Specific	Pedagogical	Group	Interdisciplinary	Resources	Assessment	Feedback and	Inclusive

Learning Outcomes	strategies	activities / Experiments / hands on learning	linkages and infusion of life skills	including ICT	items	remedial teaching	practices full participation without discrimination
1. Understand the concept of abnormal behavior and its significance in psychology. 2. Describe the different approaches to the classification of psychological disorders, including the DSM and the ICD. 3. Identify the different categories of psychological disorders, including anxiety disorders, mood disorders, and personality disorders. 4. Analyze the different causes of psychological disorders, including biological, psychological, and social factors. 5. Understand the concept of	1. Case Studies and Group Discussions: Present case studies of individuals with different psychological disorders and assign students to analyze and discuss them in small groups. Encourage students to identify the symptoms, potential causes, and appropriate treatment approaches for each disorder. Facilitate group discussions where students can compare and contrast different disorders and share their insights. 2. Role-Playing and Simulation: Divide students into small groups and assign each group a specific psychological disorder. Instruct them to research the disorder and	1. Case Studies and Diagnosis: Provide groups with case studies representing individuals with different psychological disorders, such as depression, anxiety, or schizophrenia. Instruct each group to analyze the case study, identify the symptoms, and attempt to diagnose the individual's disorder. They can discuss the diagnostic criteria, possible causes, and treatment options for each disorder. Groups can present their findings and engage in discussions comparing and contrasting different disorders. 2. Stigma Reduction Campaign: Divide the class into	1. Discuss the biological basis of psychological disorders by exploring the role of genetics, neurobiology, and brain functioning in the development and manifestation of disorders. 2. Explore the social and cultural factors that influence the occurrence and treatment of psychological disorders, such as the impact of societal norms, stigma, and cultural beliefs on individuals with mental health conditions. 3. Highlight the connection between psychological disorders and other disciplines, such as sociology, by examining the social determinants of mental health, the impact of social	1. Share links to reputable websites and online articles that provide comprehensive information on various psychological disorders, their symptoms, causes, and treatment approaches. Examples include the American Psychological Association (APA) website, National Institute of Mental Health (NIMH), and Mayo Clinic's Mental Health section. 2. Utilize educational video platforms like YouTube or educational websites that offer interactive videos and animations related to psychological disorders. These resources can visually illustrate concepts, case	1. Provide a set of multiple-choice questions that cover the key concepts, symptoms, and diagnostic criteria of different psychological disorders. Ask students to select the most appropriate answer from the given options. 2. Present case scenarios involving individuals with specific psychological disorders. Ask students to analyze the case, identify the disorder, and explain the symptoms, potential causes, and appropriate treatment approaches. 3. Pose short-answer questions that require students to demonstrate their understanding of	1. Provide timely feedback to students on their understanding of psychological disorders. Offer specific comments on their strengths and areas for improvement. Focus on both content knowledge and the application of concepts. 2. Use a variety of feedback methods, such as written comments, verbal feedback during class discussions, or individual conferences, to address students' individual needs and promote their learning. 3. Identify students who may require additional support or have specific learning challenges related to psychological disorders. Offer one-on-one	1. Foster a classroom environment that values diversity and promotes respect for all students. Set clear expectations for respectful communication, active listening, and open-mindedness. 2. Encourage students to share their perspectives and experiences related to psychological disorders, and ensure that their contributions are valued and respected. 3. Use inclusive language that avoids stereotypes, stigmatization, and derogatory terms related to psychological disorders. Teach students the importance of using respectful

