



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

# **Lesson Plan**

## **Session 2025 - 2026**

### **Class: XI**

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

**Subject Coordinator**  
Name: Ms. Osheen Kundal

**Head of Department**

Sign:

Sign:



# Sir Padampat Singhania Education Centre

Kamla Nagar, Kanpur

## Yearly Syllabus/Planning overview

Session: 2025 - 2026

**Subject:** Psychology

**Class:** XI

**No. of periods:** 190

| Month     | Assessed in | Lesson/s to be covered   | Period Count |
|-----------|-------------|--|--------------|
| April     |             | What is Psychology?  | 15           |
| May       |             | Methods of Enquiry in Psychology<br><i>Introduction of Project</i>   | 21           |
| June      |             | Summer Break   | -            |
| July      |             | Methods of Enquiry in Psychology<br>Sensory Processes<br>Attentional Processes<br><i>Introduction of Experiment I</i><br>Human Development<br><i>July Test (19/07 - 26/07)</i> | 28           |
| August    |             | Human Development (Contd.)<br>Motivation and Emotion<br>Perceptual Processes   | 21           |
| September |             | Revision<br><i>Viva</i><br><i>Half-Yearly Examination (15/09 - 27/09)</i>  | 10           |
| October   |             | Learning<br><i>Introduction of Experiment II</i>   | 22           |
| November  |             | Learning (Contd.)<br>Memory<br><i>Practical Class</i>  | 21           |
| December  |             | Memory (Contd.)<br>Thinking<br>Revision<br><i>December Test (15/12 - 22/12)</i>  | 24           |
| January   |             | <i>Submission of Project and Practical File (08/01)</i><br>Revision  | 27           |
| February  |             | Revision<br><i>Practical Examination</i><br><i>Annual Examination (18/02 - 03/03)</i>  | 11           |
| March     |             | <i>Annual Examination</i>  | -            |

Subject coordinator:

HOD:



# Sir Padampat Singhanian Education Centre

Kamla Nagar, Kanpur

## Monthly Syllabus/Planning overview Session: 2025- 2026

**Subject:** Psychology

**Class:** XI

**No. of periods:** 190

| Month            | Date/Week   |       | Lesson/s to be covered in classroom                                  | Period Count |
|------------------|---|-------|--|--------------|
|                  | From  | To    |  |              |
| <b>April</b>     | 16/04   | 19/04 | What is Psychology?  | 3            |
|                  | 21/04   | 26/04 | What is Psychology?  | 6            |
|                  | 28/04   | 03/05 | What is Psychology?  | 6            |
| <b>May</b>       | 05/04   | 09/05 | Methods of Enquiry in Psychology                                     | 5            |
|                  | 12/05   | 17/05 | Methods of Enquiry in Psychology                                     | 5            |
|                  | 19/05   | 24/05 | Methods of Enquiry in Psychology<br><i>Introduction of Project</i>   | 6            |
|                  | 26/05   | 31/05 | Methods of Enquiry in Psychology                                     | 5            |
| <b>June</b>      |   |       | <i>Summer Break</i>  | -            |
| <b>July</b>      | 01/07   | 05/07 | Methods of Enquiry in Psychology                                     | 5            |
|                  | 07/07   | 11/07 | Sensory Processes<br>Attentional Processes<br><i>Practical Class</i> | 5            |
|                  | 14/07   | 19/07 | <i>July Test</i><br>Attentional Processes                            | 6            |
|                  | 21/07   | 26/07 | Human Development  | 6            |
|                  | 28/07   | 02/08 | Human Development  | 6            |
| <b>August</b>    | 04/08   | 08/08 | Human Development  | 5            |
|                  | 05/08   | 09/08 | Motivation and Emotion   | 4            |
|                  | 18/08   | 23/08 | Motivation and Emotion<br><i>Practical Class</i>                     | 6            |
|                  | 25/08   | 30/08 | Motivation and Emotion<br>Perceptual Processes                       | 6            |
| <b>September</b> | 01/09   | 06/09 | Revision<br><i>Viva</i>  | 5            |
|                  | 08/09   | 12/09 | Revision   | 5            |
|                  | <b><i>Half-Yearly Examination (15/09/25 - 27/09/25)</i></b> |       |  |              |
| <b>October</b>   | 29/09   | 04/10 | Learning   | 5            |

