

# SAMPLE PAPER – I

## CLASS XII

Subject Psychology  
Time: 3 Hours

Maximum Marks: 70

### General Instructions:

- (i) All questions are compulsory.
- (ii) Marks for each question are indicated against it.
- (iii) Answers should be brief and to the point.
- (iv) PART- A has 10 *Learning Checks* carrying one mark each. You are required to answer them as directed.
- (v) Questions 11 to 16 in PART- B are *Very Short Answer type* questions carrying 2 marks each. Answer to each question should not exceed 30 words.
- (vi) Questions 17 to 20 in PART- C are *Short Answer Type I* questions carrying 3 marks each. Answer to each question should not exceed 60 words.
- (vii) Questions 21 to 26 in PART- D are *Short Answer Type II* questions carrying 4 marks each. Answer to each question should not exceed 100 words.
- (viii) Questions 27 and 28 in *PART- E* are *Long Answer Type* questions carrying 6 marks each. Answer to each question should not exceed 200 words.

### PART - A

1. Match the TWO lists and choose the correct match from the given options:

	LIST A	LIST B
1.	One factor theory	A. Thurstone
2.	Two factor theory	B. Binet
3.	Structure of Intellect Model	C. Spearman
4.	Theory of Primary Mental Abilities	D. Guilford

### OPTIONS

- a. 1 – D, 2 – A, 3 – C, 4 – B,  
 b. 1 – C, 2 – D, 3 – B, 4 – A,  
 c. 1 – A, 2 – C, 3 – D, 4 – B,  
 d. 1 – B, 2 – C, 3 – A, 4 – D, (1)
2. A person's resolution of problems at any stage of development less than the adequate, demonstrates regression. (True/False) (1)
3. The analysis of stress process based on a cognitive theory was proposed by \_\_\_\_\_. (Selye / Lazarus) (1)
4. The craze for thinness valued by models and actors is termed as \_\_\_\_\_. (Anorexia nervosa/Bulimia). (1)
5. 'People have freedom and choices' is the core assumption of \_\_\_\_\_ therapy.  
 (a) Cognitive  
 (b) Gestalt  
 (c) Behaviour  
 (d) Client Centered (1)
6. 'Changing our behaviour can change how we think and feel'. Give an example. (1)
7. Identify the correct sequence of the stages of group formation. (1)  
 (a) Performing, norming, storming & forming.  
 (b) Forming, storming, norming & performing.  
 (c) Norming, storming, forming & performing.  
 (d) Storming, norming, performing & forming.
8. Name any ONE human influence on environment. (1)

9. What do you suggest should be the age of the President of India? This is an example of \_\_\_\_\_ type of interview question.
- (a) Closed ended  
(b) Open ended.  
(c) Mirror question  
(d) Bipolar ended (1)
10. Ritu's young son works in a call centre. In spite of knowing his odd hours of returning, she continues to have prolonged, vague and intense fear, accompanied by hyper vigilance, showing a kind of anxiety. Identify the type of anxiety she is suffering from? (1)

**PART - B**

11. Elucidate any TWO characteristics of emotionally intelligent individual. (2)
12. Mention TWO tips to improve listening skills. (2)
13. State any TWO techniques of self regulation. (2)
14. What do you understand by burnout? (2)
15. 'Extreme cohesiveness within a group becomes harmful for functioning'. Explain. (2)
16. What are the effects of noise on human behaviour? (2)

**PART - C**

17. Critically evaluate the method of behavioural rating for assessing personality. (3)
18. A person shows break - up in relationships, increased body weight, poor performance in school and at work. State the factors predisposing this disorder. (3)
19. Give the meaning of attribution? Explain fundamental attribution error with the help of an example. (3)
20. What is aggression? Describe any TWO causes. (3)

OR

Suggest any THREE strategies for poverty alleviation?

**PART – D**

21. 'Projective techniques were developed to assess unconscious motives and feelings'. Elaborate the statement and explain TWO such techniques. (4)

OR

Compare the trait approaches given by Allport and Cattell to understand personality.

