CBSE NCERT · Class 12 · Psychology

Psychology

ORIGINAL STUDY COMPANION
PADIKAM
CLASS 12 | HUMANITIES / ELECTIVE
Psychology
CBSE / NCERT core lessons | Academic year 2026-27
8 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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03 Meeting Life Challenges
04 Psychological Disorders
05 Therapeutic Approaches
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08 Practical Work and Case Profile
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?lepy1=0-7
3. https://cbseacademic.nic.in/curriculum_2027.html

CHAPTER 01
Variations in Psychological Attributes
Quick understanding
People differ in intelligence, aptitude, creativity and emotional functioning, and assessment must be reliable, valid and fair.
Core points Check your learning
Apsychological attribute is inferred through behaviour and performance.
Explain the central idea of Variations in Psychological Attributes in your own words.
Intelligence theories emphasise different structures and processes.
Apply one idea from Variations in Psychological Attributes to a textbook-style example or source.
Culture and opportunity influence how ability appears.
One-line recall Apsychological attribute is inferred through behaviour and performance.

CHAPTER 02
Self and Personality
Quick understanding
Self and personality describe organised patterns of identity, thought, emotion and behaviour shaped by person and culture.
Core points Check your learning
Self-concept, self-esteem and self-efficacy are related but distinct. Explain the central idea of Self and Personality in your own words.
Trait, psychodynamic, behavioural, cultural and humanistic approaches ask different questions. Apply one idea from Self and Personality to a textbook-style example or source.
Assessment methods have strengths and limits.
One-line recall Self-concept, self-esteem and self-efficacy are related but distinct.

CHAPTER 03
Meeting Life Challenges
Quick understanding
Stress emerges from demands and appraisal, affects body and mind, and can be managed through coping and life skills.
Core points Check your learning
Stressors may be physical, environmental, social or internal. Explain the central idea of Meeting Life Challenges in your own words.
General Adaptation Syndrome describes a bodily stress pattern. Apply one idea from Meeting Life Challenges to a textbook-style example or source.
Problem-focused and emotion-focused coping fit different situations.
One-line recall Stressors may be physical, environmental, social or internal.

CHAPTER 04
Psychological Disorders
Quick understanding
Psychological disorders involve significant distress or impairment and must be understood with scientific criteria and without stigma.
Core points Check your learning
Classification supports communication but does not define a whole person. Explain the central idea of Psychological Disorders in your own words.
Biological, psychological and social factors interact. Apply one idea from Psychological Disorders to a textbook-style example or source.
Symptoms, duration, context and functioning guide assessment.
One-line recall Classification supports communication but does not define a whole person.

CHAPTER 05
Therapeutic Approaches
Quick understanding
Therapy uses a professional relationship and evidence-informed methods to reduce distress and improve functioning.
Core points Check your learning
Psychodynamic, behavioural, cognitive and humanistic therapies use different mechanisms. Explain the central idea of Therapeutic Approaches in your own words.

Biomedical treatment may complement Apply one idea from Therapeutic
psychotherapy. Approaches to a textbook-style example
or source.
Ethics require competence, consent, confidentiality
and appropriate boundaries.
One-line recall Psychodynamic, behavioural, cognitive and humanistic therapies use different mechanisms.
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CHAPTER 06
Attitude and Social Cognition
Quick understanding
Attitudes combine beliefs, feelings and behavioural tendencies and are shaped by learning, groups
and persuasion.
Core points Check your learning
Attitude strength affects consistency with behaviour. Explain the central idea of Attitude and
Social Cognition in your own words.
Prejudice includes cognitive, emotional and
behavioural components. Apply one idea from Attitude and Social
Cognition to a textbook-style example or
Attribution can be biased by limited information and
source.
perspective.
One-line recall Attitude strength affects consistency with behaviour.
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CHAPTER 07
Social Influence and Group Processes
Quick understanding
Groups shape conformity, compliance, cooperation, conflict, performance and identity.
Core points Check your learning
Conformity responds to real or imagined group Explain the central idea of Social
pressure. Influence and Group Processes in your
own words.
Social loafing and group polarisation depend on
conditions. Apply one idea from Social Influence and
Group Processes to a textbook-style
Cooperation grows through shared goals,
example or source.
communication and fair structure.
One-line recall Conformity responds to real or imagined group pressure.
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CHAPTER 08
Practical Work and Case Profile
Quick understanding
Class 12 practical work applies ethical test administration, observation and case-profile reporting
without making unsupported diagnoses.
Core points Check your learning
Standardised instructions protect comparability. Explain the central idea of Practical Work
and Case Profile in your own words.
Scores require norms and cautious interpretation.
Apply one idea from Practical Work and
Acase profile separates observations, self-report
Case Profile to a textbook-style example
and inference.

or source.

One-line recall Standardised instructions protect comparability.

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