comorbidity and its significance in the diagnosis and treatment of psychological disorders. 6. Identify the different methods used to diagnose psychological disorders, including clinical interviews and psychological tests. 7. Analyze the different treatments for psychological disorders, including psychotherapy, medication, and alternative therapies. 8. Understand the concept of stigma and its impact on individuals with psychological disorders. 9. Analyze the different factors that contribute to the development of resilience and recovery from psychological disorders.	prepare a role-play or simulation that depicts the experiences of individuals living with that disorder. This activity helps students develop empathy and understanding while also deepening their knowledge of the disorder and its impact on individuals' lives. 3. : Invite guest speakers, such as psychologists, psychiatrists, or individuals with personal experiences of psychological disorders, to share their insights and stories. They can provide first-hand accounts of living with or treating psychological disorders, helping students gain a better understanding of the challenges individuals face and the available support and treatment options. 4. Multimedia Resources: Utilize	groups and assign each group a specific psychological disorder. Instruct them to research and develop a stigma reduction campaign for their assigned disorder. They can create posters, brochures, or multimedia presentations that aim to educate and raise awareness about the disorder, challenge stereotypes, and promote empathy and understanding. Each group can present their campaign to the class, fostering discussions on reducing stigma and promoting mental health. 3. Symptom Role-Play: Assign each group a different psychological disorder and instruct them to create a short role-play that depicts the symptoms and challenges faced by individuals with that disorder. The groups can act out	support systems, and the role of social inequalities in contributing to psychological disorders. 4. Integrate life skills development into the study of psychological disorders to empower students with practical strategies for maintaining mental well-being and supporting others. 5. Incorporate activities that focus on stress management, coping skills, problem-solving, and communication strategies. Help students develop skills to manage their emotions, navigate relationships, and make informed decisions. 6. Foster empathy and understanding by engaging students in activities that promote active listening, perspective-taking, and effective	studies, and treatment methods, making the content more engaging and memorable for students. 3. Introduce students to online diagnostic tools and self-assessment questionnaires related to psychological disorders. Websites like PsychCentral and Psychology Today offer free assessments that can help students gain insights into common mental health conditions.	psychological disorders. For example, ask them to explain the difference between mood disorders and anxiety disorders or describe the role of neurotransmitters in certain disorders. 4. Assign essay questions that prompt students to critically analyze and discuss psychological disorders. Topics could include the impact of societal stigma on individuals with mental health conditions, the role of genetics in the development of specific disorders, or the effectiveness of different treatment modalities.	remedial teaching sessions to address their specific needs. 4. Tailor instruction to cater to different learning styles and abilities. Use alternative teaching strategies, additional examples, and supplementary resources to reinforce understanding and support struggling students.	and person-first language when discussing mental health conditions. 4. Ensure that the curriculum includes diverse perspectives on psychological disorders, considering different cultures, ethnicities, genders, and socioeconomic backgrounds. 5. Include case studies, examples, and narratives that represent the experiences of individuals from diverse backgrounds in relation to psychological disorders.
---	--	--	---	--	---	--	--

10. Discuss the role of positive psychology in promoting well-being and preventing the development of psychological disorders.	multimedia resources, such as videos, documentaries, or podcasts, that explore various psychological disorders. Show real-life examples and interviews to illustrate the experiences of individuals with different disorders and the impact on their lives. Incorporate interactive activities, such as quizzes or discussion questions, to encourage student engagement and reflection.	scenarios that highlight the experiences and perspectives of individuals living with the disorder. er each performance, allow time for group discussions on the impact of the disorder on the individual's life and the importance of empathy and support.	communication with individuals experiencing psychological disorders. 7. Provide opportunities for students to develop resilience, self-awareness, and self-care practices. Encourage reflection and self-assessment to help students identify their own strengths and areas for growth in relation to mental health.				
--	--	--	--	--	--	--	--

**LESSON PLAN
CLASS - XII
PSYCHOLOGY**

CHAPTER - 5, Therapeutic Approaches							
No. of periods required - 20							
Specific Learning Outcomes	Pedagogical strategies	Group activities / Experiments / hands on	Interdisciplinary linkages and infusion of life skills	Resources including ICT	Assessment items	Feedback and remedial teaching	Inclusive practices full participation without

