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SYLLABUS PSYCHOLOGY

Unit I – Introduction to Psychology

- ★ **Meaning, nature and scope of psychology**
- ★ **Goals of psychology: description, explanation, prediction and control**
- ★ **Branches of psychology and their applications in daily life**
- ★ **Psychology as a scientific study of behaviour and mental processes**
- ★ **Methods of psychology: observation, interview, case study and experiment**

Unit II – Human Growth and Development

- ★ **Meaning and principles of human growth and development**
- ★ **Stages of development: infancy, childhood, adolescence and adulthood**
- ★ **Physical, cognitive, emotional and social development**
- ★ **Factors affecting development: heredity and environment**
- ★ **Role of family, school and society in healthy development**



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Unit III – Learning and Memory

- ★ **Meaning and characteristics of learning**
- ★ **Types of learning and factors affecting learning**
- ★ **Motivation and its role in learning**
- ★ **Meaning and stages of memory**
- ★ **Factors affecting memory and techniques for improving memory**
- ★ **Forgetting: meaning, causes and prevention**

Unit IV – Intelligence and Personality

- ★ **Meaning and nature of intelligence**
- ★ **Types and levels of intelligence**
- ★ **Meaning and characteristics of personality**
- ★ **Meaning and characteristics of personality**
- ★ **Self-concept, self-esteem and individual differences**



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Unit V – Emotion, Motivation and Stress

- ★ **Meaning and types of emotions**
- ★ **Meaning and importance of motivation**
- ★ **Basic needs and achievement motivation**
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- ★ **Healthy ways of coping with stress and emotional difficulties**

Unit VI – Social Behaviour and Mental Well-Being

- ★ **Meaning of social behaviour and interpersonal relationships**
- ★ **Family, friendship, cooperation and communication**
- ★ **Attitudes, prejudice and stereotypes – basic understanding**
- ★ **Importance of empathy, respect and responsible behaviour**
- ★ **Mental well-being and importance of seeking appropriate support**
- ★ **Healthy habits for psychological well-being**



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Practical / Activity Work

- ★ **Prepare a simple observation record of everyday behaviour.**
- ★ **Conduct a small class activity demonstrating attention or memory.**
- ★ **Prepare a personal study timetable using learning and motivation principles.**
- ★ **Create a chart showing the stages of human development.**
- ★ **Prepare a self-awareness worksheet covering strengths, interests and goals.**
- ★ **Identify common sources of stress among students and suggest healthy coping strategies**
- ★ **Prepare slogans/posters on positive mental well-being, empathy and respectful communication.**
- ★ **Answer analytical and application-based questions involving everyday psychological situations**