

**SMART SKILLS
PSYCHOLOGY
GRADE XI
SESSION: 2017-18**

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SYLLABUS

PSYCHOLOGY - Theory (70) + Practical(30)

Objectives

1. To develop appreciation about human behaviour and human mind in the context of learners' immediate society and environment.
2. To develop in learners an appreciation of multidisciplinary nature of psychological knowledge and its application in various aspects of life.
3. To enable learners to become perceptive, socially aware and self - reflective.
4. To facilitate students' quest for personal growth and effectiveness, and to enable them to become responsive and responsible citizens.

PSYCHOLOGY Class XI (Theory)

One Theory Paper

3 Hours

Marks : 70

Units

Foundations of Psychology

- I. Introduction to Psychology
 - II. Methods of Psychology
 - III. The Bases of Human Behaviour
 - IV. Human Development
 - V. Sensory and Perceptual Processes
 - VI. Learning
 - VII. Human Memory
 - VIII Language and thought
 - IX. Motivation and Emotion
- Practicals (Projects, experiments, small studies)

Unit I: Introduction to Psychology

The unit seeks to help understanding and appreciating psychology as a discipline, its

application and relationship with other sciences through appropriate and interesting examples and analysis of everyday experiences.

Nature of psychology; Basic concepts: Person, Consciousness, Behaviour and Experience: Similarities and variations in psychological attributes; Evolution of the discipline of psychology; Developments in psychology in

India; Psychology and other disciplines; Linkages across psychological processes.

Unit II: Methods of Psychology

The objective of this unit is to familiarize with the methods of studying and understanding psychological questions and issues.

Goals of psychological enquiry; Some important methods: Observation, Naturalistic, Experimental; Correlational study; Interview, Case study; Psychological tools: Tests, Questionnaires and gadgets; Analysis of data: Concepts and computation of the Measures of Central Tendency: Graphical Presentation of Data: Bar, Histogram, Polygon; Ethical issues in the study of psychological processes.

Unit III: The Bases of Human Behaviour

This unit focuses as on the role of biological and socio-cultural factors in the shaping of human behaviour and experience.

Evolutionary perspective on human behaviour; Biological and cultural roots; Nervous system and endocrine system: Structure and relationship of with behaviour and experience; Brain and behaviour, Role of Neurotransmitters in behaviour. Sleep and weakness. Genetic bases of behaviour; Culture and human behaviour: Socialization, Enculturation and Acculturation; Globalization; Diversity and pluralism in the Indian context.

Unit IV: Human Development

This unit deals with variations in development and the developmental tasks across the life span.

Meaning of development; Factors influencing development; Contexts of development; Overview of developmental stages: Prenatal development, Infancy, Childhood, Adolescence (particularly issues of identity, health, social participation), Adulthood and Old age.

Unit V: Sensory and Perceptual Processes

This unit aims at understanding how various sensory stimuli are received, attended to and given meaning.

Knowing the world; Nature of stimuli; Nature and functioning of sense modalities; Sensory Adaptation; Attention : Nature and determinants; Selective and sustained attention; Principles of perceptual organization; Role of perceiver , characteristics in perception; Pattern recognition; Perceptual phenomena : After images; Space Perception, Perceptual constancy, Illusions, Person perception; Socio-cultural influences on perception.

Unit VI : Learning

This unit focuses on how human beings acquire new behaviour and how changes in behaviour take place.

Nature of learning and learning curve: Paradigms of learnings: Classical and Operant Conditioning, Observational Learning, Cognitive learning, Verbal learning, Concept learning, skill-learning; Factors facilitating learning; Transfer of learning: Types and Applications, Learning styles: Learning disabilities; Some Applications of learning principles.

Unit VII : Human Memory

This unit deals with how information is received, stored, retrieved and lost.

It will also

discuss how memory can be improved.

Nature of memory; Information Processing Approach; Levels of processing; Memory

systems - Sensory memory, Short-term memory, Long -term memory; Knowledge representation and organisation in memory; Memory as a constructive process; Nature and causes of forgetting; Enhancing memory; Pathologies related to memory.