|                 |   |       |  |   |
|-----------------|---|-------|--|---|
|                 | 06/10   | 10/10 | Learning   | 4 |
|                 | 13/10   | 18/10 | Learning   | 6 |
|                 | 20/10   | 25/10 | <i>Practical Class</i>                             | 2 |
|                 | 27/10   | 01/11 | Learning   | 6 |
| <b>November</b> | 03/11   | 07/11 | Learning   | 4 |
|                 | 10/11   | 15/11 | Learning<br><i>Practical Class</i>                 | 6 |
|                 | 17/11   | 22/11 | Human Memory                                       | 6 |
|                 | 24/11   | 29/11 | Human Memory                                       | 5 |
| <b>December</b> | 01/12   | 06/12 | Human Memory<br>Thinking<br><i>Practical Class</i> | 6 |
|                 | 08/12   | 12/12 | Thinking   | 5 |
|                 | 15/12   | 20/12 | Thinking   | 6 |
|                 | 22/12   | 27/12 | <i>December Test</i><br>Thinking                   | 5 |
|                 | 29/12   | 03/01 | Revision   | 2 |
| <b>January</b>  | 05/01   | 09/01 | Revision<br><i>Practical Class</i>                 | 2 |
|                 | 12/01   | 17/01 | <i>Practical Class</i>                             | 5 |
|                 | 19/01   | 24/01 | <i>Practical Class</i><br>Revision                 | 5 |
|                 | 26/01   | 31/01 | Revision   | 5 |
| <b>February</b> | 02/02   | 07/02 | Revision   | 6 |
|                 | 09/02   | 13/02 | Revision   | 5 |
|                 | <b><i>Annual Examination (18/02/26- 03/03/26)</i></b> |       |  |   |

Subject coordinator:

HOD:



# Sir Padampat Singhania Education Centre

Kamla Nagar, Kanpur

## Weekly Planning Overview (April)

Session: 2025- 2026

**Subject:** Psychology

**Class:** XI

**No. of periods:** 15

| Period   | Topic/s to be covered in classroom  | Homework | Status (Yes/No)<br>(Reason if No) |
|--|---|----------|-----------------------------------|
| <b>WEEK: 16/04 - 19/04</b><br><b>18/04/25: Good Friday</b> |   |          | <b>Period Count: 3</b>            |
| PD1  | <b>WHAT IS PSYCHOLOGY?</b> <ul style="list-style-type: none"><li>• Introduction</li></ul>   |          |                                   |
| PD2  | <ul style="list-style-type: none"><li>• Introduction</li><li>• Psychology as a Discipline</li></ul>   |          |                                   |
| PD3  | <ul style="list-style-type: none"><li>• Psychology as a Discipline</li><li>• Understanding Mind and Behaviour</li></ul>                         |          |                                   |
| <b>WEEK: 21/04 - 26/04</b>                                 |   |          | <b>Period Count: 6</b>            |
| PD1  | <ul style="list-style-type: none"><li>• Understanding Mind and Behaviour</li><li>• Popular Notions about the Discipline of Psychology</li></ul> |          |                                   |
| PD2  | <ul style="list-style-type: none"><li>• Popular Notions about the Discipline of Psychology</li></ul>  |          |                                   |
| PD3  | <ul style="list-style-type: none"><li>• Evolution of Psychology</li></ul>   |          |                                   |
| PD4  | <ul style="list-style-type: none"><li>• Evolution of Psychology</li></ul>   |          |                                   |
| PD5  | <ul style="list-style-type: none"><li>• Development of Psychology in India</li></ul>  |          |                                   |
| PD6  | <ul style="list-style-type: none"><li>• Branches of Psychology</li></ul>  |          |                                   |
| <b>WEEK: 28/04 - 03/05</b>                                 |   |          | <b>Period Count: 6</b>            |
| PD1  | <ul style="list-style-type: none"><li>• Branches of Psychology</li></ul>  |          |                                   |
| PD2  | <ul style="list-style-type: none"><li>• Psychology and Other Disciplines</li></ul>  |          |                                   |
| PD3  | <ul style="list-style-type: none"><li>• Psychology and Other Disciplines</li></ul>  |          |                                   |

|     |   |  |  |
|-----|---|--|--|
| PD4 | <ul style="list-style-type: none"> <li>Psychology in Everyday Life</li> </ul> |  |  |
| PD5 | <ul style="list-style-type: none"> <li>Revision</li> </ul>                    |  |  |
| PD6 | <b><i>Practical Class</i></b>   |  |  |

