

# **BUDHA DAL PUBLIC SCHOOL , SAMANA**

## **LESSON PLAN**

**Subject : Psychology TERM - 1**

**CLASS - XII**

**Ch - 1           Variations in Psychological Attributes**

Individual differences, situationism, Assessment, Psychological Attributes, Assessment methods, Theories of Intelligence, Intelligence assessment, variations in Intelligence, Culture and Intelligence, Indian context of intelligence, Emotional Intelligence (EQ), Creativity and intelligence.

**Ch - 2           Self and Personality**

Concept of Self : Self as a subjects or object, Types of self, cognitive and behavioral aspects of self. Concept of personality : Definition, features, Major approaches to study personality, Personality assessment : Psychometric approach, Projective techniques and Behavioural analysis.

**Ch - 3           Meeting with life challenges.**

\Stress: Eustress, distress, Cognitive theory of stress signs and symptoms of stress, types of stress, sources of stress. Effects of stress on our physical and psychological well - being. Stress and health : GAS Model, Stress and Immune system, Coping , stress management techniques, promoting positive health and well-being.

**Ch - 6           Attitude and social cognition**

Attitude, Impression formation, Attribution, A - B - C components, Features, Attitude formation and its process, Attitude change and its concepts, Attitude - behavior relationship, Prejudices : Stereotypes, sources and handling strategies.

**Ch - 7           Social Influence and Group processes**

What is Group? Group characteristics, crowd, Team, Audience, why do people join group? Group Formation, Group structure, Types of Groups, Social loafing, Group polarization.

## TOPIC : Variations in Psychological Attributes

Technology used - Google form, Slide Show and Zoom Class will be used as a software tool for better understanding of the concept.

P.K. testing	<ol style="list-style-type: none"><li>1. What do you know about Intelligence?</li><li>2. How can we find difference between individuals?</li><li>3. What is Assessment?</li></ol>
Learning Objectives	Students will learn about various psychological attributes. They will come to know how we can assess someone's intelligence level.
Curriculum Addressed	This chapter will help the children to understand the individual differences and the characteristics of individuals related to their own attributes, to know about the intelligence, assessment of intelligence, types of intelligent tests, emotional intelligence, creativity and intelligence.
Other Resources	Assignments and NCERT references book will be prescribed. Case studies and application based questions will also be used.
Student Engagement	Students would asked questions / quarries related to the lesson. Students would make an art integrated activity including flow chart, diagrams and tables related to the topic.
Art- Integration /Sub-Enrichment	IQ chart, Distribution of IQ scores, Difference between technological intelligence and Indian intelligence through chart.
Teaching Strategies	Healthy student - teacher interaction for solving student's quarries. PDF related to concept will also be provided.
Evaluation	Evaluation will be done based on class tests and assignments. MCQs through google form and case studies will help in evaluation.
Recapitulation	After the completion of chapter students would asked for any doubts or questions. Summary of the chapter would be explained to students.
Teacher self assessment	This lesson plan include active participation of the students. They gave good response and understand the concept well. The strength of lesson plan was latest technology.

## TOPIC : Self and Personality

Technology used - Zoom Meeting, Google, Puzzle will be used as a software tools.  
Soft board, black board and reference book will be used as hardware.

P.K. testing	<ol style="list-style-type: none"><li>1. Define yourself.</li><li>2. What is personality?</li><li>3. Can everyone has same personalities?</li></ol>
Learning Objectives	Students will learn about self-characteristics, different types and traits of personality. They would also come to know about the assessment of personalities.
Curriculum Addressed	This chapter helps students to know about self, types of self, cognitive and behavioural aspects of self. Chapter would also provide knowledge about personality, features, Major approaches to study personality, various techniques of personality assessment.
Other Resources	Flow charts, tables, assignments and NCERT reference will be needed to carryout lesson objectives.
Student Engagement	Students would asked questions about topics included in this chapter. They would make an art integrated activity related to topic including drawing, postering.
Art- Integration /Sub-Enrichment	Project technique representation through drawing will be taken as art integrated activity.
Teaching Strategies	Group discussions, student-teacher interaction will be arranged for making subject more interesting.
Evaluation	Evaluation will be done on the basis of class tests and assignments. MCQs through google form will help in evaluation.
Recapitulation	Summary of the chapter would be explained. Recapitulation would be taken by asking one mark questions and MCQs from students.
Teacher self assessment	Lesson plan include active participation of the teacher and students. Strength of the lesson plan was latest technology.

## TOPIC : Attitude and Social Cognition

Technology used - Zoom Meeting, Google forms, power point presentations will be used as technology for better understanding of the chapter.

P.K. testing	<ol style="list-style-type: none"><li>1. Define Attitude?</li><li>2. Can our attitude be negative or positive for anything?</li><li>3. How we perceive information related with society.</li></ol>
Learning Objectives	Chapter will help students to know about their attitudes. Chapter acknowledge them how the attitudes are formed or can be changed.
Curriculum Addressed	Meaning of attitude, Impression formation and attribution will be discussed. Components of attitude, feature, Attitude formation and its process, Attitude change and its concepts. Relationship between Attitude and behavior & the concept of prejudices will also be taught to the students.
Other Resources	Assignments , NCERT Reference book, tables will be used to carry out lesson objectives.
Student's Engagement	Students would ask questions related to the lesson. They would make art-integrated work by making flow-chart, diagrams etc.
Art- Integration /Sub-Enrichment	Students would make representation of attitude change concepts and the concept of scapegoating through diagrams.
Teaching Strategies	Student-teacher interaction and Group discussions will be arranged to make the topic more interesting.
Evaluation	Evaluation will be done on the basis of class tests and assignments made by the students.
Recapitulation	Recapitulation will be done by asking questions. Summary of the chapter would be explained to students.
Teacher self assessment	Lesson plan include the active participation of the teacher and students. Strength of the lesson plan is latest technology.

## TOPIC : Social Influence and group processes

Technology used - Power Point presentation , zoom, google forms will be used as software tool to depict the knowledge.

P.K. testing	<ol style="list-style-type: none"><li>1. What are the groups that you already joined?</li><li>2. What you mean by norms?</li><li>3. Is crowd and audience is a same thing?</li></ol>
Learning Objectives	This topic will help them to know about the social processes, how the groups formed in society and in which groups we are participated actively.
Curriculum Addressed	Meaning of group, Group characteristics, meaning of crowd, audience, why do people join group? Group formation, stages of group formation, structure, social loafing and group polarization will be discussed with students.
Other Resources	Case based questions, case studies, NCERT reference book and Assignments will be used as a resource.
Student Engagement	Students will engage in the class actively. They understand the concept properly and make art integrated activity related to the topic.
Art- Integration /Sub-Enrichment	Students would make flow chart depicting the formation stages of group.
Teaching Strategies	Discussion on previous year's question paper will be considered to make the chapter more interesting.
Evaluation	Evaluation will be done on the basis of assignments and class tests.
Recapitulation	Recapitulation would be taken by asking one word questions and MCQs from the students.
Teacher self assessment	Students gave good response in the class. This lesson include active participation of the students. Technology used made the lesson more interesting.