

PSYCHOLOGY
Subject Code – 037
Class XI (2025-26)

Psychology is introduced as an elective subject at the higher secondary level in school education. As a field, Psychology focuses on understanding human experiences, behaviors, and mental processes within a specific social, cultural, and historical context. This course aims to create interest and familiarize students with fundamental concepts, theories, and methods in Psychology.

The course encourages students to analyze behavior and mental processes. Students will learn to evaluate evidence and challenge assumptions, thereby developing critical thinking skills that are valuable in any field of study or career.

The course emphasizes the role of socio-cultural factors in behavior, helping students appreciate diversity and sensitivity that prepares them to be inclusive and empathetic global citizens.

It is recommended that teaching methods actively engage students, helping them develop their own understanding. To achieve this, the teaching learning processes should incorporate case studies, personal narratives, experiential exercises, and reflections on everyday experiences.

Objectives:

- To help students understand the nature of psychological knowledge and its relevance to different aspects of life.
- To encourage students to be observant, socially aware, and reflective.
- To reduce stigma and increase awareness of psychological well-being by educating students about mental health.
- To help students understand their own thoughts, emotions and behaviors fostering personal growth and resilience, preparing them to become responsible global members of society.



COURSE STRUCTURE
CLASS XI (2025-2026)
Theory Paper

Time : 3 Hours

Marks: 70

Units	Topics	Marks
I	Understanding Psychology	11
II	Methods of Enquiry in Psychology	13
III	Human Development	11
IV	Sensory, Attentional and Perceptual Processes	8
V	Learning	9
VI	Human Memory	8
VII	Thinking	5
VIII	Motivation and Emotion	5
	Total	70

COURSE STRUCTURE

	Name of the Units
Unit I	Understanding Psychology <i>The topics in this unit are:</i> <ol style="list-style-type: none">1. Introduction2. Nature of Psychology:<ul style="list-style-type: none">● Psychology as a Discipline● Psychology as a Natural Science● Psychology as a Social Science3. Understanding Mind and Behaviour4. Popular Notions about the Discipline of Psychology5. Evolution of Psychology6. Development of Psychology in India7. Branches of Psychology8. Psychology and Other Disciplines9. Psychology in Everyday Life
Unit II	Methods of Enquiry in Psychology <i>The topics in this unit are:</i> <ol style="list-style-type: none">1. Introduction2. Goals of Psychological Enquiry<ul style="list-style-type: none">● Steps in Conducting Scientific Research● Alternative Paradigms of Research3. Nature of Psychological Data

	<ul style="list-style-type: none">4. Some Important Methods in Psychology<ul style="list-style-type: none">● Observational Method● Experimental Method● Correlational Research● Survey Research● Psychological Testing● Case Study5. Analysis of Data<ul style="list-style-type: none">● Quantitative Method● Qualitative Method6. Limitations of Psychological Enquiry7. Ethical Issues
Unit III	<p>Human Development</p> <p><i>The topics in this unit are:</i></p> <ul style="list-style-type: none">1. Introduction2. Meaning of Development<ul style="list-style-type: none">● Life-Span Perspective on Development3. Factors Influencing Development4. Context of Development5. Overview of Developmental Stages<ul style="list-style-type: none">● Prenatal Stage● Infancy● Childhood● Challenges of Adolescence● Adulthood and Old Age
Unit IV	<p>Sensory, Attentional and Perceptual Processes</p> <p><i>The topics in this unit are:</i></p> <ul style="list-style-type: none">1. Introduction2. Knowing the world3. Nature and varieties of Stimulus4. Sense Modalities<ul style="list-style-type: none">● Functional limitation of sense organs5. Attentional Processes<ul style="list-style-type: none">● Selective Attention● Sustained Attention6. Perceptual Processes<ul style="list-style-type: none">● Processing Approaches in Perception7. The Perceiver8. Principles of Perceptual Organisation