Subject coordinator

Supervisor

Principal/V. Principal



# Sir Padampat Singhania Education Centre

Kamla Nagar, Kanpur

## Weekly Planning Overview (May)

Session: 2025 - 2026

**Subject:** Psychology

**Class:** XI

**No. of periods:** 21

| Period  | Topic/s to be covered in classroom   | Homework | Status (Yes/No)<br>(Reason if No) |
|---|--|----------|-----------------------------------|
| <b>WEEK: 05/05 - 09/05</b>                                    |  |          | <b>Period Count: 5</b>            |
| PD1   | <b>METHODS OF ENQUIRY IN PSYCHOLOGY</b> <ul style="list-style-type: none"><li>• Introduction</li></ul>                                   |          |                                   |
| PD2   | <ul style="list-style-type: none"><li>• Goals of Psychological Enquiry</li></ul>   |          |                                   |
| PD3   | <ul style="list-style-type: none"><li>• Goals of Psychological Enquiry</li></ul>   |          |                                   |
| PD4   | <ul style="list-style-type: none"><li>• Steps in Conducting Scientific Research<br/>(Problem Conceptualisation and Hypothesis)</li></ul> |          |                                   |
| PD5   | <ul style="list-style-type: none"><li>• Steps in Conducting Scientific Research<br/>(Drawing and Revising Conclusions)</li></ul>         |          |                                   |
| <b>WEEK: 12/05 - 17/05</b><br><b>12/05/25: Buddha Purnima</b> |  |          | <b>Period Count: 5</b>            |
| PD1   | <ul style="list-style-type: none"><li>• Alternative Paradigms of Research</li></ul>  |          |                                   |
| PD2   | <ul style="list-style-type: none"><li>• Nature of Psychological Data</li><li>• Analysis of Data</li></ul>                                |          |                                   |
| PD3   | <ul style="list-style-type: none"><li>• Analysis of Data</li><li>• Limitation of Psychological Enquiry</li></ul>                         |          |                                   |
| PD4   | <ul style="list-style-type: none"><li>• Limitations of Psychological Enquiry</li><li>• Ethical Issues</li></ul>                          |          |                                   |
| PD5   | <ul style="list-style-type: none"><li>• Important Methods in Psychology</li></ul>  |          |                                   |
| <b>WEEK: 19/05 - 24/05</b>                                    |  |          | <b>Period Count: 6</b>            |
| PD1   | <ul style="list-style-type: none"><li>• Observational Method</li></ul>   |          |                                   |
| PD2   | <ul style="list-style-type: none"><li>• Observational Method</li><li>• Survey Method</li></ul>   |          |                                   |

|  |  |  |  |
|--|--|--|--|
| PD3  | <ul style="list-style-type: none"> <li>Survey Method</li> </ul>      |  |  |
| PD4  | <ul style="list-style-type: none"> <li>Case Study</li> </ul>         |  |  |
| PD5  | <ul style="list-style-type: none"> <li>Psychological Test</li> </ul> |  |  |
| PD6  | <ul style="list-style-type: none"> <li>Psychological Test</li> </ul> |  |  |
| <b>WEEK: 26/05 - 30/05</b> <span style="float: right;"><b>Period Count: 5</b></span> |  |  |  |
| PD1  | Revision   |  |  |
| PD2  | Revision   |  |  |
| PD3  | Revision   |  |  |
| PD4  | Revision   |  |  |
| PD5  | Revision   |  |  |

**Summer Vacation: 31/05/25 - 26/06/25**

Subject coordinator

Supervisor

Principal/V. Principal



# Sir Padampat Singhania Education Centre

Kamla Nagar, Kanpur

## Weekly Planning Overview (July)

Session: 2025- 2026

**Subject:** Psychology

**Class:** XI

**No. of periods:** 28

| Period                     | Topic/s to be covered in classroom   | Homework | Status (Yes/No)<br>(Reason if No) |
|----------------------------|--|----------|-----------------------------------|
| <b>WEEK: 01/07 - 05/07</b> |  |          | <b>Period Count: 5</b>            |
| PD1                        | <ul style="list-style-type: none"><li>Experimental Method</li></ul>  |          |                                   |
| PD2                        | <ul style="list-style-type: none"><li>Experimental Method</li></ul>  |          |                                   |
| PD3                        | <ul style="list-style-type: none"><li>Experimental Method</li></ul>  |          |                                   |
| PD4                        | <ul style="list-style-type: none"><li>Correlational Method</li></ul>   |          |                                   |
| PD5                        | <ul style="list-style-type: none"><li>Overview of Research Methods</li></ul>   |          |                                   |
| PD6                        | Revision   |          |                                   |
| <b>WEEK: 07/07 - 11/07</b> |  |          | <b>Period Count: 5</b>            |
| PD1                        | <b>SENSORY PROCESSES</b> <ul style="list-style-type: none"><li>Introduction</li><li>Knowing the World</li><li>Nature and Variety of Stimulus</li></ul> |          |                                   |
| PD2                        | <ul style="list-style-type: none"><li>Sense Modalities</li><li>Functional Limitations of Sense Organs</li></ul>  |          |                                   |
| PD3                        | <b>ATTENTIONAL PROCESSES</b> <ul style="list-style-type: none"><li>Introduction</li></ul>  |          |                                   |
| PD4                        | <ul style="list-style-type: none"><li>Selective Attention</li><li>Factors Affecting Selective Attention</li><li>Divided Attention</li></ul>            |          |                                   |
| PD5                        | <ul style="list-style-type: none"><li>Theories of Selective Attention</li></ul>  |          |                                   |
| <b>WEEK: 14/07 - 19/07</b> |  |          | <b>Period Count: 6</b>            |
| PD1                        | <ul style="list-style-type: none"><li>Theories of Selective Attention</li></ul>  |          |                                   |
| PD2                        | <ul style="list-style-type: none"><li>Sustained Attention</li><li>Factors affecting Sustained Attention</li></ul>                                      |          |                                   |

