



**Sir Padampat Singhania Education Centre**  
Kamla Nagar, Kanpur

# **Lesson Plan**

## **Session 2023 - 2024**

### **Class: XI**

**Subject** : **Psychology (037)**  
**Book** : NCERT Psychology XI

**Subject Coordinator**  
Name: Ms. Sneha Hazra

Sign:

**Head of Department**  
Name: Ms. Kavita Chadha Ma'am

Sign:



# Sir Padampat Singhania Education Centre

Kamla Nagar, Kanpur

## Yearly Syllabus/Planning overview

Session: 2023 - 2024

**Subject** : Psychology

**Class** : XI

**No. of periods** : 175

Month	Assessed in	Lesson/s to be covered	Period Count
April		Chapter-1 What is Psychology?	16
May		Chapter 2- Methods of Enquiry in Psychology Case-Profile Report	22
June		Chapter 2- Methods of Enquiry in Psychology (contd.)	4
July		Chapter 2- Methods of Enquiry in Psychology (contd.) Chapter 4- Human Development Case-Profile Report Term Test I	12
August		Chapter 4- Human Development (contd.) Chapter 9- Motivation and Emotion Case-Profile Report	24
September		Revision Half- Yearly Examination	6
October		Chapter 5- Sensory, Attentional and Perceptual Processes Project/ Practical	22
November		Chapter 6- Learning Project/ Practical	20
December		Chapter 7- Human Memory Chapter 8- Thinking Project/Practical	23
January		Chapter 8- Thinking (contd.) Revision Term Test II	8
February		Revision	18
March		Annual Examination	

Subject coordinator:

HOD:



# Sir Padampat Singhania Education Centre

Kamla Nagar, Kanpur

## Monthly Syllabus/Planning overview

Session: 2023- 2024

**Subject** : Psychology

**Class** : XI

**No. of periods** :

Month	Date/Week		Lesson/s to be covered in classroom	Period Count
	From	To		
April	10/04	15/04	<u>Chapter 1- What is Psychology?</u> Introduction What is Psychology?- Psychology as a discipline, Psychology as a natural science, Psychology as a social science Understanding Mind and Behaviour Popular Notions about the discipline of psychology	5
	17/04	22/04	Branches of Psychology Psychology and Other Disciplines Themes of Research and Application Psychology in Everyday Life	5
	24/04	29/04	Evolution of Psychology Development of Psychology in India	6
May	01/05	06/05	<u>Chapter 2- Methods of Enquiry in Psychology</u> Goals of Psychological Enquiry Alternative Paradigms of Research	5
	08/05	12/05	Steps in Conducting Scientific Research	4
	15/05	20/05	Nature of Psychological Data Observation Method	6
	22/05	27/05	Survey Research Case-Study Project/Practical	6
	29/05		Ethical Issues	1
June	26/06	01/07	Psychological Testing Experimental Method Project/Practical	5
July	03/07	07/07	Correlational Research Analysis of Data- Qualitative and Quantitative Limitation of Psychological Enquiry Project/Practical	5
	10/07	15/07	<u>Chapter 4- Human Development</u> Meaning of Development Life-Span Perspective on Development Factors Influencing Development Context of Development Project/Practical	6
	17/07	22/07	Term Test I	
	24/07	29/07	Term Test I	
August	31/07	05/08	Overview of Developmental Stages Project/Practical	6

