

# Psychology Class 11 Syllabus

## Course Structure

Unit	Topic	Marks
I	What is Psychology?	7
II	Methods of Enquiry in Psychology	10
III	The Bases of Human Behaviour	8
IV	Human Development	6
V	Sensory, Attentional and Perceptual Processes	8
VI	Learning	9
VII	Human Memory	8
VIII	Thinking	7
IX	Motivation and Emotion	7
	<b>Total</b>	<b>70</b>

## Unit I: What is psychology?

1. Introduction
2. What is Psychology?
  - (i) Consciousness (From the CBSE Supplementary Reading Material)
  - a) Psychology as a Discipline
  - b) Psychology as a Natural Science
  - c) Psychology as a Social Science
3. Understanding Mind and Behaviour
4. Popular Notions about the Discipline of Psychology
5. Evolution of Psychology
6. Development of Psychology in India
7. Branches of Psychology
8. Themes of Research and Applications
9. Psychology and Other Disciplines
10. Psychologists at Work
11. Psychology in Everyday Life
  - (i) Linkages across psychological processes (From the CBSE Supplementary Reading Material)

## Unit II: Methods of Enquiry in Psychology

1. Introduction
2. Goals of Psychological Enquiry
  - a) Steps in Conducting Scientific Research
  - b) Alternative Paradigms of Research
3. Nature of Psychological Data
4. Some Important Methods in Psychology
  - a) Observational Method
  - b) Experimental Method

- c) Correlational Research
- d) Survey Research
- e) Psychological Testing
- f) Case Study
- 5. Analysis of Data
  - a. Quantitative Method
  - (i) Concepts and computation of the Measures of Central Tendency; Graphical Presentation of Data: Bar, Histogram, Polygon(From the CBSE Supplementary Reading Material)
  - b. Qualitative Method
- 6. Limitations of Psychological Enquiry
- 7. Ethical Issues

### Unit III: The Bases of Human Behaviour

1. Introduction
2. Evolutionary Perspective
3. Biological and Cultural Roots
4. Biological Basis of Behaviour
  - a) Neurons
5. Structure and Functions of Nervous System and
6. Endocrine System and their Relationship with
7. Behaviour and Experience
  - a) The Nervous System
  - (i) Sleep and Wakefulness(From the CBSE Supplementary Reading Material)
  - b) The Endocrine System
8. Heredity: Genes and Behaviour
9. Cultural Basis : Socio-Cultural Shaping of Behaviour
  - a) Concept of Culture
10. Enculturation
11. Socialisation
12. Acculturation
  - (i) Globalization (From the CBSE Supplementary Reading Material)
  - (ii) Diversity and Pluralism in the Indian Context (From the CBSE Supplementary Reading Material)

### Unit IV: Human Development

1. Introduction
2. Meaning of Development
  - a) Life-Span Perspective on Development
3. Factors Influencing Development
4. Context of Development
5. Overview of Developmental Stages
  - a) Prenatal Stage
6. Infancy
7. Childhood
8. Challenges of Adolescence
9. Adulthood and Old Age

## Unit V: Sensory, Attentional, and Perceptual Processes

1. Introduction
2. Knowing the world
3. Nature and varieties of Stimulus
4. Sense Modalities
  - a) Visual Sensation
  - b) Auditory Sensation
5. Attentional Processes
  - a) Selective Attention
  - b) Sustained Attention
6. Perceptual Processes
  - a) Processing Approaches in Perception
7. The Perceiver
8. Principles of Perceptual Organisation
9. Perception of Space, Depth, and Distance
  - a) Monocular Cues and Binocular Cues
10. Perceptual Constancies
11. Illusions
12. Socio-Cultural Influences on Perception
  - (i) Person Perception

## Unit VI: Learning

1. Introduction
2. Nature of Learning
3. Paradigms of Learning
4. Classical Conditioning
5. Determinants of Classical Conditioning
6. Operant/Instrumental Conditioning
  - a) Determinants of Operant Conditioning
  - b) Key Learning Processes
7. Observational Learning
8. Cognitive Learning
9. Verbal Learning
10. Concept Learning
11. Skill Learning
12. Transfer of Learning
  - (i) Learning Curve (From the CBSE Supplementary Reading Material)
13. Factors Facilitating Learning
14. The Learner : Learning Styles
15. Learning Disabilities
16. Applications of Learning Principles

## Unit VII: Human Memory

1. Introduction
2. Nature of memory
3. Information processing Approach : The Stage Model

- (i) An alternative approach - The Information Processing Perspective (From the CBSE Supplementary Reading Material)
- 4. Memory Systems : Sensory, Short-term and Long-term Memories
- 5. Levels of Processing
- 6. Types of Long-term Memory
  - a) Declarative and Procedural; Episodic and Semantic
- 7. Knowledge Representation and Organisation in Memory
- 8. Memory as a Constructive Process
- 9. Nature and Causes of Forgetting
  - a) Forgetting due to Trace Decay, Interference and Retrieval Failure
  - b) Pathologies related to Memory (From the CBSE Supplementary Reading Material)
- 10. Enhancing Memory
  - a) Mnemonics using Images and Organisation

## Unit VIII: Thinking

1. Introduction
2. Nature of Thinking
  - a) Building Blocks of Thought
3. The Processes of Thinking
4. Problem Solving
5. Reasoning
6. Decision-making
7. Nature and Process of Creative Thinking
  - a) Nature of Creative Thinking
  - b) Process of Creative Thinking
8. Developing Creative Thinking
  - a) Barriers to Creative Thinking
  - b) Strategies for Creative Thinking
9. Thought and Language
  - (i) Stages of Cognitive development Introduction to the ideas of Piaget, and Vygotsky (From the CBSE Supplementary Reading Material)
10. Development of Language and Language Use

## Unit IX: Motivation and Emotion

1. Introduction
2. Nature of Motivation
3. Types of Motives
  - a) Biological Motives
  - b) Psychosocial Motives
4. Maslow's Hierarchy of Needs
5. Nature of Emotions
6. Physiological Bases of Emotions
7. Cognitive Bases of Emotions
8. Cultural Bases of Emotions
9. Expression of Emotions
  - a) Culture and Emotional Expression
  - b) Culture and Emotional Labelling

## 10. Managing Negative Emotions

## 11. Enhancing Positive Emotions

- (i) Human Existence (From the CBSE Supplementary Reading Material)
- (ii) Competence (From the CBSE Supplementary Reading Material)
- (iii) Self-efficacy (From the CBSE Supplementary Reading Material)
- (iv) Intrinsic motivation (From the CBSE Supplementary Reading Material)
- (v) Development of positive emotions (From the CBSE Supplementary Reading Material)

