

PSYCHOLOGY

CHAPTER 1: STORY OF PSYCHOLOGY

- History of Psychology
- What is Behaviour?
- Study of Cognition
- Psychology = Indian Perspective
- Goals of Psychology

CHAPTER 2: BRANCHES OF PSYCHOLOGY

- Branches of Psychology
- Theoretical Branches
- Applied Branches
- Careers in Psychology

CHAPTER 3: SELF

- Dimension of Self Concept
- Self and the Life Cycle
- Gender Identity and Gender Role
- Aspects of Self
- Self Regulation
- Carl Roger's Theory of Self

CHAPTER 4: HUMAN DEVELOPMENT

- Concept of Human Development
- Characteristics of Development
- Growth, Maturation and Development
- Developmental Stages

CHAPTER 5: HEALTHY ME – NORMAL ME

- Mental Health and Normal Behaviour
- Maladjustment and Abnormal Behaviour
- Challenges faced by Adolescents

CHAPTER 6: STRESS

- Being well adjusted – a dynamic balance
- Types of Stress
- Stressors and their types
- Coping with stress-strategies

CHAPTER 7: NERVOUS SYSTEM

- Nervous System
- Brain
- Spinal Cord
- Glands

CHAPTER 8: MEMORY

- What is Memory?
- Measurement of Memory
- Phenomena related to Memory
- Forgetting and its causes
- Memory Improvement Technique
