

Experiential Learning Activity-4

Subject	PSYCHOLOGY
Class	XII
Topic	PSYCHOLOGICAL DISORDERS
Sub topic	Various types of psychological disorders
Time	60 minutes
Nature of Activity	Pair activity (recapitulatory activity)

What will we learn? (L.O) – Students will be able to-

- **Develop sensitivity towards issues related to abnormal behaviours and become aware about the symptoms of various types of psychological disorders**

What do we have to do?

- **Identify the disorder on the basis of symptoms shared on the given flashcard.**

What do I require?

- Text book, Flash Cards describing symptoms of psychological disorders and Pens.

What do I already know?

- Awareness about the concepts of Abnormality and Psychological disorders with respect to classification and symptoms .

Teacher's Activity

Teacher will

- Divide the class into pairs as per the existing seating arrangement of the class
- Prepare one flash card for each pair describing the symptoms of a disorder a person is showing .

SAMPLE OF A FLASH CARD

SYMPTOMS Sudha experiences recurrent anxiety attacks with intense terror. She shows symptoms like shortness of breath,dizziness, palpitations, nausea, choking, chest pain, with fear of losing control or dying. NAME OF DISORDER : _____
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- Instruct the pairs to go through the symptoms and fill in the name of the disorder on the flashcard.
- provide feedback for students' responses and facilitate students in participating during post activity discussion .

How will I Proceed

Students' Activity: Students will

- come prepared with the subject matter for this recapitulatory activity.
- Read the symptoms carefully and discuss with the partner and ,write the name of disorder matching the symptoms.
- Participate in post activity discussion for ensuring a better understanding and application of the subject matter.

What have I observed?

SYMPTOMS OF VARIOUS PSYCHOLOGICAL DISORDERS

	Disorder	Symptoms
1	PTSD	
2	PANIC DISORDER	
3	GENERALISED ANXIETY DISORDER	
4	SCHIZOPHRENIC DISORDER	
5	OCD	
6	AUTISTIC DISORDER	

What have I learnt?

- Various types of psychological disorders and their symptoms.

What am I curious to learn?

- How to help the patients suffering from various disorders in a professional and effective manner?

Let me evaluate myself.

Q1. Differentiate between Delusions and Hallucinations.

Q2. Abnormal behaviour is , essentially , deviation from social norms. How far do you agree with this statement?

Q3. How is obsessive behaviour different from compulsive disorder?

Q4. Name any two disorders generally observed among children.

1.

2.

Q5. Name any 5 movies showing psychological disorders.

Name of movie	Psychological disorder shown
1.	
2.	
3.	
4.	
5.	