|                     |  |                 |  |
|---------------------|--|-----------------|--|
| PD3                 | <ul style="list-style-type: none"><li>• Divided Attention</li><li>• Span of Attention</li><li>• Attention Deficit Hyperactivity Disorder</li></ul> |                 |  |
| PD4                 | <ul style="list-style-type: none"><li>• Revision</li></ul>   |                 |  |
| PD5                 | <ul style="list-style-type: none"><li>• Revision</li></ul>   |                 |  |
| PD6                 | July Test- Psychology  |                 |  |
| WEEK: 21/07 - 26/07 |  | Period Count: 6 |  |
| July Test           |  |                 |  |
| PD1                 | <b>HUMAN DEVELOPMENT</b> <ul style="list-style-type: none"><li>• Introduction</li></ul>  |                 |  |
| PD2                 | <ul style="list-style-type: none"><li>• Growth, Maturation, Evolution, and Development</li></ul>   |                 |  |
| PD3                 | <ul style="list-style-type: none"><li>• Life-Span Perspective on Development</li></ul>   |                 |  |
| PD4                 | <ul style="list-style-type: none"><li>• Factors Influencing Development</li></ul>  |                 |  |
| PD5                 | <ul style="list-style-type: none"><li>• Context of Development</li></ul>   |                 |  |
| PD6                 | <b>Practical Class</b> <ul style="list-style-type: none"><li>• Context of Development</li></ul>  |                 |  |
| WEEK: 28/07 - 02/08 |  | Period Count: 6 |  |
| PD1                 | <ul style="list-style-type: none"><li>• Overview of Development</li></ul>  |                 |  |
| PD2                 | <ul style="list-style-type: none"><li>• Infancy</li></ul>  |                 |  |
| PD3                 | <ul style="list-style-type: none"><li>• Infancy</li></ul>  |                 |  |
| PD4                 | <ul style="list-style-type: none"><li>• Childhood</li></ul>  |                 |  |
| PD5                 | <ul style="list-style-type: none"><li>• Childhood</li></ul>  |                 |  |
| PD6                 | <ul style="list-style-type: none"><li>• Childhood</li></ul>  |                 |  |

Subject coordinator

Supervisor

Principal/V. Principal



# Padampat Singhania Education Centre

Kamla Nagar, Kanpur

## Weekly Planning Overview (August)

Session: 2025- 2026

**Subject:** Psychology

**Class:** XI

**No. of periods:** 21

| Period  | Topic/s to be covered in classroom  | Homework | Status (Yes/No)<br>(Reason if No) |
|---|---|----------|-----------------------------------|
| <b>WEEK: 04/08 - 08/08</b>  |   |          | <b>Period Count: 5</b>            |
| PD1   | • Challenges of Adolescence   |          |                                   |
| PD2   | • Challenges of Adolescence   |          |                                   |
| PD3   | • Challenges of Adolescence   |          |                                   |
| PD4   | • Adulthood and Old Age<br>(Adulthood)                                    |          |                                   |
| PD5   | • Adulthood and Old Age<br>(Old Age)                                      |          |                                   |
| <b>WEEK: 11/08 - 16/08</b><br><b>15/08/25: Independence Day</b><br><b>16/08/25: Shree Krishna Janmashtami</b> |   |          | <b>Period Count: 4</b>            |
| PD1   | • Revision  |          |                                   |
| PD2   | <b>MOTIVATION AND EMOTION</b><br>• Introduction<br>• Nature of Motivation |          |                                   |
| PD3   | • Motivation Cycle  |          |                                   |
| PD4   | • Types of Motives<br>(Biological Motives)                                |          |                                   |
| <b>WEEK: 18/08 - 23/08</b>  |   |          | <b>Period Count: 6</b>            |
| PD1   | • Types of Motives<br>(Psychosocial Motives)                              |          |                                   |
| PD2   | • Types of Motives<br>(Psychosocial Motives)                              |          |                                   |
| PD3   | • Maslow's Hierarchy of Needs   |          |                                   |