	07/08	11/08	Overview of Developmental Stages (contd.) <u>Chapter 9- Motivation and Emotion</u> Nature of Motivation Types of Motivation Project/Practical	5
	14/08	19/08	Maslow's Hierarchy of Needs Frustration and Conflict Nature of Emotions Expression of Emotions Managing Negative Emotions Enhancing Positive Emotions Project/Practical	5
	21/08	26/08	Revision	6
	28/08	02/09	Revision	5
<b>September</b>	04/09	08/09	Revision	4
			HALF-YEARLY EXAMINATION	
<b>October</b>	02/10	07/10	<u>Chapter 5- Sensory, Attentional and Perceptual Processes</u> Knowing the World Nature and Varieties of Stimulus Sense Modalities Functional Limitations of Sense Organs Attentional Processes Project/Practical	5
	09/10	13/10	Attentional Processes (contd.) Perceptual Processes The Perceiver Project/Practical	5
	16/10	21/10	Principles of Perceptual Organisation Perception of Space, Depth and Distance (Binocular and Monocular Cues) Project/Practical	6
	23/10	28/10	Perceptual Constancies Illusions Socio-cultural Influences on Perception Project/Practical	4
<b>November</b>	30/10	04/11	<u>Chapter 6- Learning</u> Nature of Learning Paradigms of Learning Classical Conditioning Project/Practical	6
	06/11	10/11	Classical Conditioning (contd.) Operant/Instrumental Conditioning Project/Practical	4
	13/11	18/11	Operant/Instrumental Conditioning (contd.) Key Learning Processes Project/Practical	4
	20/11	25/11	Key Learning Processes (contd.) Cognitive Learning Project/Practical	5
	27/11	02/12	Verbal Learning Learning Disabilities Project/Practical	5
<b>December</b>	04/12	08/12	<u>Chapter 7- Memory</u> Nature of Memory Information Processing Approach Memory Systems: Sensory, Short-Term, Long-Term Memory Project/Practical	5

	11/12	16/12	Memory Systems: Sensory, Short-Term, Long-Term Memory (contd.) Levels of Processing Types of Long-Term Memory Project/Practical	6
	18/12	23/12	Types of Long-Term Memory (contd.) Nature and Causes of Forgetting Enhancing Memory Project/Practical	6
	25/12	30/12	<u>Chapter 8- Thinking</u> Nature of Thinking Processes of Thinking Decision Making Project/Practical	4
<b>January</b>	08/01	12/01	Problem Solving Reasoning Project/Practical	5
	15/01	20/01	Term Test II	
	22/01	27/01	Term Test II	
	29/01	03/02	Nature and Process of Creative thinking Thought and Language Development of Language and Language Use Project/Practical	6
<b>February</b>	05/02	09/02	Revision	5
	12/02	17/02	Revision	5
	19/02	24/02	Revision	5
			ANNUAL EXAMINATION	

Subject coordinator:

HOD:



# Sir Padampat Singhania Education Centre

Kamla Nagar, Kanpur

## Weekly Planning Overview (April)

Session: 2023- 2024

Subject : Psychology

Class : XI

No. of periods : 16

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
<b>WEEK : 10/04/23 to 15/04/23</b> <b>14/04/23: Baisakhi/ Ambedkar Jayanti</b>			<b>Period Count: 5</b>
PD1	<u>Chapter 1- What is Psychology?</u> Introduction		Yes
PD2	Popular Notions about the discipline of psychology What is Psychology?		Yes
PD3	Psychology as a discipline		Yes
PD4	Psychology as a natural science Psychology as a social science		Yes
PD5	Understanding Mind and Behaviour		Yes
<b>WEEK : 17/04/23 to 22/04/23</b> <b>22/04/23: Eid-Ul-Fitr</b>			<b>Period Count: 5</b>
PD1	Branches of Psychology		Yes
PD2	Branches of Psychology		Yes
PD3	Branches of Psychology		Yes
PD4	Psychology and Other Disciplines		Yes
PD5	Themes of Research and Application Psychology in Everyday Life		Yes
<b>WEEK : 24/04/23 to 29/04/23</b>			<b>Period Count: 6</b>
PD1	Evolution of Psychology		Yes
PD2	Evolution of Psychology		Yes

PD3	Evolution of Psychology		Yes
PD4	Evolution of Psychology		Yes
PD5	Development of Psychology in India		Yes
PD6	Development of Psychology in India		Yes

