

LESSON PLAN 2

CLASS XII

SUBJECT:- PSYCHOLOGY

CHAPTER 2: Self and Personality

BRIEF DESCRIPTION- In this chapter students are going to learn about Introduction Self and Personality, Concept of Self, Cognitive and Behavioural Aspects of Self: Self-esteem, Self-efficacy and Self-regulation Culture and Self Concept of Personality Personality-related Terms, Major Approaches to the Study of Personality: Type Approaches, Trait Approaches, Five-Factor Model of Personality, Psychodynamic Approach, Behavioural Approach, Cultural Approach, Humanistic Approach, Who is a Healthy Person? Assessment of Personality: Self-report Measures Projective Techniques Behavioural Analysis

OBJECTIVES:

I- Specific Objectives-

To enable the students to understand:

SP 1. The concept of self and learning some ways for self-regulation of behaviour,

SP2. The concept of personality differentiates between various approaches to the study of personality,

SP 3. Develop insight into the development of a healthy personality, and learn some techniques for personality assessment.

II -Behavioural Objectives

To enable the students to

B 1. Learn some ways for self-regulation of behaviour

B 2 Develop a good personality. (APP. 1)

B 3 Develop their Memorization Skills. (EV 1)

PROCESS /ACTIVITIES

ACT 1 Through preparation of Mind MAPS & Concepts

ACT 2 Comparison Charts on the basis of Schedules of all the concepts

ACT 3 Through Monitoring their practice on one – to –one basis through Blackboard activity in class.

ASSESSMENT:

Through

1. PT - 1(K 1)(APP. 1)

2. Half – Yearly Examination(K 1)(APP. 1)

KPI – DEFINITION: - There is difficulty for the students in identifying and differentiating the alike concepts of self-esteem, self-efficacy, personal self, and personal identity

KPI – DEFINITION No. 02

3. PT – 2(K 1)(APP. 1)

4. Self - Assessments after every chapter / Worksheets (K 1)(APP. 1)

Question Papers will be designed as per Bloom’s Taxonomy.

DIGITAL CONTENT TO BE USED: PPT on Concepts of self-esteem, types of personality

EXPECTED LEARNING OUTCOME–

Students will be able to:

1. Identify & understand the concepts of self and personality
2. How to enhance self- esteem and self -efficacy and self-regulation.
3. Memorize the concepts of personality and shape the personality in a healthy manner
4. Development of presentation skills

Placement of Objectives, Instructional Activities, and Assessment

REVIEW OF THE LESSON PLAN

(TO BE DONE WHEN THE LESSON GETS OVER)

Problems faced –

1. stress and related concepts was explained many times as most of the students were busy in other activities ,for the syllabus completion.
2. Students were lacking Evaluation Skills

Success- 75 %

Failure- 25 %

Real Learning Outcomes: Students were able to

1. Identify & understand the concepts of self and personality
2. Memorize ways to be the person who is high on self- regulation ,self -esteem and self- efficacy.
3. Develop their presentation skills to be a healthy personality

ELO-

Students' response/ participation

1. Students took a keen interest in the class when the topic was taught especially when examples from real life were given.
2. Students completed the notes in a proper manner.
3. Few students were not able to recall the relationships among the different concepts of stress explained in the class because of their distractions and indiscipline.

Teacher's Learning

1. Teachers need to focus on distracted and slow learners by explaining the concept in an easier way.
2. The teacher can encourage class participation of the students through interactive sessions, question hours, oral test activities etc.