|  |   |  |  |
|--|---|--|--|
| PD4  | <ul style="list-style-type: none"> <li>Nature of Emotions</li> </ul>  |  |  |
| PD5  | <ul style="list-style-type: none"> <li>Expression of Emotions</li> </ul>  |  |  |
| PD6  | <b><i>Practical Class</i></b>   |  |  |
| <b>WEEK: 25/08 - 30/08</b> <span style="float: right;"><b>Period Count: 6</b></span> |   |  |  |
| PD1  | <ul style="list-style-type: none"> <li>Managing Negative Emotions</li> <li>Management of Examination Anxiety</li> </ul>                 |  |  |
| PD2  | <ul style="list-style-type: none"> <li>Enhancing Positive Emotions</li> </ul>   |  |  |
| PD3  | <ul style="list-style-type: none"> <li>Revision</li> </ul>  |  |  |
| PD4  | <b>PERCEPTUAL PROCESSES</b> <ul style="list-style-type: none"> <li>Introduction</li> <li>Processing Approaches in Perception</li> </ul> |  |  |
| PD5  | <ul style="list-style-type: none"> <li>The Perceiver</li> </ul>   |  |  |
| PD6  | <ul style="list-style-type: none"> <li>The Perceiver</li> </ul>   |  |  |

Subject coordinator

Supervisor

Principal/V. Principal



# Sir Padampat Singhania Education Centre

Kamla Nagar, Kanpur

## Weekly Planning Overview (September)

Session: 2025- 2026

**Subject:** Psychology

**Class:** XI

**No. of periods:** 10

| Period   | Topic/s to be covered in classroom   | Homework | Status (Yes/No)<br>(Reason if No) |
|--|--|----------|-----------------------------------|
| <b>WEEK: 01/09- 06/09</b><br><b>05/09/25: Eid-UL-Milad (Barawafat)</b> |  |          | <b>Period Count: 5</b>            |
| PD1  | <ul style="list-style-type: none"><li>Principles of Perceptual Organisation</li></ul>  |          |                                   |
| PD2  | <ul style="list-style-type: none"><li>Principles of Perceptual Organisation</li></ul>  |          |                                   |
| PD3  | <ul style="list-style-type: none"><li>Perception of Space, Depth, and Distance</li></ul>   |          |                                   |
| PD4  | <ul style="list-style-type: none"><li>Perception of Space, Depth, and Distance</li></ul>   |          |                                   |
| PD5  | <ul style="list-style-type: none"><li>Perceptual Constancies</li><li>Illusions</li><li>Socio-Cultural Influences on Perception</li></ul> |          |                                   |
| <b>WEEK: 08/09-12/09</b>   |  |          | <b>Period Count: 5</b>            |
| PD1  | <ul style="list-style-type: none"><li>Revision</li></ul>   |          |                                   |
| PD2  | <ul style="list-style-type: none"><li>Revision</li></ul>   |          |                                   |
| PD3  | <ul style="list-style-type: none"><li>Revision</li></ul>   |          |                                   |
| PD4  | <ul style="list-style-type: none"><li>Revision</li></ul>   |          |                                   |
| PD5  | <ul style="list-style-type: none"><li>Revision</li></ul>   |          |                                   |
| <b>Half-Yearly Examination</b><br><b>(15/09/25 - 27/09/25)</b>         |  |          |                                   |

Subject coordinator

Supervisor

Principal/V. Principal



# Sir Padampat Singhan Education Centre

Kamla Nagar, Kanpur

## Weekly Planning Overview (October)

Session: 2025- 2026

**Subject:** Psychology

**Class:** XI

**No. of periods:** 22

| Period  | Topic/s to be covered in classroom  | Homework | Status (Yes/No)<br>(Reason if No) |
|---|---|----------|-----------------------------------|
| <b>WEEK: 29/09- 04/10</b><br><b>30/10/25 – 02/10/25: Ashtami, Navami, Dussehra</b><br><b>02/10/25: Gandhi Jayanti</b> |   |          | <b>Period Count: 3</b>            |
| PD1   | <b>LEARNING</b> <ul style="list-style-type: none"> <li>Introduction</li> <li>Features of Learning</li> </ul>                                |          |                                   |
| PD2   | <ul style="list-style-type: none"> <li>Paradigms of Learning</li> </ul>   |          |                                   |
| PD3   | <ul style="list-style-type: none"> <li>Classical Conditioning</li> </ul>  |          |                                   |
| <b>WEEK: 06/10 - 10/10</b>  |   |          | <b>Period Count: 5</b>            |
| PD1   | <ul style="list-style-type: none"> <li>Classical Conditioning<br/>(Determinants of Classical Conditioning)</li> </ul>                       |          |                                   |
| PD2   | <ul style="list-style-type: none"> <li>Classical Conditioning<br/>(Determinants of Classical Conditioning)</li> </ul>                       |          |                                   |
| PD3   | <ul style="list-style-type: none"> <li>Classical Conditioning<br/>(Determinants of Classical Conditioning)</li> </ul>                       |          |                                   |
| PD4   | <ul style="list-style-type: none"> <li>Operant/Instrumental Conditioning</li> </ul>   |          |                                   |
| PD5   | <ul style="list-style-type: none"> <li>Operant/Instrumental Conditioning</li> </ul>   |          |                                   |
| <b>WEEK: 13/10 - 18/10</b>  |   |          | <b>Period Count: 6</b>            |
| PD1   | <ul style="list-style-type: none"> <li>Operant/Instrumental Conditioning<br/>(Determinants of Operant/Instrumental Conditioning)</li> </ul> |          |                                   |
| PD2   | <ul style="list-style-type: none"> <li>Operant/Instrumental Conditioning<br/>(Determinants of Operant/Instrumental Conditioning)</li> </ul> |          |                                   |
| PD3   | <ul style="list-style-type: none"> <li>Classical vs. Operant Conditioning</li> </ul>  |          |                                   |
| PD4   | <ul style="list-style-type: none"> <li>Key Learning Processes</li> </ul>  |          |                                   |