Subject coordinator

Supervisor

Principal/V. Principal



# Sir Padampat Singhania Education Centre

Kamla Nagar, Kanpur

## Weekly Planning Overview (May)

Session: 2023- 2024

Subject : Psychology

Class : XI

No. of periods : 22

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
<b>WEEK : 01/05/23 to 06/05/23</b> <b>05/05/23: Buddha Purnima</b>			<b>Period Count: 5</b>
PD1	Goals of Psychological Enquiry		Yes
PD2	Goals of Psychological Enquiry		Yes
PD3	Goals of Psychological Enquiry		Yes
PD4	Alternative Paradigms of Research		Yes
PD5	Alternative Paradigms of Research		Yes
<b>WEEK : 08/05/23 to 12/05/23</b> <b>11/05/23: Elections</b>			<b>Period Count: 4</b>
PD1	Steps in Conducting Scientific Research		Yes
PD2	Steps in Conducting Scientific Research		Yes
PD3	Steps in Conducting Scientific Research		Yes
PD4	Steps in Conducting Scientific Research		Yes
<b>WEEK : 15/05/23 to 20/05/23</b>			<b>Period Count: 6</b>
PD1	Nature of Psychological Data		Yes
PD2	Nature of Psychological Data		Yes
PD3	Observation Method		Yes



PD4	Observation Method		Yes
PD5	Observation Method		Yes
PD6	Observation Method		Yes
<b>WEEK : 22/05/23 to 27/05/23</b>			<b>Period Count: 6</b>
PD1	Survey Research		Yes
PD2	Survey Research		Yes
PD3	Survey Research		Yes
PD4	Case-Study		Yes
LAB	Project/Practical		Yes
LAB	Project/Practical		Yes
<b>WEEK : 29/05/23</b>			<b>Period Count: 1</b>
PD1	Ethical Issues		Yes

**30/05/23- 24/06/23: Summer Vacation**

Subject coordinator

Supervisor

Principal/V. Principal



# Sir Padampat Singhania Education Centre

Kamla Nagar, Kanpur

## Weekly Planning Overview (June)

Session: 2023- 2024

**Subject** : Psychology

**Class** : XI

**No. of periods** : 5

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
<b>WEEK : 26/06/23 to 01/06/23</b> <b>29/06/23: Eid-Ul-Zuha</b>			<b>Period Count: 5</b>
PD1	Psychological Testing		
PD2	Psychological Testing		
PD3	Experimental Method		
PD4	Experimental Method		
LAB	Project/Practical		

Subject coordinator

Supervisor

Principal/V. Principal



# Sir Padampat Singhania Education Centre

Kamla Nagar, Kanpur

## Weekly Planning Overview (July)

Session: 2023- 2024

Subject : Psychology

Class : XI

No. of periods : 12

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
<b>WEEK : 03/07/23 to 07/07/23</b>			<b>Period Count: 5</b>
PD1	Correlational Research		
PD2	Correlational Research		
PD3	Analysis of Data- Qualitative and Quantitative		
PD4	Limitation of Psychological Enquiry		
LAB	Project/Practical		
<b>WEEK : 10/07/23 to 15/07/23</b>			<b>Period Count: 6</b>
PD1	Meaning of Development		
PD2	Life-Span Perspective on Development		
PD3	Factors Influencing Development		
PD4	Context of Development		
PD5	Context of Development		
LAB	Project/Practical		
<b>20/07/23 to 27/07/23: TERM TEST I</b>			

Subject coordinator

Supervisor

Principal/V. Principal



# Sir Padampat Singhania Education Centre

Kamla Nagar, Kanpur

## Weekly Planning Overview (August)

Session: 2023- 2024

Subject : Psychology

Class : XI

No. of periods : 24

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
<b>WEEK : 31/07/23 to 05/08/23</b>			<b>Period Count: 6</b>
PD1	Overview of Developmental Stages		
PD2	Overview of Developmental Stages		
PD3	Overview of Developmental Stages		
PD4	Overview of Developmental Stages		
PD5	Overview of Developmental Stages		
LAB	Project/Practical		
<b>WEEK : 07/08/23 to 11/08/23</b>			<b>Period Count: 5</b>
PD1	Overview of Developmental Stages		
PD2	Nature of Motivation		
PD3	Types of Motivation		
PD4	Types of Motivation		
LAB	Project/Practical		
<b>WEEK : 14/08/23 to 19/08/23</b> <b>15/08/23: Independence Day</b>			<b>Period Count: 5</b>
PD1	Maslow's Hierarchy of Needs		