	<ul style="list-style-type: none">9. Perception of Space, Depth and Distance<ul style="list-style-type: none">● Monocular Cues and Binocular Cues10. Perceptual Constancies11. Illusions12. Socio-Cultural Influences on Perception
Unit V	<p>Learning</p> <p><i>The topics in this unit are:</i></p> <ul style="list-style-type: none">1. Introduction2. Nature of Learning3. Paradigms of Learning4. Classical Conditioning<ul style="list-style-type: none">● Determinants of Classical Conditioning5. Operant/Instrumental Conditioning<ul style="list-style-type: none">● Determinants of Operant Conditioning● Key Learning Processes6. Observational Learning7. Cognitive Learning8. Verbal Learning9. Skill Learning10. Factors Facilitating Learning11. Learning Disabilities
Unit VI	<p>Human Memory</p> <p><i>The topics in this unit are:</i></p> <ul style="list-style-type: none">1. Introduction2. Nature of memory3. Information Processing Approach : The Stage Model4. Memory Systems : Sensory, Short-term and Long-term Memories5. Levels of Processing6. Types of Long-term Memory<ul style="list-style-type: none">● Declarative and Procedural; Episodic and Semantic7. Nature and Causes of Forgetting<ul style="list-style-type: none">● Forgetting due to Trace Decay, Interference and Retrieval Failure8. Enhancing Memory<ul style="list-style-type: none">● Mnemonics using Images and Organisation
Unit VII	<p>Thinking</p> <p><i>The topics in this unit are:</i></p> <ul style="list-style-type: none">1. Introduction2. Nature of Thinking

	<ul style="list-style-type: none">● Building Blocks of Thought <ol style="list-style-type: none">3. The Processes of Thinking4. Problem Solving5. Reasoning6. Decision-making7. Nature and Process of Creative Thinking<ul style="list-style-type: none">● Nature of Creative Thinking● Process and strategies of Creative Thinking8. Thought and Language9. Development of Language and Language Use
Unit VIII	Motivation and Emotion <i>The topics in this unit are:</i> <ol style="list-style-type: none">1. Introduction2. Nature of Motivation3. Types of Motives<ul style="list-style-type: none">● Biological Motives● Psychosocial Motives4. Maslow's Hierarchy of Needs5. Nature of Emotions6. Expression of Emotions<ul style="list-style-type: none">● Culture and Emotional Expression● Culture and Emotional Labeling7. Managing Negative Emotions8. Enhancing Positive Emotions
Practical (Projects/small study, experiments, etc.) 30 marks <p>The students shall be required to undertake one project /small study and conduct two experiments. The project/small study would involve the use of different methods of enquiry like observation, survey, interview, questionnaire related to the following topics:</p> <ul style="list-style-type: none">● Bullying/Cyberbullying● Mental health and wellbeing● Impact of social media on the youth today● Altruism and its impact on wellbeing● Peer Pressure● Anger management● Sleep Hygiene● Changing Gender roles and stereotypes● Cooperation and Competition● Compliance and Obedience	

You may also choose to do a project on any topic covered in the course (e.g., Human development, Learning, Memory, Motivation, Perception, Attention and Thinking). Experiments could focus on cause-and-effect relationships.

Practical Examination

• Practical (Experiments) file	05 Marks
• Project File	05 Marks
• Viva Voce (Project and experiment)	05 Marks
• One experiment (05 marks for conduction of experiment and 10 marks for reporting)	15 Marks
Total	30 Marks

QUESTION PAPER DESIGN
CLASS –XI (2025-26)

I. Theory : 70 Marks

Time: 3 Hours		Maximum Marks: 70	
S. No.	Competencies	Total Marks	% Weightage
1	Remembering and Understanding: Exhibiting memory of previously learned material by recalling facts, terms, basic concepts, and answers; Demonstrating understanding of facts and ideas by organizing, comparing, translating, interpreting, giving descriptions and stating main ideas	35	50%
2	Applying: Solving problems to new situations by applying acquired knowledge, facts, techniques and rules in a different way	25	35%
3	Formulating, Analysing, Evaluating and Creating: Examining and breaking information into parts by identifying motives or causes; Making inferences and finding evidence to support generalizations; Presenting and defending opinions by making judgments about information, validity of ideas, or quality of work based on a set of criteria; Compiling information together in a different way by combining elements in a new pattern or proposing alternative solutions	10	15%
	Total	70	100%

II. Practical: 30 Marks