|   |  |                        |  |
|---|--|------------------------|--|
| PD5   | • Key Learning Processes                   |                        |  |
| PD6   | • Key Learning Processes                   |                        |  |
| <b>WEEK: 20/10 - 25/10</b><br><b>20/10/25 - 23/10/25: Deepawali</b> |  | <b>Period Count: 2</b> |  |
| PD1   | <b><i>Practical Class</i></b>              |                        |  |
| PD2   | <b><i>Practical Class</i></b>              |                        |  |
| <b>WEEK: 27/10 - 01/11</b>  |  | <b>Period Count: 6</b> |  |
| PD1   | • Factors Facilitating Learning            |                        |  |
| PD2   | • Factors Facilitating Learning            |                        |  |
| PD3   | • Observational Learning                   |                        |  |
| PD4   | • Observational Learning                   |                        |  |
| PD5   | • Cognitive Learning<br>(Insight Learning) |                        |  |
| PD6   | • Cognitive Learning<br>(Latent Learning)  |                        |  |

Subject coordinator

Supervisor

Principal/V. Principal



# Sir Padampat Singhania Education Centre

Kamla Nagar, Kanpur

## Weekly Planning Overview (November) Session: 2025- 2026

**Subject:** Psychology

**Class:** XI

**No. of periods:** 21

| Period   | Topic/s to be covered in classroom  | Homework | Status (Yes/No)<br>(Reason if No) |
|--|---|----------|-----------------------------------|
| <b>WEEK: 03/11 - 07/11</b><br><b>5/11/25: Guru Nanak Jayanti</b> |   |          | <b>Period Count: 4</b>            |
| PD1  | <ul style="list-style-type: none"> <li>Verbal Learning</li> <li>Methods Used in Studying Verbal Learning</li> </ul>                 |          |                                   |
| PD2  | <ul style="list-style-type: none"> <li>Methods Used in Studying Verbal Learning</li> <li>Determinants of Verbal Learning</li> </ul> |          |                                   |
| PD3  | <ul style="list-style-type: none"> <li>Learning Disabilities</li> </ul>   |          |                                   |
| PD4  | <ul style="list-style-type: none"> <li>Learning Disabilities<br/>(Symptoms of Learning Disabilities)</li> </ul>                     |          |                                   |
| <b>WEEK: 10/11 - 15/11</b>                                       |   |          | <b>Period Count: 6</b>            |
| PD1  | <ul style="list-style-type: none"> <li>Skill Learning</li> </ul>  |          |                                   |
| PD2  | <ul style="list-style-type: none"> <li>Skill Learning</li> </ul>  |          |                                   |
| PD3  | <ul style="list-style-type: none"> <li>Revision</li> </ul>  |          |                                   |
| PD4  | <b>Practical Class</b>  |          |                                   |
| PD5  | <b>Practical Class</b>  |          |                                   |
| PD6  | <b>Practical Class</b>  |          |                                   |
| <b>WEEK: 17/11 - 22/11</b>                                       |   |          | <b>Period Count: 6</b>            |
| PD1  | <b>HUMAN MEMORY</b> <ul style="list-style-type: none"> <li>Introduction</li> <li>Nature of Memory</li> </ul>                        |          |                                   |