Unit VIII : Language and Thought

This unit deals with thinking and related processes like reasoning, problem-solving, decision

making and creative thinking and relationship between thought and language.

Thought and language: Nature and interrelationship; Stages of cognitive development:

Introduction to the ideas of Piaget, Vygotsky, and Information Processing Approach; Development of language and language use; Reasoning: Problem-solving; Decision making; Creative thinking: Nature, process and development.

Unit IX: Motivation and Emotion

This unit focuses on why human beings behave as they do. It also deals with how people

experience positive and negative events and respond to them.

Human existence and nature of motivation; Biological needs; Social and psychological motives: Achievement, Affiliation and Power, Maslow's hierarchy of needs; Emerging concepts: Competence, Self efficacy and Intrinsic Motivation: Nature of emotions; Physiological, cognitive and cultural bases of emotions; Expression of emotions; Positive emotions; Happiness, Optimism, Empathy and Gratitude; Development of positive emotions; Managing negative emotions such as anger and fear.

Practicals (Projects, experiments, small studies, etc.)30 Marks

ASSIGNMENT 1
INTRODUCTION TO PSYCHOLOGY

1. Define psychology.
2. What do you understand by mental processes?
3. How can you define human behavior as function of the attributes of a person and environment?
4. What kind of behavior do we study in psychology?
5. Which branch of psychology do you like the most and why? (try to find out any interesting/latest research done in this field.)
6. Name the psychologists associated with the following concepts:
 - a. Structuralism
 - b. Functionalism
 - c. Gestalt psychology
 - d. Behaviourism
 - e. Psychoanalysis
 - f. Humanistic perspective
 - g. Constructivism
 - h. Introspection
7. What do you understand by constructivism?
8. What is the scope of environmental psychology?
9. Write short notes on -cognitive psychology and organizational psychology.
10. What were the goals of behaviourism ? How are they different from those of Gestalt school of psychology ?
11. "Human behaviour can be controlled and modified through the application of psychological principles ". Discuss the statement.
12. Differentiate between the following
 - (a) Basic and applied research
 - (b) Clinical psychologist and psychiatrist

ASSIGNMENT 2

METHODS IN PSYCHOLOGY

1. What do you mean by objectivity?
2. Define hypothesis.
3. Differentiate between naturalistic and controlled observation.
4. Differentiate between dependent and independent variable.
5. What are the various types of relevant variables? How can they be controlled ?
6. Differentiate between an interview and a questionnaire.
7. Critically evaluate the case study method.
8. Give advantages and limitations of observation method.
9. How do experimental and control group differ? Explain with the help of an example.
10. Give advantages and limitations of experimental method.
11. Explain co-relational research.
12. Differentiate between quasi and experimental method.
13. Give advantages and limitations of questionnaire method.
14. Explain various important features of psychological tests.
15. What are the various limitations of psychological enquiry?
16. Discuss the ethical guidelines in conducting psychological enquiry.

ASSIGNMENT 3

BASES OF BEHAVIOUR

1. How do autonomic nervous system and somatic nervous system differ?
2. Describe how neurons transmit information?
3. What is the significance of synapse?
4. Describe various parts of hindbrain and give their functions.
5. Describe the role played by the reticular formation. Why is it called the brain's gatekeeper?
6. State the role of hypothalamus in human behavior.
7. Name the four lobes of cerebral cortex. What functions do they inform? Explain their interdependence with the help of an example.
8. What are the specialized functions of the left and the right hemisphere ?
9. Describe the role of two divisions of ANS in maintaining the equilibrium of the body.
10. Explain the meaning of culture and describe its important features.
11. Is socialization a smooth process? Discuss.
12. Differentiate between enculturation and acculturation with the help of an example.
13. Differentiate between socialization and enculturation. How do both the processes help us become social /cultural beings ?
14. Describe various acculturative strategies.
15. Describe the role of school and parents in the process of socialization.

