CBSE NCERT · Class 11 · Psychology

Psychology

ORIGINAL STUDY COMPANION
PADIKAM
CLASS 11 | HUMANITIES / ELECTIVE
Psychology
CBSE / NCERT core lessons | Academic year 2026-27
9 chapter lessons
Quick explanations, core points, exam practice and chapter-specific notation in one consistent format.
Padikam explanations are independently written. Official textbooks are used as the coverage map, chapter sequence and terminology reference.

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01 Understanding Psychology
02 Methods of Enquiry in Psychology
03 Human Development
04 Sensory, Attentional and Perceptual Processes
05 Learning
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08 Motivation and Emotion
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Study rhythm
Read the quick explanation, recall the core points aloud, then answer the prompts without looking back. Use the official textbook links for full prescribed readings, activities and diagrams.
Textbook and verification links
1. https://cbseacademic.nic.in/web_material/CurriculumMain27/SecPart2/Psychology_SecP2_2026-27.pdf
2. https://ncert.nic.in/textbook.php?kepy1=1-9

CHAPTER 01
Understanding Psychology
Quick understanding
Study behaviour, experience and mental processes scientifically while recognising biological, social, cultural and historical context.
Core points Check your learning
Psychology is both a natural and social science. Distinguish behaviour, experience and mental process.
Popular beliefs need evidence before they become psychological knowledge. Explain psychology's relation with another discipline.
Different branches apply shared ideas to varied human problems.
One-line recall Psychology is both a natural and social science.

CHAPTER 02

Methods of Enquiry in Psychology
Quick understanding
Select ethical methods that match a research question and produce interpretable psychological evidence.
Core points Check your learning
Observation, experiment, correlation, survey, testing and case study answer different questions. Choose a method for three research questions.
Correlation does not establish cause. Explain informed consent, confidentiality and debriefing.
Reliability, validity, sampling and ethics shape confidence in findings.
One-line recall Observation, experiment, correlation, survey, testing and case study answer different questions.
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CHAPTER 03
Human Development
Quick understanding
View development as lifelong change shaped by biology, relationships, culture and historical circumstances.
Core points Check your learning
Development is multidimensional and has both continuity and change.
Compare maturation and learning.
Analyse one adolescent challenge
Prenatal life, infancy, childhood, adolescence, adulthood and ageing present different tasks.
People influence and are influenced by their contexts.
One-line recall Development is multidimensional and has both continuity and change.
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CHAPTER 04
Sensory, Attentional and Perceptual Processes
Quick understanding
Explain how sensory systems register stimulation while attention and perception select and organise meaning.
Core points Check your learning
Absolute and difference thresholds describe sensory limits.
Apply Gestalt principles to a visual pattern.
Selective and sustained attention depend on person and task factors.
Distinguish sensation, attention and perception.
Perception uses organisation, depth cues, constancies and expectations.
One-line recall Absolute and difference thresholds describe sensory limits.
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CHAPTER 05
Learning
Quick understanding
Understand relatively lasting change through conditioning, observation, cognition, verbal practice and skill acquisition.
Core points Check your learning
Classical conditioning links stimuli; operant conditioning links behaviour with consequences.
Analyse a habit through conditioning.
Compare observational and cognitive
Reinforcement increases behaviour and is not the learning.

same as reward in every case.
Learning is affected by motivation, feedback,
practice and prior knowledge.
One-line recall Classical conditioning links stimuli; operant conditioning links behaviour with consequences.
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CHAPTER 06
Human Memory
Quick understanding
Follow information through encoding, storage and retrieval across sensory, short-term and long-term systems.
Core points Check your learning
Depth and organisation improve encoding. Design a memory experiment.
Long-term memory includes episodic, semantic and Apply imagery and organisation
procedural forms. mnemonics to study material.
Forgetting may reflect decay, interference or
retrieval failure.
One-line recall Depth and organisation improve encoding.
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CHAPTER 07
Thinking
Quick understanding
Study concepts, reasoning, problem solving, decision-making, creativity and the relationship between language and thought.
Core points Check your learning
Mental representations support categorisation and Solve and explain a problem using
inference. named steps.
Problem-solving obstacles include rigid sets and Compare convergent and divergent
misleading assumptions. thinking.
Creative thinking combines fluency, flexibility,
originality and evaluation.
One-line recall Mental representations support categorisation and inference.
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CHAPTER 08
Motivation and Emotion
Quick understanding
Connect needs, goals and arousal with emotional experience, expression and regulation.
Core points Check your learning
Biological and psychosocial motives direct and Analyse a goal using intrinsic and
energise behaviour. extrinsic motivation.
Maslow presents needs as a hierarchy, not a rigid Propose healthy strategies for managing
universal ladder. a negative emotion.
Emotion includes bodily arousal, interpretation,
expression and cultural meaning.
One-line recall Biological and psychosocial motives direct and energise behaviour.
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CHAPTER 09
Practical Work and Psychological Enquiry
Quick understanding
Plan a small ethical study and conduct simple experiments with accurate records, interpretation and reflection.
Core points Check your learning

A project may use observation, interview, survey or questionnaire. Design a project on sleep, peer pressure or social media.
An experiment varies an independent variable and measures a dependent variable under controls. Draft variables, controls and debriefing for a simple experiment.
A report states question, method, evidence, conclusion, limitations and ethics.
One-line recall A project may use observation, interview, survey or questionnaire.
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