



# Loreto Convent Intermediate College

Lucknow

## Holiday Homework (2026-27)

### Class 12 Psychology

- Students are required to prepare the theoretical portion of their Psychology Practical File on the topic Stress.
- Students may refer to the following topics for the **Basic Concepts** section and may add more relevant syllabus-based content to enrich their project work:
  1. Meaning and Definition of Stress
  2. Types of Stress
  3. **Sources/Causes** of Stress
  4. Symptoms of Stress
  5. **Effects** of Stress
  6. Stressors
  7. General Adaptation Syndrome (Hans Selye)
  8. Cognitive Appraisal Model
  9. Coping Strategies
  10. Stress Management Techniques
  11. Role of Lifestyle in Managing Stress
  12. Importance of Mental Well-being
- You may also add relevant diagrams/ flowcharts; real-life examples or case studies; newspaper articles/quotes related to stress and mental health.

 99, Mahatma Gandhi Marg, Lucknow, Uttar Pradesh - 226001

 0522-2237222, +918009881030  [loretocollege@yahoo.com](mailto:loretocollege@yahoo.com)  [www.lucknowloreto.com](http://www.lucknowloreto.com)