ASSIGNMENT 4

HUMAN DEVELOPMENT

- 1) What is development? Describe the characteristics of LSD.
- 2) What do you understand by teratogens? What are the various factors influencing prenatal development?
- 3) What are the characteristics of physical development during childhood?
- 4) What are the characteristics of child's thinking during the preoperational stage?
- 5) What are Kohlberg's three levels of moral reasoning? (explain briefly)
- 6) What is the key to positive resolution of Erikson's 1st psychosocial stage?
- 7) What are the perceptual abilities of the newborn?
- 8) What is attachment and What did Harlow's study reveal about maternal deprivation and attachment? What can be the effects of maternal deprivation in humans?
- 9) What do you understand by adolescent egocentrism?
- 10) What are the factors influencing the formation of identity during adolescence? Also state the challenges faced by adolescents.
- 11) What are the challenges faced by individuals on entry to adulthood?

ASSIGNMENT 5

SENSORY AND PERCEPTUAL PROCESSES

1. Define attention.
2. Distinguish between selective and sustained attention.
3. Define form perception.
4. Can we attend to several things at the same time? Discuss.
5. Discuss various factors that influence selective attention.
6. Discuss filter attenuation theory.
7. Discuss various features of ADHD.
8. What are the various processing approaches in perception?
9. What do you mean by cognitive styles?
10. What is the main proposition of gestalt psychologists with respect to perception of the visual field?
11. How does figure-ground segregation help us in perception?
12. What are the monocular cues of depth perception?
13. What do you mean by sustained attention?
14. Describe various techniques to deal with ADHD.
15. Explain factors influencing attention with the help of examples.

ASSIGNMENT 6

LEARNING

1. Define learning.
2. How is learning different from performance?
3. Define conditioned stimulus with the help of an example.
4. What is backward conditioning?
5. What do you mean by aversive conditioning?
6. Differentiate between primary and secondary reinforcement.
7. Define learning style.
8. What do you mean by learning disability?
9. Explain the process of classical conditioning with the help of Pavlov experiment.
10. What is the significance of classical conditioning in everyday life?
11. Distinguish between classical and operant conditioning.
12. What do you mean by schedules of reinforcement?
13. What is learned helplessness?
14. Discuss factors that influence resistance to extinction.
15. How can you distinguish between generalization and discrimination?
16. Discuss various factors that influence the process of operant conditioning.
17. What are the various types of transfer of learning?
18. Give factors influencing verbal learning.
19. Discuss application of learning principles in daily life.
20. What do you understand by spontaneous recovery ?

ASSIGNMENT 7

HUMAN MEMORY

1. Define memory.
2. Describe the stage model of memory.
3. Distinguish between declarative and procedural memory.
4. Distinguish between episodic and semantic memory.
5. Write short notes on the following
 - (i) flashbulb memories (ii) autobiographical memory
6. What do you understand by eyewitness memory? Is it reliable?
7. Explain the level of processing model of memory.
8. How does information travel from one store to another?
9. Explain implicit memory with the help of an example.
10. Describe memory as a constructive process.
11. Can memory be induced? Discuss.
12. How does forgetting occur due to interference?
13. Explain trace decay theory of forgetting.
14. What are repressed memories?
15. Explain the method of loci to enhance memory.

ASSIGNMENT 8

LANGUAGE AND THOUGHT

1. What do you understand by a concept?
2. Why do we need to form concepts?
3. Explain prototype with the help of an example.
4. Explain the nature of thinking.
5. Does culture influence thinking process?
6. What do you understand by problem solving process?
7. Give various factors that could create an obstacle in problem solving process.
8. Differentiate between inductive and deductive reasoning with the help of an example.
9. How do we make judgments? How is it related to decision making process?
10. Discuss nature of creative thinking.
11. Discuss the role of convergent and divergent thinking in the process of creative thinking.
12. What are the various dimensions of creative thinking?
13. Describe various stages of creative thinking.
14. What are the various barriers to creative thinking?
15. How can creative thinking be enhanced?

