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| **Indian School Al Wadi Al Kabir - Syllabus break up for 2014-15** | | | | |
| Class Xii  Psychology | Week1 | Week2 | Week3 | Week4 |
| **APRIL-** | - | **Chapter- II- Self &Personality**  Study of Self &Personality - | ,  Aspects of Self & Self- Concept  Self -Esteem & Self- Regulation  Culture & Self; | Personality: Approaches to study Personality: Type & traits, Psychodynamic,  Humanistic-Existential, Behavioural& cultural |
| **MAY** | Assessment of Personality:  Self- Report Measures,  Behavioural Analysis & | Projective measures of Personality.  **Chapter -III-Human Strengths & Meeting Life Challenges-**  Life challenges & Adjustment | Concept of Adaptation  Positive Psychology  Human Strengths & Virtues | Stress:-Nature  Stress types,  Stress copying |
| **JUNE** | Concepts of Health and Well –Being,  Life Skills.  Strategies to cope with stress | **Chapter-VIII – Environmental & Social Concerns-**Psychological understanding to Social Issues-  Human Environment relationship;Human Impact on Environment. | - | - |