		learning					discrimination
1. Understand the concept of psychotherapy and its significance in the treatment of psychological disorders. 2. Identify the different approaches to psychotherapy, including psychodynamic, behavioral, cognitive, and humanistic therapies. 3. Describe the techniques used in psychodynamic therapy, including free association and interpretation. 4. Analyze the techniques used in behavioral therapy, including exposure therapy and systematic desensitization. 5. Understand the techniques used in cognitive therapy, including cognitive restructuring and cognitive-behavioral therapy. 6. Describe the techniques used in humanistic therapy, including client-	1. Assign students roles of therapists and clients and conduct role-plays to demonstrate different therapeutic approaches. For example, students can practice conducting a cognitive-behavioral therapy session or a person-centered therapy session. This hands-on activity helps students understand the application of therapeutic techniques and the dynamics between therapists and clients. 2. Case Studies and Analysis: Present case studies of individuals seeking therapy and assign students to analyze and discuss the application of different therapeutic approaches. Encourage students to identify the appropriate approach for each	1. Divide the class into groups and assign each group a different therapeutic approach, such as cognitive-behavioral therapy, person-centered therapy, or psychoanalysis. Instruct each group to prepare and perform a role-playing therapy session based on their assigned approach. They can create scenarios that reflect common issues, such as anxiety or depression, and demonstrate how their chosen approach would be applied. After each performance, allow time for group discussions on the effectiveness and techniques used in each approach. 2. Provide groups with case studies of individuals facing various psychological challenges or disorders. Instruct each group to	1. Explore the connections between therapeutic approaches and other disciplines such as biology, sociology, and neuroscience. Discuss how biological factors, social contexts, and neuroscientific findings influence therapeutic interventions and outcomes. 2. Invite guest speakers from related fields, such as psychiatry, counseling, or social work, to share their perspectives and experiences with therapeutic approaches. 3. Assign projects or case studies that require students to integrate knowledge from multiple disciplines to analyze and evaluate the effectiveness of therapeutic interventions. 4. Emphasize the development of life skills that are	1. Utilize online assessment tools and platforms to create quizzes and assessments that evaluate students' understanding of therapeutic approaches. Platforms like Quizlet, Kahoot, or Google Forms allow you to create interactive quizzes and provide immediate feedback to students. 2. Recommend psychology-related podcasts that discuss therapeutic approaches and related topics. Students can listen to podcasts during their free time to further enhance their understanding of therapeutic techniques and their applications. 3. Encourage students to follow reputable psychology-related social media accounts or join	1. Provide students with a case study scenario that requires them to apply therapeutic approaches to analyze and propose appropriate interventions. Ask them to identify the therapeutic approach, explain the rationale behind their choice, and outline a treatment plan based on the given case. 2. Organize a role-play activity where students can demonstrate their understanding of therapeutic techniques. Assign them different roles, such as therapist and client, and assess their ability to effectively apply therapeutic approaches, active listening, empathy, and communication skills. 3. Pose essay	1. Provide specific and constructive feedback to students on their understanding and application of therapeutic approaches. Identify areas of strength and areas that need improvement, offering suggestions for further development. 2. Offer praise for their efforts and progress, highlighting examples of effective therapeutic techniques they have utilized. 3. Encourage peer feedback and peer assessment activities where students can provide feedback to each other on their application of therapeutic approaches. This promotes collaboration and allows students to learn from each	1. Encourage collaborative learning activities where students can work together in diverse groups. Assign group projects or discussions that allow students to share their knowledge, perspectives, and experiences related to therapeutic approaches. Emphasize the value of diverse perspectives and the importance of active listening and respectful dialogue. 2. Discuss biases, stereotypes, and stigmas associated with mental health and therapeutic approaches. Challenge misconceptions and promote critical thinking to help students recognize and address their own biases. Encourage discussions that explore the impact

