



**PSYCHMASTER:
Ultimate Guide for 12th
Boards & CUET UG
Psychology**

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Welcome to DIPS,

Thank you for your interest in PsychMaster's Ultimate Guide for 12th Boards & CUET UG Psychology course. We are thrilled to offer a comprehensive curriculum designed to help students master the complete syllabus of Class 12 Psychology as in the NCERT textbook. This course is tailored to not only enhance students' understanding of the subject and improve their performance in the 12th Board exams but also to prepare them thoroughly for the Psychology paper in the CUET UG exam.

We recognize that the revised syllabus for Class 12 by CBSE includes only Chapters 1 to 7. However, we will also teach Chapters 8 and 9 in this course, which were removed from the revised syllabus. The reason for this is simple: the CUET UG syllabus for Psychology still covers the entire Class 12 syllabus, and we believe it's essential to equip students with **complete preparation**, including the last two chapters. By doing so, we ensure that our students are fully prepared and confident, even if questions from the excluded chapters appear in the CUET UG exam.

After the completion of this course, you will be able to,

1. Master the entire Class 12 Psychology syllabus
2. Excel in your 12th Board exams
3. Effectively prepare for the CUET UG Psychology exam
4. Build a solid foundation for higher education – ensuring readiness for undergraduate psychology courses.

Thank you for choosing PsychMaster to support your journey toward success in both your board exams and the CUET UG exam. We look forward to being a part of your academic success!

CHAPTER 1

VARIATIONS IN PSYCHOLOGICAL ATTRIBUTES

- Introduction to individual differences
- Assessment of psychological attributes
- Intelligence: Theories and types (Multiple Intelligences, Triarchic, PASS model)
- Emotional Intelligence
- Special abilities: Aptitude and creativity

CHAPTER 2

SELF AND PERSONALITY

- Concept of Self: Personal and Social Self
- Theories of Personality: Freud's Psychoanalytic, Trait, Humanistic, and Social Cognitive theories
- Assessment of Personality: Projective and self-report measures
- Cultural influences on personality

CHAPTER 3

MEETING LIFE CHALLENGES

- Understanding stress and its sources
- Types of stress: Eustress and Distress
- Effects of stress on psychological and physical health
- Coping strategies: Problem-focused and emotion-focused coping
- Promoting positive health and well-being

CHAPTER 4

PSYCHOLOGICAL DISORDERS

- Definition and criteria of abnormality
- Classification of psychological disorders: DSM and ICD
- Factors underlying abnormal behaviour: Biological, psychological, and sociocultural factors
- Types of disorders: Anxiety, Mood, Schizophrenia, and Developmental disorders

Chapter 5

THERAPEUTIC APPROACHES

- Types of therapies: Psychodynamic, Humanistic, Cognitive-Behavioral, and Biomedical
- Techniques used in therapies: Psychoanalysis, Client-Centered therapy, Cognitive restructuring
- Evaluating effectiveness of therapies
- Ethical considerations in therapy & Rehabilitation

Chapter 6

ATTITUDE AND SOCIAL COGNITION

- Nature and components of attitudes
- Attitude Formation and Change: Attitude-Behaviour Relationship
- Prejudice, and Discrimination
- Social Cognition, Schemas & Stereotypes
- Impression Formation & Attribution
- Pro Social Behaviour

Chapter 7

SOCIAL INFLUENCE AND GROUP PROCESSES

- Nature & Formation of Group
- Stages of Group Formation, GroupThink
- Types of Groups
- Influence of Group on Individual Behaviour
- Social Influence: Conformity, compliance, and obedience
- Cooperation & Competition
- Intergroup Conflict & Conflict Resolution

Chapter 8

PSYCHOLOGY AND LIFE

- Human-Environment Relationship:
 - Views on the Human-Environment relationship (Minimalist, Instrumental, Spiritual)
 - Environmental effects on human behavior (Noise, Pollution, Crowding)
 - Human influence on the environment
- Natural Disasters and their psychological effects
- Promoting Pro-environmental Behavior
- Psychology and Social Concerns:
 - Poverty and Discrimination
 - Aggression, Violence, and Peace
 - Impact of television on behavior
 - Health and psychological well-being

Chapter 9

DEVELOPING PSYCHOLOGICAL SKILLS

- **Developing as an Effective Psychologist:**
 - **General Skills:** Intellectual, Personal, Affective, Reflective skills
 - **Observational Skills:** Naturalistic and Participant observation
- **Specific Skills:**
 - **Communication Skills:** Verbal and Non-verbal communication, Listening skills
 - **Psychological Testing Skills:** Assessment techniques, psychometrics
- **Interviewing Skills:** Types of interview questions, conducting effective interviews
- **Counseling Skills:** Nature and process of counseling, empathy, and authenticity

Kindly note :

Any pointer that a teacher or any student feels is important and needs to be discussed will be taken during the lectures depending on the need and the necessity.



Books to read:

1. NCERT Psychology Class 12 Textbook
2. Psychology by Ciccarelli

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