

Greenfields Public School
Psychology Holiday homework
Grade XI (2026-2027)

Holidays Homework Instructions:

1. Syllabus covered to be revised.
2. Introduction of the Practical to be written in fair.
3. Submission Date: 3rd July 2026 .
4. The assignment that has been provided to all of you from Chapter 1 and Chapter 2 must be completed and submitted by 1st July. You have to do the work in your notebook only.

Project work

Prepare a project file based on any psychological issue or concern, collect data for the same by using methods like- Observation, Interview etc.

• Use Coloured one side ruled one side plain A4 size sheets to be used. Only tables to be made on plain side of sheets and pictures to be pasted related to topic. Only black and blue pen to be used. Avoid using red and green pen/marker. Sheets should be attached in ring file folder with complete decorations.

The learners can take up any of the topics mentioned below:

1. **Social Media Addiction among Teenagers**
2. **Peer Pressure and Decision Making in Adolescents**
3. **Exam Anxiety among Students**
4. **Cyberbullying and Its Psychological Effects**

The format of the project is as follows:

Page 1: Psychology Project File (with School Name, Full name, grade and section and roll no.)

Page 2: Title of the Topic chosen.

Page 3: Acknowledgment

Page 4: Index

Index

1. **Introduction**
2. **Objective**
3. **Hypothesis**
4. **Method Used**

5. Tools (Questionnaire & Interview)
6. Data Collection & Analysis
7. Conclusion
8. Bibliography (if used articles or websites)

2 .During the summer break, take some time to understand yourself better. Every individual has certain habits, emotions, fears, or behaviours that can affect their studies, relationships, confidence, or mental well-being. Introspect honestly and identify one area in which you feel you need improvement. It may be related to procrastination, overthinking, anger, lack of confidence, excessive screen time, poor communication, impatience, comparison with others, stress management, emotional control, or any other personal challenge.

Write a self-reflective note on the following points in A4 side sheets:

1. The area you want to improve and why you feel it needs attention.
2. Situations where this issue affects your life, behaviour, studies, or relationships.
3. Your thoughts and feelings regarding this behaviour.
4. The steps or coping strategies you will follow during the vacations to improve yourself.
5. How these changes can help you become a better and healthier individual.

You may also include:

- Daily habits you wish to develop
- Activities that calm or motivate you
- Inspirational quotes or personal resolutions
- A short self-evaluation at the end of the vacation

Note: The work should be original, honest, and neatly presented with creativity.

STAY SAFE STAY HEALTHY STAY HAPPY