



CLASS 12 PSYCHOLOGY — LO's Aligned Monthly Split-up Syllabus (April 2026–March 2027) + Portion Boundaries + Exams + Weightage + Question Paper Design + Blueprint (For CM SoE & Non-CM SoE)

Developed by:- Jharkhand Council Of Educational Research & Training (Curriculum Division)

Month	Teaching Days (Available)	NCERT Chapter Titles	Sub-topics / Portion Boundary	LOs (*LO Mapping - IDs) (NCERT Secondary Stage LO-2017)	Practicals / Activities (Minimum)	Assessment / Exams
Apr 2026	23	PSY: Chapter 1 Variations in Psychological Attributes (Start/Continue)	Unit I: Introduction; Individual Differences in Human Functioning; Assessment of Psychological Attributes; Intelligence; Psychometric Theories of Intelligence, Information Processing Theory: Planning, Attention-arousal and Simultaneous successive Model of Intelligence, Triarchic Theory of Intelligence; Theory of Multiple Intelligences (up to topic 5).	LO1, LO2, LO4, LO8, LO10	Activity: identify individual differences through class-based examples (intelligence, aptitude, creativity, emotional intelligence). Practical: orientation to Case Profile; finalise case/participant and tools (interview/observation). Test administration (Start): Intelligence/Aptitude (1 test) —	Project RAIL (April portion): 05-05-2026
May 2026	14	PSY: Chapter 1 Variations in Psychological Attributes (Finish); PSY: Chapter 2 Self and Personality (Start)	Unit I: Individual Differences in Intelligence; Culture and Intelligence; Emotional Intelligence; Special Abilities: Aptitude: Nature and Measurement; Creativity (complete Unit I). Unit II (start): Introduction; Self and Personality; Concept of Self; Cognitive and Behavioural aspects of Self; Culture and Self (up to topic 5).	LO1, LO3, LO4, LO8, LO10	Activity: reflection journal—self-concept and socio-cultural influences on self. Practical: begin Case Profile data collection (interview/observation); Test administration: Aptitude/Creativity (2nd test) + recording in practical file.	Project RAIL (May portion): 16-06-2026
Jun 2026	12	PSY: Chapter 2 Self and Personality (Finish); PSY: Chapter 3 Meeting Life Challenges (Start/Continue)	Unit II: Concept of Personality; Major Approaches to the Study of Personality (Type Approaches; Trait Approaches; Psychodynamic Approach and Post Freudian Approaches; Behavioural Approach; Cultural Approach; Humanistic Approach); Assessment of Personality (Self-report Measures; Projective Techniques; Behavioural Analysis) (complete Unit II). Unit III (start): Introduction; Nature, Types and Sources of Stress; Effects of Stress on Psychological Functioning and Health (Stress and Health; General Adaptation Syndrome; Stress and Immune System; Lifestyle).	LO2, LO4, LO8, LO10	Activity: compare personality approaches using examples/caselets. Practical: administer and interpret Personality test (3rd test) (self-report/projective as available); continue Case Profile (collect and organise notes).	Project RAIL (June portion): 07-07-2026
Jul 2026	23	PSY: Chapter 3 Meeting Life Challenges (Finish); PSY: Chapter 4 Psychological Disorders (Start/Continue)	Unit III: Coping with Stress (Stress Management Techniques); Promoting Positive Health and Well-being (Life Skills; Positive Health) (complete Unit III). Unit IV (start): Introduction; Concepts of Abnormality and Psychological Disorders (Historical Background); Classification of Psychological Disorders; Factors Underlying Abnormal Behaviour; Major Psychological Disorders (up to Bipolar and Related Disorders).	LO2, LO4, LO7, LO8, LO9, LO10	Activity: stress diary + apply stress management techniques (guided practice). Practical: administer Stress/Well-being related tool (4th test where applicable) and interpret; Case Profile—compile background, observations and preliminary analysis.	Project RAIL (July portion): 04-08-2026
Aug 2026	22	PSY: Chapter 4 Psychological Disorders (Finish); PSY: Chapter 5 Therapeutic Approaches (Complete); PSY: Chapter 6 Attitude and Social Cognition (Start)	Unit IV: Major Psychological Disorders (Schizophrenia Spectrum and Other Psychotic Disorders; Neurodevelopmental Disorders; Disruptive, Impulse-Control and Conduct Disorders; Feeding and Eating Disorders; Substance Related and Addictive Disorders) (complete Unit IV). Unit V: Nature and Process of psychotherapy (Therapeutic relationship); Types of Therapies (Behaviour Therapy; Cognitive Therapy; Humanistic-Existential Therapy; Alternative Therapies; Factors contributing to healing in Psychotherapy; Ethics in Psychotherapy); Rehabilitation of the Mentally Ill (complete Unit V). Unit VI (start): Introduction; Explaining Social Behaviour; Nature and Components of Attitudes; Attitude Formation and Change (Attitude Formation; Attitude Change; Attitude-Behaviour Relationship).	LO2, LO4, LO7, LO8, LO9, LO10	Activity: case-based questions on disorders and therapies (board pattern). Practical: administer Attitude test (5th test) + interpretation; practice administering two tests for practical exam (as per syllabus); organise practical file and Case Profile draft.	Half Yearly Examination: 07-09-2026 to 12-09-2026 (covers Apr–Aug taught portion: Unit I–V + Unit VI (start))



