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CBSE HUMANITIES BOOSTER

Class 12 Psychology

One-Liner Revision Notes

A free study resource by **Toppers Hub Academy**

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Core Concepts

- Psychology is the scientific study of behaviour and mental processes.
- Intelligence: the ability to learn, reason and adapt; measured by IQ tests.
- Personality theories: trait, psychodynamic (Freud), humanistic and behavioural.
- Self-concept, self-esteem and self-efficacy shape how we see ourselves.

Stress, Health & Disorders

- Stress is the body's response to demands; coping can be problem- or emotion-focused.
- General Adaptation Syndrome: alarm, resistance and exhaustion stages.
- Psychological disorders include anxiety, mood, and stress-related conditions.
- Therapies: cognitive, behavioural, humanistic and biomedical approaches.

Social & Applied Psychology

- Attitudes have cognitive, affective and behavioural components.
- Conformity, obedience and cooperation influence group behaviour.
- Communication and counselling are key psychological skills.
- Prejudice can be reduced through education and intergroup contact.

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