centered therapy and gestalt therapy. 7. Analyze the effectiveness of different therapeutic approaches in the treatment of psychological disorders. 8. Understand the concept of group therapy and its advantages in the treatment of psychological disorders. 9. Analyze the different types of group therapy, including support groups and psychoeducational groups. 10. Discuss the role of alternative therapies, including art therapy and mindfulness-based therapy, in the treatment of psychological disorders.	case, considering the client's symptoms, goals, and personal circumstances. This activity promotes critical thinking and the ability to apply theoretical knowledge to practical situations. 3. Divide the class into groups and assign each group a specific therapeutic approach. Instruct them to research and prepare arguments in favor of their assigned approach, emphasizing its effectiveness, principles, and limitations. Then, conduct a class debate where groups present their arguments and engage in a discussion on the strengths and weaknesses of each therapeutic approach. 4. Invite guest speakers who are practicing therapists from different therapeutic	analyze the case study, identify the most suitable therapeutic approach for the individual, and develop a treatment plan. They should explain the theoretical basis of their chosen approach, outline specific interventions, and consider potential challenges in implementing the treatment plan. Groups can present their findings and engage in discussions comparing and contrasting different therapeutic approaches. 3. Organize a workshop on mindfulness and relaxation techniques. Divide the class into groups, with each group responsible for teaching a specific technique, such as deep breathing, progressive muscle relaxation, or	relevant to therapeutic approaches. These skills can include active listening, empathy, effective communication, problem-solving, stress management, and self-reflection. 5. Incorporate role-playing activities that allow students to practice therapeutic skills, such as active listening, empathy, and providing feedback. Encourage students to reflect on their experiences and discuss the effectiveness of different communication strategies. 6. Engage students in discussions and activities that promote self-awareness, emotional regulation, and self-care. Teach them strategies for managing stress, setting boundaries, and maintaining	online communities focused on therapeutic approaches. This can provide them with additional resources, discussions, and opportunities to engage with professionals and fellow psychology enthusiasts.	questions that require students to critically analyze and evaluate the effectiveness of specific therapeutic approaches. Encourage them to provide examples and evidence to support their arguments and demonstrate a comprehensive understanding of the approaches.	other's strengths and weaknesses.	of societal attitudes and stereotypes on individuals seeking therapy. 3. Be attentive to the individual needs of students and provide accommodations when necessary. This may include providing additional resources or materials in different formats, ensuring physical accessibility, or allowing for flexible assessment methods. Create an environment where students feel comfortable requesting accommodations or expressing their needs.
--	--	---	--	--	---	--	--

	orientations to share their experiences and insights. They can discuss their approach to therapy, the techniques they use, and the challenges they face. This firsthand account from professionals in the field helps students gain a deeper understanding of therapeutic approaches and their practical application.	guided imagery. Each group can prepare a short presentation on the technique, provide instructions, and lead a practice session for the rest of the class. This hands-on activity allows students to experience and understand the application of relaxation techniques in therapeutic settings.	overall mental well-being.				
--	---	--	----------------------------	--	--	--	--

LESSON PLAN
CLASS - XII
PSYCHOLOGY

CHAPTER - 6, Attitude and Social Cognition							
No. of periods required - 12							
Specific Learning Outcomes	Pedagogical strategies	Group activities / Experiments / hands on learning	Interdisciplinary linkages and infusion of life skills	Resources including ICT	Assessment items	Feedback and remedial teaching	Inclusive practices full participation without discrimination
1. Understand the concept of attitude and its significance in social	1. Start the lesson with real-life examples or case studies that illustrate attitudes,	1. Divide the class into small groups and instruct each group to design an attitude survey on	1. Connect the concepts of attitude and social cognition to other disciplines such as sociology,	1. Engage students in analyzing social media platforms to explore how attitudes and	1. Create multiple-choice questions that assess students' knowledge and	1. Tailor feedback to individual students' needs and learning styles. Identify areas	1. Set clear expectations for respectful and inclusive behavior in the classroom.

