

Psychology (Class-XI)

Theme 3: The Bases of Human Behaviour			
Learning Outcomes	Sources/Resources	Suggested Activities (to be guided by teachers)	Suggested Activities for Students having No Digital Device (to be guided by teachers)
<p>The learner</p> <ul style="list-style-type: none"> describes the biological and socio-cultural roots of behaviour. explains structure and functions of nervous system and endocrine system in terms of behaviour and experience. discusses the socio-cultural influences on shaping of behaviour (i.e., family, community, faith, gender, caste, disability, etc.). 	<p>NCERT/ State Textbook in Psychology (Class XI)</p> <p>Students may also visit NROER, an online educational resource repository of NCERT, and explore the e-resources available online for Psychology, i.e.</p> <ul style="list-style-type: none"> Central Nervous System https://nroer.gov.in/55ab34ff81fccb4f1d806025/page/582aad4b16b51c1a9064b3b3 Endocrine System https://nroer.gov.in/55ab34ff81fccb4f1d806025/page/582aafd216b51c1a9064b3d5 	<p>Week - 1</p> <p>Understanding evolutionary perspective, biological and cultural roots, and biological basis of behaviour</p> <ul style="list-style-type: none"> Observe and identify different characteristics and behaviours of your own self and your family members. Classify these according to the evolutionary perspective. Write which aspects of our behaviours are more inclined towards having a biological basis and which aspects of our behaviours are influenced by culture. <p>Week - 2</p> <p>Understanding structure and functions of nervous system, endocrine system and their relationship with behaviour and experience</p> <ul style="list-style-type: none"> Write how sympathetic and parasympathetic divisions of the autonomic nervous system function. Write which part of the brain is directly related to the daily activities we do like dancing, playing an instrument, riding a bicycle, walking, eating, 	<p>Week - 1</p> <ul style="list-style-type: none"> Write which aspects of our behaviours are more inclined towards having a biological basis and which aspects of our behaviours are influenced by culture. <p>Week - 2</p> <ul style="list-style-type: none"> Write which part of the brain is directly related to the daily activities we do like dancing, playing an instrument, riding a bicycle, walking, eating, drinking, sleeping, etc.

	<ul style="list-style-type: none"> • Cultural Basis of Behaviour https://nroer.gov.in/55ab34ff81fccb4f1d806025/page/582ab13016b51c1a9064b3f7 <p>Students may also watch live session on different themes in Psychology on PM e-Vidya Channel No. 11.</p>	<p>drinking, sleeping, etc.</p> <ul style="list-style-type: none"> • Which lobe of the cerebral cortex is related to attention, memory, thinking, learning, etc.? Which lobe is related to skin sensations? Which lobe is activated in these activities such as listening to your parents or a piece of music, seeing images and movements through your eyes, watching TV, surfing Internet, etc.? • Collect information about different physical abnormalities resulting because of specific damage in the parts of CNS. Write how these play an important role in regulating our behaviour. • How does learning about nervous system, neurons, etc. help learners of psychology? <p>Week - 3</p> <p>Understanding the relationship between genes and behaviour, and cultural basis of behaviour</p> <ul style="list-style-type: none"> • How are you and your sibling/you and your friend, similar and different? Make a list of traits that you think cannot be totally explained with the help of genetic factors. • Write and discuss with your parents, how your native culture (in terms of food, festivals, dress, customs, etc.) has shaped your understanding of various aspects of life and your behaviour. 	<p>Week - 3</p> <ul style="list-style-type: none"> • Write and discuss with your parents how your native culture (in terms of food, festivals, dress, customs, etc.) has shaped your understanding of various aspects of life and your behaviour.
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		<p>Week - 4</p> <p>Understanding enculturation, socialisation and acculturation</p> <ul style="list-style-type: none"> • Write and reflect which aspects have you learned indirectly through the process of enculturation in your life. • Think of examples which indicate that social and cultural transmissions take place. Write how your interaction with your friend belonging to a different culture, or your moving to a different state, or watching media has shaped your thought processes and behaviour. 	<p>Week - 4</p> <ul style="list-style-type: none"> • Write and reflect which aspects have you learned indirectly through the process of enculturation in your life.
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Assessment Questions

1. _____ refers to gradual and orderly biological changes that result in a species from their pre-existing forms in response to the changing adaptational demands of their environment.
2. The nerve fibers work according to the “_____”, which means that they either respond completely or do not respond at all.
3. An important part of midbrain, known as _____, is responsible for our arousal. It makes us alert and active by regulating sensory inputs.
4. The pancreas, lying near the stomach, has a primary role in digestion of food, but it also secretes a hormone known as _____.
5. _____ is the basic unit of our nervous system.
6. _____ gland is known as the “Master Gland”.
 - a) Thyroid gland
 - b) Pituitary gland
 - c) Adrenal gland
 - d) Pancreas
7. The _____ lobe is primarily concerned with the processing of auditory information.
 - a) Parietal
 - b) Frontal
 - c) Temporal

d) Occipital

8. Which part of the forebrain regulates all higher levels of cognitive functions, such as attention, perception, learning, memory, language behaviour, reasoning, and problem solving?
- a) Cerebral cortex
 - b) Thalamus
 - c) Hypothalamus
 - d) Limbic system
9. Phenotype is the way an individual's genotype is expressed in observable and measurable characteristics. (True/False)
10. The _____ division is mainly concerned with conservation of energy, and rest and digest.

Answers

1. Evolution
2. all or none principle
3. Reticular Activating System (RAS)
4. insulin
5. Neuron
6. (b)
7. (c)
8. (a)
9. True
10. Parasympathetic