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Sep 2026	14	PSY: Chapter 6 Attitude and Social Cognition (Finish); PSY: Chapter 7 Social Influence and Group Processes (Start/Continue)	Unit VI: Prejudice and Discrimination; Strategies for Handling Prejudice (complete Unit VI). Unit VII (start/continue): Introduction; Nature and Formation of Groups; Type of Groups; Influence of Group on Individual Behaviour (Social Loafing; Group Polarisation).	LO2, LO4, LO7, LO8, LO9, LO10	Activity: identify prejudice/discrimination in daily life/media and list strategies for handling prejudice (structured worksheet). Practical: Case Profile—finalise analysis and conclusions; prepare viva points for Case Profile + two tests.	Project RAIL (September portion): 06-10-2026	
Oct 2026	21	PSY: Chapter 7 Social Influence and Group Processes (Finish) + Practical Consolidation	Unit VII: consolidation—group formation, types, influence of group on individual behaviour; Social Loafing; Group Polarisation (complete Unit VII). Portion boundary: Full theory syllabus completed (Ch 1–7). Begin full-syllabus revision (Unit-wise).	LO2, LO4, LO7, LO8, LO9, LO10	Full syllabus practice: 1 sample paper (board pattern) + error analysis. Practical: mock practical (administer & interpret 2 tests) + viva rehearsal; final proofreading of practical file and case profile.	Project RAIL (October portion): 03-11-2026	
Nov 2026	16	Guidelines for Practicals in Psychology (Orientation + Finalisation) + Quick Revision	Practical guidelines (as per NCERT/CBSE): Case Profile development; Test administration and interpretation; practical file completion; viva preparation. Portion boundary: Full syllabus completed (Theory: Unit I–VII; Practical: case profile + 5 tests).	LO1, LO2, LO3, LO4, LO5, LO6, LO7, LO8, LO9, LO10	Minimum: 1 full mock paper + review; revise key terms and definitions (Units I–VII). Practical: final submission of practical file + case profile; intensive viva practice (Case Profile & two psychological tests).	Syllabus completion target for Class 12: Nov 2026	
Dec 2026	15	Full Syllabus Practice & Remedial (Pre-Board Block) + Practical/Viva Revision	Full syllabus revision: NCERT text-based answers + application/case-based items; targeted remediation based on gaps; emphasis on answer-writing (2/3/4/5 marks) and key terms/diagrams/flowcharts (where applicable).	LO2, LO3, LO7, LO8, LO9	Minimum: 2 full mock papers + evaluation + error log. Practical: re-practice 2 tests (conducting + reporting) and viva questions from Case Profile, tests, and theory.	Pre-Board + Remedial + Practice: 07-12-2026 to 12-12-2026 (Full syllabus)	
Jan 2027	17	Remedial classes + Practice until board exams (School level) Practical/Viva (Jan–Feb) + Board Examination (Theory): Feb–Mar 2027 (as per Board schedule).					
Feb 2027	18						
Mar 2027	20						
LOs (*LO Mapping - IDs) (NCERT Secondary Stage LO-2017)							
LO ID	NCERT Learning Outcome						
LO1	recognise the relevance of the domain of knowledge in establishing interlinkages with natural and social environment;						
LO2	classify and compare the cause and effect relationship in the context of occurrence of events, natural and social processes and their impact on different sections of the society;						
LO3	explain concepts like unity in diversity, democracy, development, diverse factors and forces that enrich our cultural heritage;						



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LO4			discuss the need to evolve plurality of approaches in understanding natural and social phenomena;			
LO5			demonstrate a variety of approaches on integration and interrelation within and across disciplines;			
LO6			identify spatial variability of events, processes, and phenomena in the contemporary world;			
LO7			identify democratic ethos, equity, mutual respect, equality, justice, and harmony;			
LO8			demonstrate skills of observation, enquiry, reflection, empathy, communication, and critical thinking;			
LO9			create awareness and sensitivity towards environmental issues, sustainable development, gender disparities, marginalised section of the society and persons with special needs; and			
LO10			illustrate concepts related to different subjects with the help of technology.			
A. THEORY BLUEPRINT						
S.No.	Unit / Block			Marks	Details / Scope	
1	Unit I — Variations in Psychological Attributes			13		
2	Unit II — Self and Personality			13		
3	Unit III — Meeting Life Challenges			9		
4	Unit IV — Psychological Disorders			12		
5	Unit V — Therapeutic Approaches			9		



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6			Unit VI — Attitude and Social Cognition	8		
7			Unit VII — Social Influence and Group Processes	6		
			TOTAL THEORY	70		

B. QUESTION PAPER DESIGN / BLUEPRINT

Competency / Domain	Marks	Weightage
Remembering and Understanding	35	50%
Applying	25	35%
Formulating, Analysing, Evaluating and Creating	10	15%
TOTAL	70	100%

C. TYPOLOGY OF QUESTIONS

Item	Details
Paper Design	Competency-wise design as prescribed in the official syllabus.

D. PRACTICAL BLUEPRINT — 30 MARKS

S.No.	Component	Marks	Details
1	Practical Work	30	