psychology. 2. Identify the different components of attitude, including affective, behavioral, and cognitive components. 3. Describe the different types of attitudes, including explicit and implicit attitudes. 4. Analyze the factors that influence the formation and change of attitudes, including cognitive dissonance and social influence. 5. Understand the concept of social cognition and its significance in social psychology. 6. Identify the different processes involved in social cognition, including perception, judgment, and attribution. 7. Analyze the factors that influence the accuracy of social	stereotypes, or social perception. These examples can be drawn from current events, historical events, or everyday situations. Discuss the impact of attitudes and social cognition on individuals and society, encouraging students to critically analyze the factors that influence our perceptions and judgments. 2. Group Discussions and Debates: Foster group discussions and debates on controversial topics related to attitudes and social cognition. Assign students different perspectives on a particular issue, such as the effects of media on attitudes or the role of social influence in shaping stereotypes. Encourage students to present their arguments,	a specific topic, such as climate change, gender equality, or social media usage. Each group can administer the survey to the class or a sample of individuals, collect responses, and analyze the data. They can present their findings, discussing the factors influencing attitudes and the implications of these attitudes on behavior. 2. Persuasion Techniques Role-Play: Assign each group a persuasion technique, such as fear appeal, social proof, or credibility. Instruct them to research and understand their assigned technique, including real-life examples. Each group can then prepare and perform a role-play scenario that demonstrates the application of their persuasion technique. After	anthropology, communication studies, or neuroscience. Discuss how these fields contribute to our understanding of attitudes, social perception, and cognitive processes. 2. Help students understand how attitudes and social cognition are relevant and applicable in their daily lives. Explore examples from various contexts such as relationships, decision-making, advertising, politics, or social media. Encourage students to reflect on how attitudes and social cognition influence their own behaviors and interactions. 3. Assign group projects that require students to apply concepts of attitude and social cognition to real-world scenarios. For example, they could analyze and present on the role of	social cognition are manifested online. Assign tasks where students examine social media posts, comments, or advertisements to identify persuasive techniques, cognitive biases, or the formation of online attitudes. This helps them understand the influence of social media on attitudes and behavior. 2. Set up online discussion forums or platforms such as Google Classroom, Moodle, or Edmodo, where students can engage in virtual discussions related to attitude and social cognition. Encourage active participation, ask thought-provoking questions, and foster collaborative learning among students. 3. Recommend mobile applications that	comprehension of key concepts related to attitude and social cognition. For example, "Which of the following is an example of a cognitive bias?" or "What is the difference between explicit and implicit attitudes?" 2. Pose short answer questions that require students to provide brief explanations or definitions of key terms and concepts. For example, "Define cognitive dissonance and provide an example," or "Explain the social identity theory and its implications for group behavior." 3. Present students with hypothetical scenarios or real-life case studies that involve attitudes and social cognition. Ask them to analyze the	where each student may be struggling or excelling and provide targeted feedback accordingly. Offer personalized suggestions for improvement or additional resources to support their learning. 2. Promote self-reflection by asking students to assess their own understanding of attitude and social cognition concepts. Encourage them to identify areas where they feel confident and areas where they need further development. Provide guiding questions or prompts to facilitate their self-reflection process. 3. Incorporate opportunities for peer feedback and collaboration. Assign activities where students	Encourage students to embrace diversity, listen to different perspectives, and engage in constructive discussions. Create a safe space where all students feel comfortable expressing their thoughts and opinions. 2. Incorporate diverse examples and perspectives related to attitudes and social cognition in your teaching materials. Highlight contributions from individuals of different backgrounds, cultures, and identities. This promotes a broader understanding of attitudes and social cognition beyond a single perspective. 3. Promote collaborative learning activities that encourage students to work in diverse groups.
---	---	---	---	--	--	---	--

cognition, including cognitive biases and heuristics. 8. Understand the concept of social influence and its significance in social psychology. 9. Identify the different types of social influence, including conformity, compliance, and obedience. 10. Analyze the factors that influence the likelihood of social influence, including group size and unanimity.	challenge each other's viewpoints, and support their arguments with evidence from research or personal experiences. 3. Self-Reflection and Personal Bias Awareness: Engage students in self-reflection activities to increase awareness of their own attitudes and biases. Assign prompts that encourage students to reflect on their own attitudes, stereotypes, or experiences of prejudice. Ask them to explore how these attitudes may have been shaped and what steps they can take to challenge or change them. Promote open and respectful discussions where students can share their reflections and learn from each other. 4. Conduct role-playing activities or	each performance, engage in a discussion on the effectiveness of the technique and the ethical considerations involved. 3. Conduct a stereotype awareness activity to promote understanding and challenge stereotypes. Assign each group a specific stereotype and instruct them to research and develop a presentation or skit that challenges the stereotype. Each group can present their work, highlighting the inaccuracies and harmful effects of stereotypes. Encourage discussions on the importance of challenging stereotypes and promoting inclusive attitudes. 4. Introduce the concept of implicit biases and conduct an Implicit Association Test (IAT) in groups. The	attitudes in social movements or examine the impact of social cognition on intergroup dynamics. This encourages teamwork, research skills, critical thinking, and interdisciplinary understanding.	provide educational content related to attitude and social cognition. Apps like PsychTerms, TED, or Quizlet offer interactive resources, flashcards, quizzes, and educational videos that can reinforce students' understanding and engagement with the subject matter.	situation, identify relevant concepts, and propose appropriate strategies for understanding and managing attitudes and social interactions in those scenarios. 4. Assign essay questions that require students to demonstrate their understanding of attitude and social cognition concepts and apply them to real-world examples or research studies. For instance, "Discuss the role of persuasion techniques in advertising and provide examples," or "Explain how social cognition affects the formation of stereotypes and prejudice."	can provide feedback to their peers' work or engage in group discussions to exchange ideas and perspectives. Encourage constructive feedback that focuses on improvement and growth. 4. Use formative assessments throughout the chapter to monitor students' progress and identify areas for remediation. These assessments can be in the form of quizzes, concept maps, or short written reflections. Use the results to provide targeted feedback and adapt your teaching strategies accordingly.	Assign group projects or discussions where students with different backgrounds and perspectives can share their experiences and contribute to the learning process. This allows for the exchange of ideas and promotes empathy and understanding.
---	--	---	---	--	---	--	--

