



The Savvy Humanities

SIMPLIFYING MINDS, SHAPING THINKERS

CLASS 11 · PSYCHOLOGY · CBSE 2026-27 SYLLABUS

• Chapter 1

Understanding Psychology

27

pages of notes

11

marks of 70

15

board questions solved

53

key terms defined

What's inside

- The formal definition broken into its three terms, so you can write it exactly
- Natural science and social science sides set side by side
- Every school from Wundt to Vygotsky in one ordered table
- The full Box 1.1 timeline, with all nine Indian landmarks kept
- All twelve branches of psychology, each with its own definition
- Psychologist, psychiatrist and counsellor told apart properly
- A full glossary and every board-pattern question written out as a model answer

Aditi Ojha (Savvy Ma'am)

Founder & Educator, The Savvy Humanities. Class 12 CBSE boards: 95% Psychology, 95% Sociology, 97% Political Science. Teaching Humanities on YouTube since 2023.

Handwritten-style, for revision

Every page inside is handwritten-style with highlighting, boxes and a mind map — built to be read the night before, not skimmed.



Syllabus topic	Read	Practised	Revised
Development of psychology in India	☐	☐	☐
Branches of psychology	☐	☐	☐
Psychology and other disciplines	☐	☐	☐
Psychology in everyday life	☐	☐	☐

Not in these notes

Nothing from CBSE's list for this unit is left out. All nine sub-topics are covered in full. NCERT's "Psychology and Life" and "Developing Psychological Skills" appear in some older Psychology books but are not part of the Class 11 course at all, so you will not find them here or anywhere in this set.



Where This Chapter Sits

This is the first chapter of the course and the only one whose job is to tell you **what the subject itself is**. Every later unit — development, learning, memory, thinking, motivation — assumes you already accept that behaviour can be studied scientifically. This chapter is where that claim gets made and defended.

It carries **11 marks of 70**, which is joint-highest with Human Development. It is also the unit students most often under-prepare, because it looks like an introduction rather than examinable content. It is not an introduction. CBSE lists **nine separate sub-topics** here, and each one has been asked.

Remember for the board

Two names, one chapter. CBSE's syllabus calls this unit **Understanding Psychology**. Your NCERT textbook prints the chapter as **What is Psychology?**. They are the same chapter. If you go looking for a chapter called "Understanding Psychology" in the book, you will not find one — look for Chapter 1.

What Psychology Is

The chapter opens by admitting something honest: "Any knowledge discipline is hard to define." Psychology is harder than most, because everybody already has an opinion about what it is.

Definition

Psychology is defined formally as a science which studies mental processes, experiences and behaviour in different contexts. In doing so, it uses methods of biological and social sciences to obtain data systematically.

That definition is the single most valuable sentence in the unit. It is short enough to memorise word for word, and almost every 1-mark and 2-mark question in this unit is answered by reproducing it and then unpacking one of its parts.



Board questions & model answers

Aditi Ojha (Savvy Ma'am) says

Answer length is roughly marks × 30–40 words. Open with the definition, then the body, then one line of example or evaluation. Underline the technical terms — examiners look for them.

1 mark BOARD PATTERN

Define psychology as given in your textbook.

Model answer

Psychology is a science which studies mental processes, experiences and behaviour in different contexts, using methods of biological and social sciences to obtain data systematically.

1 mark BOARD PATTERN

Who established the first psychology laboratory, in which year and where?

Model answer

Wilhelm Wundt, in 1879, at Leipzig in Germany.

1 mark BOARD PATTERN

Name the emerging discipline that emphasises the role of the mind in the functioning of the immune system.

Model answer

Psychoneuroimmunology.



You just read the free sample.

Here's what the full chapter covers

27

pages of notes

11

marks of 70

15

board Qs solved

53

key terms

What the full chapter covers

- The formal definition broken into its three terms
- Natural science and social science sides side by side
- Every school from Wundt to Vygotsky in one ordered table
- All twelve branches of psychology, each with its own definition
- A full glossary and every board-pattern question with a model answer

Get this chapter — Class 11 Psychology Ch 1

Get the full Class 11 Psychology bundle

See every chapter - thesavvyhumanities.com/notes/

Free chapter video - YouTube: The Savvy Humanities

Aditi Ojha (Savvy Ma'am)

Class 12 CBSE boards: 95% Psychology, 95% Sociology, 97% Political Science.
Teaching Humanities on YouTube since 2023.