INDIAN SCHOOL AL WADI AL KABIR

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| **Class: XII** | **Department: PSYCHOLOGY** | **Date of submission:** |
| **Worksheet No:** | **Topic: HOLIDAY PROJECT** | **Note: CASE PROFILE** |

1. **Development of a case profile of a patient (client) by visiting an organization (NGO/ mental health care center/ clinic) or a clinical/ counselling psychologist, using appropriate methods like interview and observation.**

**SAMPLE APPOINTEMNT LETTER**

Subject: Request for an appointment Date:

Dear Mr./Ms \_\_\_\_\_\_\_\_,

My name is\_\_\_\_\_\_\_\_\_\_, and I am a senior school student studying in Indian School Al Wadi Al Kabir, Muscat, Oman. Psychology is one of my core subjects I’ve chosen in Class XI-XII. As a part of my project, I’m assigned to develop a case profile of a patient (client) by visiting an organization/ a psychologist. Considering your outstanding reputation in this field of practice, I would greatly appreciate the opportunity to meet you briefly to discuss about the issues of any of your client/ patient. Strict confidentiality will be maintained with the information and it will not be used for any other purpose other than for academic use (development of a case profile).

I believe your advice would be most valuable in helping me better define my future with psychology. Any further insights you have would be greatly appreciated. I promise not to take much of your valuable time. I look forward to meeting you and learning from your experience. Kindly, schedule an appointment based on your convenience.

Thank you.

Name/Contact

**FORMAT OF CASE STUDY**

* + - 1. Front Page : **CASE STUDY** [Heading in capital bold letters], your name, class and section, board roll no. and name of the school

1. ACKNOWLEDGEMENT by the student
2. CERTIFICATE

* School logo
* This is to certify that \_\_\_\_\_\_\_\_\_\_\_\_\_ [your name] of class XII – F has completed this case study under my supervision and this case study may be considered as a part of the practical exam conducted by the CBSE (2019-2020).

[Name & Signature of teacher]

[Department of psychology]

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1. **Introduction of case study**

* Define Psychology, mental processes, experiences and behaviour [class XI book]
* Define case study
* The main characteristics of the case study
* Strengths of case study
* Limitations of case study
* Methods used in case study:
  + Observation of behaviour, characteristics and social qualities of the unit by the researcher
  + Use of questionnaires, opinions, inventories, checklists and other psychological tests
  + Analysis of recorded data from schools, clinics, courts, newspapers and similar sources
  + Interviewing the subject`s friends, relatives and significant others.
  + [Participant observation](http://sociology.about.com/od/P_Index/g/Participant-Observation.htm): Involves the researcher actually serving as a participant in events and observing the actions and outcomes.

1. **Tools and techniques used in a psychological enquiry**

* Observation : define, types, advantages and disadvantages
* Experimental method : define [also write about variables with independent and dependent variables], advantages and disadvantages
* Psychological Testing : define, advantages and disadvantages
* Survey : define, advantages and disadvantages
* Case study : define, advantages and disadvantages
* Correlation : define, advantages and disadvantages

1. **Objective of a case study**

The case study is a [research method](http://en.wikipedia.org/wiki/Research_method) involving an up-close, in-depth, and detailed examination of a subject of study, as well as its related contextual conditions. It involves assessment of individual`s psychological, physical, social, and emotional dimensions with the help of specific psychological tools and techniques.

1. **Identification of Data**

* **Biographical data**
* Name (Initials only)
* Age
* Date of birth
* Place of birth
* Gender
* Height
* Weight
* Religion
* Caste
* Educational Qualification
* Institute associated with
* Place of education
* **Personal History** [Paragraph about the subject`s general life, talk about school/college life, what she/he wants to do in future, any particular change in life, attitude about life, schooling, friends etc.]

1. **Family History**

* Family arrangement: Joint family/ nuclear family with its advantages and disadvantages.
* **Family details**
* Name of the father:
* Age:
* Qualification:
* Occupation:
* Name of the mother:
* Age:
* Qualification:
* Occupation:
* **Interview with the Father/ Mother**

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| How are you feeling at this moment? |
| How much time do you spend in interacting with your child? |
| What are the things that you want to improve in your child? |
| What are the things that you like about your child? |
| Does he/she have frequent change in behaviour or mood swings? |
| Does she share her/his problems and opinions with you? |
| What are the changes you have seen in her/his attitude recently? |
| Are you proud of your child? |

* Subject`s relation with his/her father/ Mother [your observation]

1. **Medical History**

Subject:

Father:

Mother:

Siblings:

* Habits, interests and talents of the subject [One Page]
* **Interview with the subject**

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| How are you feeling at this moment? |
| Tell me about yourself. |
| What do your friends say about you? |
| What are your strengths? |
| What are your areas of improvement? |
| What do you like about yourself |
| Do you share all your problems with your friends? |
| Do you agree upon the beliefs of your family members? |
| What motivates you? |

1. **Interview with Significant others (if possible): [informant other than Mother/ Father]**

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| How are you feeling at this moment? |
| How much time do you spend in interacting with your friend/student/relative? |
| What are his/her areas of improvement? |
| What are the things that you like about him/her? |
| Does he/she have frequent change in behaviour or mood swings? |
| Do you think he/she is an aggressive person? |

1. **Summary of the interview: [your observation and conclusion of the interview]**

Also write about the behavioral observation that you have done through interview with the subject and significant others.

1. **Bibliography**

* NCERT Class XII Psychology Book
* NCERT Class XI Psychology book
* [**www.wikipedia.com**](http://www.wikipedia.com)

(all the books and websites that have been used to collect information)