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|--|--|--|--|
| PD2  | <ul style="list-style-type: none"> <li>Information Processing Approach</li> </ul>  |  |  |
| PD3  | <ul style="list-style-type: none"> <li>Memory Systems (Sensory Memory)</li> </ul>  |  |  |
| PD4  | <ul style="list-style-type: none"> <li>Memory Systems (Short-Term Memory) (Working Memory)</li> </ul>  |  |  |
| PD5  | <ul style="list-style-type: none"> <li>Memory Systems (Long-Term Memory) (Control Processes)</li> </ul>  |  |  |
| PD6  | <ul style="list-style-type: none"> <li>Types of Long-Term Memory</li> </ul>  |  |  |
| <b>WEEK: 24/11 - 29/11</b><br><b>24/11/25: Guru Tegh Bahadur Jayanti</b> <span style="float: right;"><b>Period Count: 5</b></span> |  |  |  |
| PD1  | <ul style="list-style-type: none"> <li>Types of Long-Term Memory (Long-Term Memory Classification)</li> </ul>  |  |  |
| PD2  | <ul style="list-style-type: none"> <li>Levels of Processing</li> </ul>   |  |  |
| PD3  | <ul style="list-style-type: none"> <li>Methods of Memory Measurement</li> </ul>  |  |  |
| PD4  | <ul style="list-style-type: none"> <li>Nature and Causes of Forgetting (Forgetting Due to Trace Decay)</li> </ul>  |  |  |
| PD5  | <ul style="list-style-type: none"> <li>Nature and Causes of Forgetting (Forgetting Due to Interference) (Forgetting Due to Retrieval Failure)</li> </ul> |  |  |

Subject coordinator

Supervisor

Principal/V. Principal



# Sir Padampat Singhania Education Centre

Kamla Nagar, Kanpur

## Weekly Planning Overview (December)

Session: 2025- 2026

**Subject:** Psychology

**Class:** XI

**No. of periods:** 24

| Period                     | Topic/s to be covered in classroom  | Homework | Status (Yes/No)<br>(Reason if No) |
|----------------------------|---|----------|-----------------------------------|
| <b>WEEK: 01/12 - 06/12</b> |   |          | <b>Period Count: 6</b>            |
| PD1                        | <ul style="list-style-type: none"> <li>Enhancing Memory<br/>(Mnemonics Using Images)</li> </ul>   |          |                                   |
| PD2                        | <ul style="list-style-type: none"> <li>Enhancing Memory<br/>(Mnemonics Using Organisation)</li> </ul>   |          |                                   |
| PD3                        | <ul style="list-style-type: none"> <li>Revision</li> </ul>  |          |                                   |
| PD4                        | <b>Practical Class</b>  |          |                                   |
| PD5                        | <b>THINKING</b> <ul style="list-style-type: none"> <li>Introduction</li> <li>Nature of Thinking<br/>(Building Blocks of Thought - Mental Images)</li> </ul>         |          |                                   |
| PD6                        | <ul style="list-style-type: none"> <li>Nature of Thinking<br/>(Building Blocks of Thought - Concept)<br/>(Culture and Thinking)</li> </ul>                          |          |                                   |
| <b>WEEK: 08/12 - 12/12</b> |   |          | <b>Period Count: 5</b>            |
| PD1                        | <ul style="list-style-type: none"> <li>The Process of Thinking (Overview)</li> <li>Problem Solving<br/>(Mental Operations Involved in Solving a Problem)</li> </ul> |          |                                   |
| PD2                        | <ul style="list-style-type: none"> <li>Obstacles to Problem-Solving</li> </ul>  |          |                                   |
| PD3                        | <b>Practical Class</b>  |          |                                   |
| PD4                        | <ul style="list-style-type: none"> <li>Reasoning</li> </ul>   |          |                                   |
| PD5                        | <ul style="list-style-type: none"> <li>Reasoning</li> </ul>   |          |                                   |
| <b>WEEK: 15/12 - 20/12</b> |   |          | <b>Period Count: 6</b>            |
| PD1                        | <ul style="list-style-type: none"> <li>Decision-Making</li> </ul>   |          |                                   |

|   |   |                        |  |
|---|---|------------------------|--|
| PD2   | <ul style="list-style-type: none"> <li>Nature and Process of Creative Thinking</li> </ul>   |                        |  |
| PD3   | <ul style="list-style-type: none"> <li>Nature and Process of Creative Thinking (Nature of Creative Thinking)</li> </ul>                         |                        |  |
| PD4   | <ul style="list-style-type: none"> <li>Nature and Process of Creative Thinking (Nature of Creative Thinking)</li> </ul>                         |                        |  |
| PD5   | <ul style="list-style-type: none"> <li>Nature and Process of Creative Thinking (Process of Creative Thinking)</li> </ul>                        |                        |  |
| PD6   | <ul style="list-style-type: none"> <li>Developing Creative Thinking (Strategies for Creative Thinking)</li> </ul>                               |                        |  |
| <b>WEEK: 22/12 - 27/12</b><br><b>25/12/24: Christmas</b><br><b>December Test - Psychology</b> |   |                        |  |
|   |   | <b>Period Count: 5</b> |  |
| PD1   | <ul style="list-style-type: none"> <li>Revision</li> </ul>  |                        |  |
| PD2   | <ul style="list-style-type: none"> <li>Revision</li> </ul>  |                        |  |
| PD3   | <ul style="list-style-type: none"> <li>Thought and Language; Development of Language &amp; Language Use (Whorf, and Piaget view)</li> </ul>     |                        |  |
| PD4   | <ul style="list-style-type: none"> <li>Thought and Language; Development of Language &amp; Language Use (Skinner and Chomsky's view)</li> </ul> |                        |  |
| PD5   | <ul style="list-style-type: none"> <li>Revision</li> </ul>  |                        |  |
| <b>WEEK: 29/12 - 03/01</b>  |   |                        |  |
|   |   | <b>Period Count: 2</b> |  |
| PD1   | <ul style="list-style-type: none"> <li>Revision</li> </ul>  |                        |  |
| PD2   | <ul style="list-style-type: none"> <li>Revision</li> </ul>  |                        |  |