	simulations that allow students to experience the influence of social cognition firsthand. Assign roles where students act out different social situations, such as a job interview or a group decision-making scenario. After the role-play, facilitate a discussion on the impact of social cognition on individuals' behaviors and the potential consequences of stereotypes or prejudices.	IAT measures the strength of associations between different concepts and categories. Each group can administer the IAT to their group members, discuss the results, and reflect on the implications of implicit biases on social cognition and behavior. This activity promotes awareness of implicit biases and encourages discussions on prejudice and discrimination.					
--	--	--	--	--	--	--	--

LESSON PLAN
CLASS - XII
PSYCHOLOGY

CHAPTER - 7, Social Influence and Group Processes							
No. of periods required - 12							
Specific Learning Outcomes	Pedagogical strategies	Group activities / Experiments / hands on learning	Interdisciplinary linkages and infusion of life skills	Resources including ICT	Assessment items	Feedback and remedial teaching	Inclusive practices full participation without discrimination
1. Understand the concept of group and its significance in social psychology.	1. Conduct role-plays or simulations to demonstrate social	1. Conduct a conformity experiment to illustrate the power	1. Connect the concepts of social influence and group processes with	1. Set up online discussion forums or platforms where students can	1. Present students with case studies or scenarios involving social	1. Schedule one-on-one or small group feedback sessions to address	1. Set clear ground rules and expectations for respectful and

