

LESSON PLAN 3

CLASS XII

SUBJECT:- PSYCHOLOGY

CHAPTER 3: Meeting Life Challenges

BRIEF DESCRIPTION- In this chapter students are going to learn about the Introduction Nature, Types, and Sources of Stress A Measure of Stressful Life Events, the Effects of Stress on Psychological Functioning and Health, Examination of Anxiety, Stress and Health, General Adaptation Syndrome, Stress and Immune System, Lifestyle, Coping with Stress, Stress Management Techniques, Promoting Positive Health and Well-being, Life Skills, Resilience and Health

OBJECTIVES:

I- Specific Objectives-

To enable the students to

SP 1. Understand the nature, types, and sources of stress as life challenges,

SP2. Examine the effects of stress on psychological functioning,

SP 3. Learn ways to cope with stress, know about the life skills that help people to stay healthy, and understand the factors that promote positive health and well-being.

II -Behavioural Objectives

To enable the students to

B 1. Learn to face life challenges. (SYN 1)

B 2 Develop life skills to be healthy. (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: - It is difficulty for the students to identify the new terms of psychology that differentiate the similar concepts of stress and anxiety

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 the Bloom's Taxonomy.

DIGITAL CONTENT TO BE USED: PPT on Concepts of stress, effects of stress on health ,stress management

EXPECTED LEARNING OUTCOME–

Students will be able to:

1. Identify and understand the concepts of stress
2. How to handle Examination Anxiety.
3. Memorize the concepts and Stress Management Techniques
4. Development of presentation skills

Placement of Objectives, Instructional Activities, and Assessment

REVIEW OF THE LESSON PLAN

(TO BE DONE WHEN THE LESSON IS OVER)

Problems faced –

1. stress and related concepts were explained many times as most of the students were busy with other activities.
2. Students were lacking Evaluation Skills

Success- 75 %

Failure- 25 %

Real Learning Outcomes: Students were able to

1. Identify and understand the concepts of stress and become familiar with the new terms of psychology
2. Memorize techniques of stress management.

3. Develop their presentation skills in the Construction of flow charts, diagrams

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 tests, activities, etc.