ASSIGNMENT 9

MOTIVATION AND EMOTION

1. Define motivation.
2. Explain motivational cycle with the help of an example.
3. What is frustration aggression hypothesis?
4. What are the biological bases of hunger need?
5. Explain personality characteristics of individuals who are high on need for affiliation.
6. What kind of behaviour is displayed by people who are high on need for power?
7. How does need for achievement influence the behaviour of individuals?
8. Ravi asks lots of questions in class and is always ready to explore his environment. What do you infer from his behaviour?
9. Critically evaluate Maslow's hierarchy of needs.
10. What is frustration? Discuss main sources of frustration.
11. Explain various types of conflicts with the help of examples.
12. Discuss the nature of emotions.
13. Explain Cannon Bard theory with the help of an example.
14. What are the cognitive bases of behaviour?
15. How is culture related to emotional labeling?
16. Give various techniques to manage anger.
17. What is emotional intelligence?
18. How can we enhance positive emotions?

Worksheet based on chapter 2

Q1. Dr. Peterson is given a project to study the personality and life-style differences between two ethnic cultures. Which methods will he prefer to use :

- a. non-participant observation and case study
- b. participant observation and questionnaire
- c. nonparticipant observation and survey
- d. participant observation and case study

Q2. Which of the following statements is true for case studies :

- a. case study eliminates the observer's bias
- b. researcher draws general conclusions from a single case study
- c. lets the researcher know how to take care of client's problems completely
- d. case study uses only one method for collecting information

Q3. If a psychologist gives you a few psychological tests to administer which expect you to answer a few questions and solve practical puzzles by manipulating with your hands. What kind of tests are these :

- a. verbal and nonverbal
- b. paper-pencil and verbal
- c. performance and verbal
- d. verbal, paper-pencil and performance

Q4. Dr. Gonzalez surveys how 8,000 students on her campus feel about a proposed tuition increase. She selects 600 students for the survey.

These 600 students and 8000 students completely represent respectively :

- a. experimental, control group
- b. sample population
- c. experimental group, population
- d. sample, control group

Q5. You as a psychologist want to help your friend buy a psychological test. What would you keep in mind while buying (choose the best option) :

- a. sample size, reliability and standardization
- b. reliability, standardization and validity
- c. standardization, validity and population

d. sample size, population and standardization

Q6. You study hundred children for a month, measuring how much TV they watch and how many aggressive acts they perform. You find that TV watching and aggression are highly and positively correlated. Base on this study, you

- a. can conclude that watching TV causes children to behave more aggressively
- b. can conclude that an aggressive personality causes children to watch more TV
- c. can conclude that TV watching and aggression are causally related, although we cannot tell which causes which
- d. cannot draw any causal conclusions about the relation between TV watching and aggression

Q7. Dr. Nagpal conducts an experiment. In one condition, participants perform a physical task in a room, alone. In a second condition, participants perform the same task, but do so in front of an audience of five people. Dr. Nagpal then measures how well each participant performs. In this experiment, task performance represents

- a. a sequential variable
- b. the dependent variable
- c. the independent variable
- d. an extraneous variable

Q8. Dr. Peters wants to identify the characteristics of “ corporate success”, so he studies an extremely successful company for six months. He reads corporate documents, interviews employees, gives managers psychological tests to identify their leadership style, and observes performing jobs. Overall, Dr. Peters’ study best represents

- a. a case study
- b. naturalistic observation
- c. a survey
- d. an experiment

Q9. Check your understanding of the uses and strengths of various methods of psychological enquiry by figuring out which method would be optimal for investigating the following questions about behavioral processes. Choose from the following methods : (a) experiment (b) naturalistic observation (c) case study (d) survey. Indicate your choice (by letter) next to each question :

_____ 1. Are people's attitudes about nuclear disarmament related to their social class or education ?

_____ 2. Do people who suffer from anxiety disorders share similar early childhood experiences ?

_____ 3. Do troops of baboons display territoriality --- that is, do they mark off an area as their own and defend it from intrusion by other baboons ?

