

PSYCHOLOGY STANDARD XII

Statement of Learning objectives : Psychology

Units	Learning Objectives
Psychology : A Scientific Discipline	<ul style="list-style-type: none"> To acquire knowledge on the history of psychology as a science. To know about the various research methods and their key features. To understand and explain the major challenges in establishing psychology as a science. To understand the term Rationality and characteristics of a rational person.
Intelligence	<ul style="list-style-type: none"> To summarise and describe the perspectives on Intelligence and demonstrate an understanding of the History of Measurement of Intelligence. To categorize the different types of Intelligence tests. To develop an understanding on the usefulness of Intelligence testing and its application. To evaluate the New trends in intelligence eg Social, Emotional and Artificial intelligence and apply its importance in daily life.
Personality	<ul style="list-style-type: none"> To illustrate an understanding of the concept of personality. To assess and describe the various factors affecting personality. To analyse and explain the various perspectives of studying personality. To evaluate and explain the various techniques of measuring personality.
Cognitive Processes	<ul style="list-style-type: none"> To analyse the various aspects of attention and formulate own examples for better understanding. To illustrate an understanding of the phenomenon associated with perception. To analyse and explain the various stages in the process of problem solving and creative thinking. To summarise and elaborate the various processes of learning.
Emotions	<ul style="list-style-type: none"> To understand the historical basis of the theories of emotions. To create an awareness of basic emotions with emphasis to the Plutchik's model. To highlight the physiological changes during emotions and the importance of emotional well-being. To acquaint students with the various techniques of managing their emotions with reference to anger management and apply the same to their life.
Psychological Disorders	<ul style="list-style-type: none"> To understand and evaluate the nature of psychological disorders. To illustrate an indepth understanding of the term Mental Wellness and its various aspects. To classify the various Mental disorders and understand its symptoms as per DSM-5. To understand the various symptoms for identifying and treating psychological disorders.
First Aid in Mental Health	<ul style="list-style-type: none"> To sensitize students to mental health issues. To make students aware of the signs and symptoms of various mental illnesses. To acquaint students with various first aid techniques for mental health issues To increase students awareness about the importance of mental health professional.
Positive Psychology	<ul style="list-style-type: none"> To develop an understanding about positive psychology as an emerging branch of psychology. To relate and understand positive emotions and apply key elements in day to day life. To discuss the determinants of happiness and choose to adopt the same to enhance happiness. To develop an understanding and explain methods to promote empathy, mindfulness meditation and the 7 C's of Resilience and nurture it in day to day life functioning.