PD2	Frustration and Conflict		
PD3	Nature of Emotions Expression of Emotions		
PD4	Managing Negative Emotions Enhancing Positive Emotions		
LAB	Project/Practical		
<b>WEEK : 21/08/23 to 26/08/23</b>		<b>Period Count: 6</b>	
PD1	Revision		
PD2	Revision		
PD3	Revision		
PD4	Revision		
PD5	Revision		
PD6	Revision		
<b>WEEK : 28/08/23 to 02/09/23</b> <b>29/08/23: Raksha Bandhan</b>		<b>Period Count: 5</b>	
PD1	Revision		
PD2	Revision		
PD3	Revision		
PD4	Revision		
PD5	Revision		

Subject coordinator

Supervisor

Principal/V. Principal



# Sir Padampat Singhania Education Centre

Kamla Nagar, Kanpur

## Weekly Planning Overview (September)

Session: 2023- 2024

**Subject** : Psychology

**Class** : XI

**No. of periods** : 6

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
<b>WEEK : 04/09/23 to 08/09/23</b> <b>07/09/23: Shree Krishna Janmashtami</b>			<b>Period Count: 4</b>
PD1	Revision		
PD2	Revision		
PD3	Revision		
PD4	Revision		

**11/09/23 to 23/09/23: Half Yearly Examination**

Subject coordinator

Supervisor

Principal/V. Principal



# Sir Padampat Singhania Education Centre

Kamla Nagar, Kanpur

## Weekly Planning Overview (October)

Session: 2023- 2024

Subject : Psychology

Class : XI

No. of periods : 22

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
<b>WEEK : 02/10/23 to 07/10/23</b> <b>02/10/23: Gandhi Jayanti</b>			<b>Period Count: 5</b>
PD1	Knowing the World		
PD2	Nature and Varieties of Stimulus		
PD3	Functional Limitations of Sense Organs		
PD4	Attentional Processes		
LAB	Project/Practical		
<b>WEEK : 09/10/23 to 13/10/23</b>			<b>Period Count: 5</b>
PD1	Attentional Processes		
PD2	Attentional Processes		
PD3	Perceptual Processes		
PD4	The Perceiver		
LAB	Project/Practical		
<b>WEEK : 16/10/23 to 21/10/23</b>			<b>Period Count: 6</b>
PD1	Principles of Perceptual Organisation		
PD2	Principles of Perceptual Organisation		

PD3	Principles of Perceptual Organisation		
PD4	Perception of Space, Depth and Distance (Binocular and Monocular Cues)		
PD5	Perception of Space, Depth and Distance (Binocular and Monocular Cues)		
LAB	Project/Practical		
<b>WEEK : 23/10/23 to 28/10/23</b>		<b>Period Count: 4</b>	
<b>22/10/23- 24/10/23: Ashtami, Navami, Dussehra</b>			
PD1	Perceptual Constancies		
PD2	Illusions		
PD3	Socio-cultural Influences on Perception		
LAB	Project/Practical		

Subject coordinator

Supervisor

Principal/V. Principal





# Sir Padampat Singhania Education Centre

Kamla Nagar, Kanpur

## Weekly Planning Overview (November)

Session: 2023- 2024

Subject : Psychology

Class : XI

No. of periods : 20

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
<b>WEEK : 30/10/23 to 04/11/23</b>			<b>Period Count: 6</b>
PD1	Nature of Learning		
PD2	Nature of Learning		
PD3	Paradigms of Learning		
PD4	Classical Conditioning		
PD5	Classical Conditioning		
LAB	Project/Practical		
<b>WEEK : 06/11/23 to 10/11/23</b> <b>10/11/23: Deepavali</b>			<b>Period Count: 4</b>
PD1	Classical Conditioning		
PD2	Operant/Instrumental Conditioning		
PD3	Operant/Instrumental Conditioning		
LAB	Project/Practical		
<b>WEEK : 13/11/23 to 18/11/23</b> <b>13/10/23- 14/10/23: Deepavali</b>			<b>Period Count: 4</b>
PD1	Operant/Instrumental Conditioning		
PD2	Key Learning Processes		