_____ 4. Can the presence of food related cues (delicious looking advertisements, for example) cause an increase in the amount of food that people eat ?

SAMPLE UT PAPER
Subject – Psychology
XI

Time : 1 hour 30 min

MM – 35

General Instructions

- All the questions are compulsory.
- Do the questions in sequential order.
- Part A has questions carrying one mark each. Answer to each question should be written in the answer sheet.
- Part B has very short type questions. Answers should not exceed 30 words.
- Part C has short type questions. Answers should not exceed 60 words.
- Part D has long questions. Answers should not exceed 100 words.
- Part E has very long questions. Answers should not exceed 200 words.
- This paper has 2 printed sides.

PART A

- | | | |
|-----|---|---|
| Q1. | What is the validity of a test ? | 1 |
| Q2. | The correlational method is used to demonstrate cause-effect relationships. True/False | 1 |
| Q3. | _____ established the first psychological laboratory in _____. | 1 |
| Q4. | Give one difference between natural and laboratory observation. | 1 |
| Q5. | _____ psychology studies the physical, social and psychological changes that occur at different ages and stages over a life span. | 1 |

PART B

- | | | |
|-----|---|---|
| Q6. | Differentiate between experimental and control groups ? | 2 |
| Q7. | What is the focus of humanistic psychology ? | 2 |
| Q8. | What do community psychologists do ? | 2 |

PART C

- Q9. You are working as a research psychologist in the University of Pennsylvania. You are required to see the effect of presence of people on one's singing performance. Design an experiment taking all guidelines and steps into account. 3
- Q10 What were the goals of behaviourism ? How are they different from those of Gestalt school of psychology ? 3

PART D

- Q11 "Psychologists today work in a variety of settings where they can apply psychological principles ". Discuss this statement describing at least two such settings. 4
- Q12 "Human behaviour is caused ." Explain. 4
- Q13 Describe any four methods for controlling relevant variables 4

PART E

- Q14 What are some ethical guidelines governing the use of human participants in research ? 6

SAMPLE PAPER 1
(Based on chapter 1-5)
Subject - Psychology
Class - XI

Time : 3 hours

MM - 70

General Instructions

- All the questions are compulsory.
- Do the questions in a sequential order.
- Part A questions carry one mark. Answer to each question should be written in the answer sheet.
- Part B has very short type questions. Answers should not exceed 25 words.
- Part C has short type questions. Answers should not exceed 60 words.
- Part D has long questions. Answers should not exceed 100 words.
- This paper has _3_printed sides.

PART A

- Q1 The principle in which nerve fibres either respond completely or do not respond at all is called _____ . 1
- Q2. _____ approach to the study of human mind focused on the structure of mind . 1
- Q3. The type of experiments in which the experiment is conducted in the natural setting is called _____. 1
- Q4. Anxiety, intelligence, personality etc. are examples of _____ variables. 1
- Q5. Field of psychology where psychologists and neuroscientists work together is called _____. 1
- Q6. Which of the following is an example of covert behavior
crying
screaming
thinking
laughing 1

- Q7. The close emotional bond of affection that develop between infants and their parents is called _____. 1
- Q8. Adolescents' creation of a world away from reality is known as : 1
- A. Centration
 - B. Personal fable
 - Imaginary audience
 - Animism
- Q9. While _____ write the script of biological transmission, _____ write the script of cultural transmission. 1
- Q10. The immediate environment in which the individual lives is known as : 1
- Macrosystem
 - Microsystem
 - Mesosystem
 - Exosystem

PART B

- Q11. What are developmental tasks ? 2
- Q12. State the role of hypothalamus in human behavior. 2
- Q13. What do you understand by proximodistal trend in early childhood development ? 2
- Q14. Differentiate between a psychologist and a psychiatrist. 2
- Q15. What is introspection ? 2
- Q16. Differentiate between enculturation and socialization. 2