2. Identify the different types of groups, including formal and informal groups, in-groups and out-groups, and reference groups. 3. Analyze the different processes involved in group formation and development, including social identity and social comparison. 4. Understand the concept of social norms and their significance in social influence. 5. Analyze the factors that influence conformity to social norms, including group size and unanimity. 6. Understand the concept of social facilitation and its significance in group processes. 7. Analyze the factors that influence social facilitation, including task difficulty and individual ability. 8. Understand the concept of group polarization and its significance in group decision-making.	influence and group processes. Assign students specific roles and scenarios that illustrate conformity, obedience, or group dynamics. For example, students can simulate a mock jury deliberation or a group decision-making process. This hands-on activity allows students to experience and understand the dynamics of social influence and group behavior. 2. Group Discussions and Debates: Facilitate group discussions or debates on topics related to social influence and group processes. Assign students different perspectives or roles to explore different viewpoints on controversial issues. Encourage critical thinking, analysis of research studies, and	of social influence. Instruct the class to form small groups and assign them a task, such as solving a simple problem or making a judgment about a visual stimulus. However, provide incorrect or ambiguous information to one group while giving the correct information to the rest. Observe how the group with incorrect information conforms to the majority opinion. Afterward, engage in a discussion about the reasons behind conformity and its implications. 2. Divide the class into groups and assign each group a decision-making scenario, such as choosing a class outing destination or deciding on a fundraising event. Instruct each group to discuss and make a decision collectively, taking into account the	other disciplines such as sociology, anthropology, or communication studies. Explore how these concepts intersect with broader social dynamics and human behavior. Discuss the interdisciplinary research and theories that contribute to understanding social influence and group processes. 2. Present students with real-life case studies or scenarios that involve social influence and group processes. Encourage students to analyze these cases from multiple perspectives, considering psychological, sociological, and cultural factors. This interdisciplinary approach helps students understand the complexities of social influence and group dynamics in different contexts.	engage in asynchronous discussions related to social influence and group processes. Encourage them to share their thoughts, ask questions, and engage in dialogue with their peers. 2. Use online survey tools to conduct surveys and polls related to social influence and group processes. Students can create their own surveys or participate in existing ones, allowing them to gather and analyze data related to group dynamics and social influence. 3. Utilize virtual collaboration tools such as Google Docs or Microsoft Teams for group projects and discussions. These platforms enable students to collaborate in real-	influence and group dynamics. Ask them to analyze the situation, identify the social psychological concepts at play, and propose strategies to address or manage the situation effectively. 2. Assign group projects where students work together to investigate a specific aspect of social influence or group processes. They can conduct research, design experiments, or create presentations that demonstrate their understanding of the concepts and their ability to apply them to real-world situations. 3. Organize role-playing activities where students can demonstrate their understanding of social influence and group	students' specific learning needs. Use these sessions to clarify concepts, address misconceptions, and provide additional guidance. Encourage students to ask questions and seek clarification on any challenging topics. 2. Encourage peer feedback and collaboration among students. Assign peer-review activities where students can provide feedback on each other's work or engage in group discussions to enhance their understanding. This collaborative approach allows students to learn from and support each other. 3. Conduct remedial teaching sessions to provide additional instruction and support for students who may be struggling with	inclusive behavior in the classroom. Emphasize the importance of treating others with respect, listening to diverse perspectives, and avoiding discriminatory language or actions. 2. Foster an open and safe environment where students feel comfortable expressing their thoughts and opinions. Encourage respectful discussions that value diverse perspectives and challenge discriminatory attitudes or stereotypes. 3. Provide opportunities for all students to actively participate in classroom activities related to social influence and group processes. Encourage students to share
--	---	--	---	---	--	---	---

9. Analyze the factors that contribute to group polarization, including group discussion and informational influence. 10. Understand the concept of group think and its negative consequences for decision-making in groups.	respectful exchange of ideas. This strategy helps students understand the complexity of group dynamics and the impact of social influence. 3. Real-Life Examples and Case Studies: Provide real-life examples or case studies that demonstrate social influence and group processes. Discuss famous psychological experiments, such as Asch's conformity experiments or Milgram's obedience studies. Ask students to analyze the methods, results, and ethical considerations of these studies and apply the findings to everyday situations. 4. Guest Speakers and Expert Interviews: Invite guest speakers or experts in the field of social psychology to share their	perspectives and preferences of all group members. After each group makes their decision, engage in a class-wide discussion on the factors that influenced the group decision-making process, such as groupthink or leadership dynamics. 3. Assign each group a specific scenario where someone requires help, such as witnessing a bullying incident or an emergency situation. Instruct each group to develop and perform a role-play that demonstrates bystander intervention. Each group can explore different outcomes based on the actions of bystanders, highlighting the impact of social influence on helping behavior. Engage in a discussion about the factors that	3. Organize role-playing activities where students can experience and analyze the dynamics of social influence and group processes. Assign different roles to students, such as leader, follower, or influencer, and observe how social influence unfolds within the group. Encourage students to reflect on their experiences and apply psychological concepts to understand the dynamics at play.	time, share ideas, and contribute to group work, even when they are not physically present in the same location.	dynamics. Assign different roles within a group scenario and ask students to act out the roles while considering the influence and dynamics involved.	the concepts of social influence and group processes. These sessions can focus on reviewing key concepts, providing examples, and addressing specific challenges faced by students.	their ideas, ask questions, and engage in group discussions. Ensure that every student's voice is heard and respected.
--	---	--	--	---	--	--	---

	knowledge and experiences. They can discuss real-world applications of social influence and group processes, such as advertising techniques, leadership in organizations, or the impact of social media on behavior. Students can engage in interactive sessions, ask questions, and gain insights from these experts.	influence bystander intervention and strategies to overcome diffusion of responsibility.					
--	--	--	--	--	--	--	--