PD3	Key Learning Processes		
LAB	Project/Practical		
<b>WEEK : 20/11/23 to 25/11/23</b> <b>24/11/23: Guru Teg Bahadur Shaheedi Diwas</b>			<b>Period Count: 5</b>
PD1	Key Learning Processes		
PD2	Observational Learning		
PD3	Cognitive Learning		
PD4	Cognitive Learning		
LAB	Project/Practical		
<b>WEEK : 27/11/23 to 02/12/23</b> <b>27/11/23: Guru Nanak Jayanti</b>			<b>Period Count: 5</b>
PD1	Verbal Learning		
PD2	Verbal Learning		
PD3	Learning Disabilities		
PD4	Learning Disabilities		
LAB	Project/Practical		

Subject coordinator

Supervisor

Principal/V. Principal



# Sir Padampat Singhania Education Centre

Kamla Nagar, Kanpur

## Weekly Planning Overview (December)

Session: 2023- 2024

Subject : Psychology

Class : XI

No. of periods : 23

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
<b>WEEK : 04/12/23 to 08/12/23</b>			<b>Period Count: 5</b>
PD1	Nature of Memory		
PD2	Information Processing Approach		
PD3	Memory Systems: Sensory, Short-Term, Long-Term Memory		
PD4	Memory Systems: Sensory, Short-Term, Long-Term Memory		
LAB	Project/Practical		
<b>WEEK : 11/12/23 to 16/12/23</b>			<b>Period Count: 6</b>
PD1	Memory Systems: Sensory, Short-Term, Long-Term Memory		
PD2	Memory Systems: Sensory, Short-Term, Long-Term Memory		
PD3	Memory Systems: Sensory, Short-Term, Long-Term Memory		
PD4	Levels of Processing		
PD5	Types of Long-Term Memory		
LAB	Project/Practical		
<b>WEEK : 18/12/23 to 23/12/23</b>			<b>Period Count: 6</b>
PD1	Types of Long-Term Memory		

PD2	Nature and Causes of Forgetting		
PD3	Nature and Causes of Forgetting		
PD4	Enhancing Memory		
PD5	Enhancing Memory		
LAB	Project/Practical		
<b>WEEK : 25/12/23 to 30/12/23</b>		<b>Period Count: 4</b>	
PD1	Nature of Thinking		
PD2	Processes of Thinking		
PD3	Decision Making		
LAB	Project/Practical		

**30/12/23- 24/06/24: Winter Vacation**

Subject coordinator

Supervisor

Principal/V. Principal



# Sir Padampat Singhania Education Centre

Kamla Nagar, Kanpur

## Weekly Planning Overview (January)

Session: 2023- 2024

**Subject** : Psychology

**Class** : XI

**No. of periods** : 8

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
<b>WEEK : 08/01/24 to 12/01/24</b>			<b>Period Count: 5</b>
PD1	Problem Solving		
PD2	Problem Solving		
PD3	Reasoning		
PD4	Reasoning		
LAB	Project/Practical		
<b>16/01/23 to 24/01/23: TERM TEST I</b>			
<b>WEEK : 29/01/24 to 03/02/24</b>			<b>Period Count: 6</b>
PD1	Nature and Process of Creative thinking		
PD2	Nature and Process of Creative thinking		
PD3	Thought and Language		
PD4	Development of Language and Language Use		
PD5	Development of Language and Language Use		
LAB	Project/Practical		

Subject coordinator

Supervisor

Principal/V. Principal



# Sir Padampat Singhanian Education Centre

Kamla Nagar, Kanpur

## Weekly Planning Overview (February)

Session: 2023- 2024

Subject : Psychology

Class : XI

No. of periods: 18

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
<b>WEEK : 05/02/24 to 09/02/24</b>			<b>Period Count: 5</b>
PD1	Revision		
PD2	Revision		
PD3	Revision		
PD4	Revision		
PD5	Revision		
<b>WEEK : 12/02/24 to 17/02/24</b> <b>14/02/24: Basant Panchami</b>			<b>Period Count: 5</b>
PD1	Revision		
PD2	Revision		
PD3	Revision		
PD4	Revision		
PD5	Revision		
<b>WEEK : 05/02/24 to 09/02/24</b> <b>24/02/24: Ravidas Jayanti</b>			<b>Period Count: 5</b>
PD1	Revision		
PD2	Revision		

PD3	Revision		
PD4	Revision		
PD5	Revision		

**26/02/24 to 13/03/24: Annual Examination**