PART C

- Q17. Differentiate between close ended and open ended questionnaires . Enumerate some advantages of questionnaire method. 3
- Q18. Is acculturation a stressful process ? Discuss . 3
- Q19. "Development is life long". Explain. 3
- Q20. Describe the role of two divisions of autonomic nervous system in maintaining equilibrium in the body. 3

PART D

- | | | |
|------|---|---|
| Q21. | Discuss the Psychoanalytic perspective to the study of human behavior. | 4 |
| Q22. | Describe the roles played by the cerebellum . Why is it called the little brain ? | 4 |
| Q23. | What are the problems for which collaboration of psychologists with other disciplines can be fruitful ? Take any two problems to explain. | 4 |
| Q24. | “Media and parents play an important role in the socialization process”. Analyse. | 4 |
| Q25. | Describe two major concerns of adulthood. | 4 |
| Q26. | Define psychological tests. Explain the terms used in the definition. | 4 |

PART E

- | | | |
|------|--|---|
| Q27. | Discuss the cognitive changes taking place during childhood. | 6 |
| Q28. | Why do we need ethical guidelines in human research ? Describe the major ethical principles in conducting psychological studies. | 6 |

SAMPLE PAPER 2
Subject - Psychology
Class - XI

Time :3 hours

MM - 70

General Instructions

- All the questions are compulsory.
- Do the questions in a sequential order.
- Part A questions carry one mark. Answer to each question should be written in the answer sheet.
- Part B has very short type questions. Answers should not exceed 25 words.
- Part C has short type questions. Answers should not exceed 60 words.
- Part D has long questions. Answers should not exceed 100 words.
- Part E has very long questions. Answers should not exceed 200 words.
- This paper has _2_printed sides.

PART A

Q1.	A negative correlation states, as value of one variable (X) increases, the value of other variable (Y) also increases. True/False.	1
Q2.	_____ refers to species specific changes.	1
Q3.	_____ includes the culture in which the individual lives. Macro system Micro system Chrono system Mezo system	1
Q4.	Write full form of ADHD.	1
Q5.	In this method the participants are presented with a list of words and are required to recall the words in specific order. This method is known as: Paired associate learning Serial learning Free recall None of these	1
Q6.	During examination initially your writing is slow but your speed increases after having written 2-3 pages. This is an example of General transfer Zero transfer Negative transfer positive transfer	1

Q7.	In _____ the participant is given reinforcement after each target response. Primary reinforcement Positive reinforcement Continuous reinforcement. Secondary reinforcement	1
Q8.	_____ are like frozen images in memory and tied to particular place, dates and time. Implicit memory Episodic memory Semantic memory Flashbulb memory	1
Q9.	The concept of convergent and divergent thinking was given by _____	1
Q10.	Simultaneous existence of multiple wishes and needs characterize _____.	1
	<i>PART B</i>	
Q11.	What are the advantages and disadvantages of observation method?	2
Q12.	Which principle of perceptual organization is represented by this diagram? Explain.	2
Q13.	What do you mean by aversive and appetitive unconditioned stimulus?	2
Q14.	What do you understand by repressed memories?	2
Q15	Give various stages of creative thinking.	2
Q16	Sanya wants to attend her friend's birthday party but wants to prepare for her exams as well. What kind of conflict is she facing? Explain.	2
	<i>PART C</i>	
Q17.	Describe interview as a method of psychology.	3
Q18.	Describe the process of socialisation.	3
Q19.	Discuss two major concerns faced by adolescents.	3
Q20.	Why do we regard memory as constructive process?	3
	<i>PART D</i>	
Q21.	What are the ethical issues involved in conducting psychological researches?	4
Q22.	What are the various kinds of challenges faced by old people?	4
Q23	Explain four factors that influence sustained attention.	4
Q24	Your friend is facing problems in retaining information for the exam. As a psychology student what would you suggest him/her?	4
Q25.	Discuss the acculturative strategies adopted by individuals	

	during the course of acculturation.	
Q26	Explain any four strategies to enhance creative thinking.	4
PART E		
Q27.	Describe applications of learning principles in various spheres of life.	6
Q28.	Discuss physiological basis of emotions.	6