22. What are the effects of stress on the psychological functioning of an Individual? (4)
23. What is prejudice? Write any THREE sources which lead to the development of prejudices. (4)
24. What are the potential causes of inter group conflicts among two caste or community groups. Suggest some strategies to reduce such conflicts. (4)
25. 'Effective communication is possible with body language' Comment. (4)
26. Elucidate the differences in various areas of functioning at different levels of mental retardation. (4)

**PART- E**

27. Distinguish between psychometric and information processing approaches to intelligence. Elaborate any ONE theory representing information processing approach (2+4 =6)

OR

What are the differences in the potential for creativity across individuals and the manner in which it is expressed? Write the features of test of creativity. (4+2 =6)

28. 'I am worthless and the situation is helpless' with these thoughts a person comes to you. Being a therapist, how will you help him/ her to think in a positive way?

(3+3 =6)

OR

How would you formulate the problem of a client? Discuss the role of Yoga in detail as an alternative therapy to alleviate psychological stress.

(3+3 = 6)

**PSYCHOLOGY THEORY (037)  
SAMPLE PAPER – II**

Time: 3 Hours

Maximum Marks: 70

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**PART – A**

1. The mental age (MA) of an 8 year old child with an IQ of 110 is \_\_\_\_\_ years.  
(1)
2. An individual is rejected in a job interview, he claims that his present job is better. He is using \_\_\_\_\_.  
(1)

- (a) Projection
- (b) Regression
- (c) Reaction formation
- (d) Rationalization

3. A student who believes that he has the ability to excel in sports demonstrates high \_\_\_\_\_.

(1)

- (a) Self regulation
- (b) Self efficacy
- (c) Self esteem
- (d) Self confidence

4. Frustration results from \_\_\_\_\_.

- (a) incompatibility between two or more needs or motives.
- (b) blocking of needs and motives.
- (c) expectations from oneself and others.
- (d) excessive demands.

(1)

5. 'I can control the weather according to my moods'. This is a statement made by a person suffering from delusion of \_\_\_\_\_.

(1)

- (a) persecution
- (b) reference
- (c) grandeur
- (d) control

6. Read the matches given below and identify the correct match.

LIST A

- 1. RET -
- 2. Transference -
- 3. Token economy -
- 4. Logotherapy -

LIST B

- Existential therapy
- Psychodynamic therapy
- Cognitive therapy
- Behaviour therapy

(1)

7. Fundamental attribution error means explaining the actions of others on the basis of internal causes. True/False (1)
8. Shortage of resources necessary for living refers to (1)
- (a) deprivation
  - (b) disadvantage
  - (c) poverty
  - (d) discrimination
9. Empathy is a part of \_\_\_\_\_ skills. (1)
- (a) communication
  - (b) psychological testing
  - (c) counseling
  - (d) interviewing
10. A collection of people around a roadside performer is an example of a \_\_\_\_\_ (1)
- (a) group
  - (b) crowd
  - (c) mob
  - (d) audience

### PART- B

11. Describe any TWO factors from the Five Factor Model of personality. (2)
12. How is personal identity different from social identity? (2)
13. State the characteristics of stress resistant personality. (2)
14. Explain the concept of 'unconditional positive regard'. (2)
15. How does the traditional Indian view explain the human – environment relationship? (2)
16. Describe the method of participant observation. (2)

### PART - C

17. Illustrate the TWO categories of substance use disorder. (3)
18. Elaborate the ABC components of attitude. (3)
19. Your region has just witnessed a natural disaster. What would be its emotional impact on the people? (3)

OR

You are preparing for an important examination and there is a noisy celebration in your neighborhood. What characteristics of the noise will affect your preparation? (3)

20. How would your understanding of body language help in communicating effectively? (3)

#### PART – D

21. What is emotional intelligence? State the characteristics of emotionally intelligent people. (4)
22. 'Intelligence is the interplay of nature and nurture'. Comment. (4)
23. How is assessment of personality done using indirect techniques? Briefly describe one such technique. (4)
24. Describe any FOUR life skills which you think will help you in meeting the challenges of school life. (4)

OR

How does Selye's Model relate prolong stress to bodily response? Explain.

25. How is behaviour therapy used to treat phobia? (4)
26. Suppose you want to bring about a change in the attitude of your peers to make your city greener and cleaner. What factors should be kept in mind while preparing effective message for this purpose? (4)

**PART – E**

27. Elaborate any THREE psychological models proposed to explain mental disorders. (3X2 = 6)

OR

Describe any THREE behavioural disorders prevalent among children.

(3X2 = 6)

28. What do you understand by 'group'? Explain the stages of group formation. (1 + 5 = 6)

OR

Why do people conform? How is conformity different from compliance? Explain. (3+3 = 6)