**Winter Vacation: 31/12/25 - 07/01/26**

Subject coordinator

Supervisor

Principal/V. Principal



# Sir Padampat Singhania Education Centre

Kamla Nagar, Kanpur

## Weekly Planning Overview (January)

Session: 2025 - 2026

**Subject:** Psychology

**Class:** XI

**No. of periods:** 17

| Period   | Topic/s to be covered in classroom  | Homework | Status (Yes/No)<br>(Reason if No) |
|--|---|----------|-----------------------------------|
| <b>WEEK: 05/01 - 09/01</b>   |   |          | <b>Period Count: 2</b>            |
| PD1  | Revision  |          |                                   |
| PD2  | <b>Practical Class</b><br><b>(Final Submission of Project and Practical File)</b> |          |                                   |
| <b>WEEK: 12/01 - 17/01</b><br><b>14/01/26: Makar Sankranti</b>           |   |          | <b>Period Count: 5</b>            |
| PD1  | <b>Practical Class</b><br><b>(Orientation for Practical Examination)</b>          |          |                                   |
| PD2  | <b>Practical Class</b>  |          |                                   |
| PD3  | <b>Practical Class</b>  |          |                                   |
| PD4  | <b>Practical Class</b>  |          |                                   |
| PD5  | <b>Practical Class</b>  |          |                                   |
| <b>WEEK: 19/01 - 24/01</b><br><b>20/01/26: Guru Govind Singh Jayanti</b> |   |          | <b>Period Count: 5</b>            |
| PD1  | <b>Practical Class</b>  |          |                                   |
| PD2  | Revision- What is Psychology?   |          |                                   |
| PD3  | Revision- What is Psychology?   |          |                                   |
| PD4  | Revision- Methods of Enquiry in Psychology  |          |                                   |
| PD5  | Revision-Methods of Enquiry is Psychology   |          |                                   |

|   |  |  |                        |
|---|--|--|------------------------|
| <b>WEEK: 26/01 - 31/01</b><br><b>26/01/26: Republic Day</b> |  |  | <b>Period Count: 5</b> |
| PD1   | Revision- Human Development                              |  |                        |
| PD2   | Revision- Human Development                              |  |                        |
| PD3   | Revision-<br>Sensory, Attentional & Perceptual Processes |  |                        |
| PD4   | Revision-<br>Sensory, Attentional & Perceptual Processes |  |                        |
| PD5   | Revision- Motivation and Emotion                         |  |                        |

Subject coordinator

Supervisor

Principal/V. Principal



# Sir Padampat Singhania Education Centre

Kamla Nagar, Kanpur

## Weekly Planning Overview (February)

Session: 2025- 2026

**Subject:** Psychology

**Class:** XI

**No. of periods:** 11

| Period  | Topic/s to be covered in classroom | Homework | Status (Yes/No)<br>(Reason if No) |
|---|------------------------------------|----------|-----------------------------------|
| <b>WEEK: 02/02 - 07/02</b>                        |                                    |          | <b>Period Count: 6</b>            |
| PD1   | Revision- Thinking                 |          |                                   |
| PD2   | Revision- Learning                 |          |                                   |
| PD3   | Revision- Memory                   |          |                                   |
| PD4   | Revision                           |          |                                   |
| PD5   | Revision                           |          |                                   |
| PD6   | Revision                           |          |                                   |
| <b>WEEK: 09/02 - 13/02</b>                        |                                    |          | <b>Period Count: 5</b>            |
| PD1   | Revision                           |          |                                   |
| PD2   | Revision                           |          |                                   |
| PD3   | Revision                           |          |                                   |
| PD4   | Revision                           |          |                                   |
| PD5   | Revision                           |          |                                   |
| <b>Annual Examination</b><br><b>18/02 - 03/03</b> |                                    |          |                                   |

Subject coordinator

Supervisor

Principal/V. Principal