

**Psychology SQP (2015)**

**Class – XII**

**Blue Print**

S. No	Objective	Knowledge					Understanding					Application					Higher Order Thinking Skills					Evaluation and multidisciplinary					Total Marks (Questions)
		LC 1 Mark	VSA 2 Marks	SA-I 3 Marks	SA-II 4 Marks	LA 6 Marks	LC 1 Mark	VSA 2 Marks	SA-I 3 Marks	SA-II 4 Marks	LA 6 Marks	LC 1 Mark	VSA 2 Marks	SA-I 3 Marks	SA-II 4 Marks	LA 6 Marks	LC 1 Mark	VSA 2 Marks	SA-I 3 Marks	SA-II 4 Marks	LA 6 Marks	LC 1 Mark	VSA 2 Marks	SA-I 3 Marks	SA-II 4 Marks	LA 6 Marks	
1	Intelligence & Aptitude				1				1		1															9 (3)	
2	Self & Personality		1				1				2			1												10 (5)	
3	Human Strengths & meeting life challenges		1		1											1										7 (3)	
4	Psychological Disorders					1		1								1										10 (3)	
5	Therapeutic approaches & counseling						1						1			1										7 (3)	
6	Attitude & social cognition	1											1											1		8 (3)	
7	Social influence & group processes									1						1										7 (2)	
8	Environmental & social concerns	1					1																1			6 (3)	
9	Developing psychological skills & their applications	1					1										1									6 (3)	
<b>SUBTOTAL</b>		<b>3</b>	<b>2</b>		<b>2</b>	<b>1</b>		<b>4</b>	<b>1</b>	<b>1</b>	<b>1</b>		<b>3</b>		<b>1</b>	<b>2</b>		<b>4</b>		<b>1</b>				<b>1</b>	<b>1</b>	<b>70 (28)</b>	
<b>TOTAL</b>		<b>21 (8)</b>					<b>21 (7)</b>					<b>14 (6)</b>					<b>7 (2)</b>					<b>7 (2)</b>					<b>70 (28)</b>



**Psychology**  
**Class- XII**  
**Sample Question Paper- 2015**

**Time- 3 Hours**

**Max. Marks-70**

**General instructions**

- All questions are compulsory and answers should be brief and to the point.
- Marks for each question are indicated against it.
- Question No 1-10 in Part A are multiple choice questions carrying 1 mark each. You are expected to answer them as directed.
- Question No. 11-16 in Part B are very short answer questions carrying 2 marks each. Answer to each question should not exceed 30 words.
- Question No. 17-20 in Part C are short answer type-I questions carrying 3 marks each. Answer to each question should not exceed 60 words.
- Question No. 21-26 in Part D are short answer type-II questions carrying 4 marks each. Answer to each question should not exceed 100 words.
- Question No 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**

Q1. An individual uses past experiences creatively to solve novel problems; thus integrating different experiences in an original way to make new discoveries and inventions. Such an individual is said to be high on \_\_\_\_\_ intelligence: 1

- |                 |                 |
|-----------------|-----------------|
| a) Componential | c) Analytical   |
| b) Contextual   | d) Experiential |

Q2. Rohit exhibits strong aggressive tendencies but often complains of other people acting in an excessively aggressive way. Identify the defense mechanism. 1

- |                    |                       |
|--------------------|-----------------------|
| a) Rationalisation | c) Reaction formation |
| b) Denial          | d) Projection         |

Q3. A student blames his friends for his poor performance rather than devoting time towards studies. He is said to be using: 1

- |                           |                                |
|---------------------------|--------------------------------|
| a) Problem focused coping | c) Task oriented strategy      |
| b) Emotion focused coping | d) Avoidance oriented strategy |

Q4. Shashi seldom leaves her home. She works out of her home office, has friends visit her at home and has most things delivered to her at home too. The idea of going to movies, a public park or eating out scares her. Such symptoms are typical of:- 1

- a) Obsessive compulsive Disorder
- b) Agoraphobia
- c) Social Phobia
- d) Panic Disorder

Q5. An adolescent feels very strongly that no one loves him or cares for him. This is having an impact on his well being. Which form of therapy would be most suitable for him to overcome this problem? 1

- a) Psychodynamic therapy
- b) Behaviour therapy
- c) Cognitive therapy
- d) Biomedical therapy

Q6. Fundamental attribution error refers to the overall tendency of people to give greater weightage to \_\_\_\_\_ factors while assigning a cause to people's behavior. 1

- a) Internal
- b) External
- c) Stable
- d) Unstable

Q7. Groups are more likely to take extreme decisions than individuals alone. This is an example of: 1

- a) Group Think
- b) Compliance
- c) Group Polarisation
- d) Cohesiveness

Q8. 'Perceiving or thinking that one has got less than what one should get' refers to- 1

- a) Discrimination
- b) Disadvantage
- c) Deprivation
- d) Poverty

Q9. Which of the following statements illustrates the role of the super ego? 1

- a) "You really should not do that. Nice people don't act that way"
- b) "I want it all and I want it now"
- c) "Can we all just be reasonable? I am sure we can work out a compromise".
- d) All the above

Q10. 'Intrapersonal communication refers to the communication that takes place between \_\_\_\_\_ or more persons'. 1

- a) One
- b) Two
- c) Few
- d) None of the above

### **Part B**

- Q11.What is ‘social identity’? 2
- Q12.Indirect measures are used to assess personality. Why? 2
- Q13. Define ‘burnout’. 2
- Q 14.How does healing take place in Humanistic – Existential Therapy? 2
- Q 15.Why is the concept of personal space important? 2
- Q 16.How does paraphrasing help in the counseling process? 2

### **Part C**

- Q17.It is possible to communicate one’s feelings and thoughts even without using verbal language? Justify 3
- Q 18.Explain the psychological effects of environmental pollution with an example. 3
- Q 19.You have been given the responsibility of changing the attitude of your school mates towards keeping the school surrounding litter free. Identify any one process that you would use to bring in this attitude change and explain it with the help of an example. 3
- Q 20.Explain how a distorted body image leads to eating disorder. Classify the various forms of eating disorder. 3

### **Part D**

- Q 21.Explain Sternberg’s theory of intelligence. List and define the three types of intelligence proposed by him. 4
- Q 22.Discuss the influence of heredity and environment on intelligence. 4
- Q 23.Explain the term ‘self regulation’. Suggest different psychological techniques of self – regulation that you would use while preparing for your Board Examination. 4
- Q 24.What are the internal sources of psychological stress? 4
- Q 25.Sachin is terribly afraid of climbing stairs. This has had an impact on his professional life. Desperately seeking a cure for his phobia he turns for help. With the help of an example discuss any behavioural technique that the therapist would use to help him get rid of his fear. 4
- Q 26.Many societies reflect prejudices on the basis of gender. Suggest some strategies to handle such prejudices and how can it be accomplished? 4

**Part E**

Q 27. What are anxiety disorders? Explain the various types of these disorders.

OR

What are the different behavioural disorders that are specific to children. Explain. 6

Q 28 How is compliance different from obedience? Discuss some techniques of compliance.

OR

Why does social loafing occur? How can it be reduced? 6