

BLUE PRINT OF THE WEEKLY TEST**DATE OF EXAMINATION – 26.7.16 SUBJECT- PSYCHOLOGY CLASS- XI M.MARKS- 50**

MARKS	CH-1 WHAT IS PSYCHOLOGY?	CH-2 METHODS OF ENQUIRY IN PSYCHOLOGY	CH-3 THE BASES OF HUMAN BEHAVIOUR	TOTAL
1MARKS (LC)	1X3=3	1X3=3	1X4=4	10
2MARKS(VSA)	2X2=4	2X1=2	2X1=2	8
3MARKS (SA-I)	3X1=3	3X1=3	3X2=6	12
4MARKS(SA-II)	0	4X1=4	4X1=4	8
6MARKS (LA)	6X1=6	6X1=6	0	12
TOTAL	16 MARKS	18 MARKS	16 MARKS	50 MARKS

DESIGN OF THE QUESTION PAPER

1x10=10 MARKS (LEARNING CHECKS (LC))

2X4=8 MARKS (VERY SHORT ANSWER (VSA))

3X4=12 MARKS (SHORT ANSWER-I (SA-I))

4X2=8 MARKS (SHORT ANSWER-II (SA-II))

6X2=12=MARKS (LONG ANSWER (LA))

SAMPLE QUESTION PAPER – 1**Class: XI****SEM-1 Psychology Sample Paper****Time Allowed: 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. Identify the correct sequence of the stages of evolution of Psychology. (1)
 - (a) Constructivism, Psychoanalysis, Behaviourism& Introspection
 - (b) Structuralism, Gestalt psychology, Behaviourism& Psychoanalysis
 - (c) Introspection, Humanistic approach, Functionalism & Cognitive perspective
 - (d) Constructivism, Structuralism, Behaviourism& Functionalism
2. The gap between two neurons is called ----- (1)
- 3 A scientist observes a worth of a statement on the basis of..... (1)
 - a) Data collection b) Evidence c) collection d) Both a and b
4. The brain and spinal cord comprise the following nervous system (1)

a. Peripheral	b.Somatic
c.Central	d.Autonomic
5. means consistency of tests results (1)

a) Reliability	b) Validity
c) Objectivity	d) Subjectivity
6. refers to the extent to which the test measure what it claims to measure. (1)

7.The process by which an individual grows and changes throughout the lifecycle is termed as..... (1)

- a) Growth b) Development
c) Evolution d) None of the above

8. Name any two reflexes present in the newborn.(1/2 X2=1)

9. and are the receptors for vision (1)

10. The situation where one interviewer interviews another person is called (1)

- a) Individual to group b) Group to individual
c) Individual to individual d) Group to group

PART - B

11. Mention any TWO functions of educational psychologist? (1+1=2)

12. What is co relational method of psychology (2)

13. Explain genotype and phenotype (1+1=2)

14. What is ``All – or none law``? (2)

15. What is Span of Attention? (2)

16. What are variables? State any TWO variables (1+1=2)

PART – C

17 Define case study .State anyTWOcharacteristics of a case study (1+2=3)

18. Differentiate between psychologist and a psychiatrist. (1.5+1.5=3)

19. What is development? How is it different from growth and maturation? (1+2)

20. Describes how neurons transmit information? (3)

PART – D

21. Explain the application of psychology in daily life (4)

22. Explain Bronfenbrenner contextual view of development (4)

23. Socialization is a process by which individuals acquire knowledge, skills and dispositions which enable them to participate as effective members of group and society. It is a process that

continues over the entire life span and through which one learns develops ways of effective functioning at any stage of development. It forms the basis of social and cultural transmission from one generation to the next. Its failure in any society may endanger the very existence of that society. (2+1+1=4)

1. Why socialization is necessary in daily life
2. What is the age criterion of socialization?
3. What is the basis of socialization?
24. Name the major schools of psychology. Explain any TWO.(2+2=4)
25. What are the goals of psychological enquiry? Also explain the steps required for psychological enquiry.(2+2=4)
26. Explain any FOUR factors influencing the formation of identity during adolescence. Support your answer with examples. (4)

PART – E

27 “Adolescence is a period of making choices pressure careers building of self and uncertainties”. Describe the psychological changes and the problems that an adolescent may go through during this period of life. (3+3=6)

OR

Explain in detail any THREE endocrine glands and the hormones secreted by them. (2X3)6

28. Human behavior can be controlled and modified through the application of psychological principles. In this regard explain the relation of psychology with THREE other disciplines?

(2X3)6

OR

Identify and explain the most appropriate enquiry for the following research problems

(2X3=6)

1. Does noise pollution influence the problem solving ability of the individual
2. Should there be address code for the college students
3. Tracking major life events of your favorite leader.

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MARKING SCHEME OF SAMPLE PAPER 1

Class XI

SEM 1- PSYCHOLOGY

QUESTIONS	ANSWERS	DISTRIBUTION OF MARKS
	PART-A	
Q1	b)	1Mark
Q2	Synaptic cleft	1Mark
Q3	d) Both a and b	1Mark
Q4	c) Central	1Mark
Q5	Reliability	1Mark
Q6	Validity	1Mark
Q7	b)Development	1mark
Q8	Sucking, Sneezing, Knee jerk etc	1Mark
Q9	Cones and Rods	1Mark
Q10	c)Individual to individual	1Mark
	PART-B	
Q11	Following are the two functions of educational psychology 1. Help in developing instructional methods and material. 2. Concerned with the issues of relevance for education , counseling and learning problems.	1+1=2Marks
Q12	Correlation method is the research method in which researchers attempt to determine whether and to what extent different variables are related to each other. It is divided into a) Positive correlation b) Negative correlation c) Zero correlation	2Marks
Q13	Genotype- actual genetic material or a person genetic structure and heritage. Phenotype- way an individual is expressed in observable and measureable characteristic example –physical traits like weight , height etc	1+1=2Marks
Q14	All or none law is the rule that neurons will always respond with its complete strength i.e. potential, action to a stimulus or will not respond at all regardless of the stimulus magnitude	2 Marks

Q15	Our attention has a limited capacity to receive stimuli. The number of objects one can attend to a brief exposure i.e. a fraction of second is called span of attention or perceptual span.	2Marks				
Q16	Variables are any stimulus or event that varies or can be measured. There are following types of variables a) Independent variables b) Dependent variables c) Extraneous variables	1+1=2marks				
PART-C						
Q17	Case study provides a narrative or detailed descriptions of events that take place in person's life. It employs wide variety of methods. Two characteristics of case study are 1. An individual is taken as a unit of analysis 2. Focus is directed to a particular case not on the method of analysis. 3. Use various methods to get in depth information. 4. Valuable research strategy (Any TWO)	1+2=3Marks				
Q18	Difference between psychologist and psychiatrist <table><tr><th>Psychologist</th><th>Psychiatrist</th></tr><tr><td>1. Study different aspects of human personal and social life. 2. Cannot prescribe medication</td><td>1. Has medical degree of specialized training 2. Prescribe medications</td></tr></table>	Psychologist	Psychiatrist	1. Study different aspects of human personal and social life. 2. Cannot prescribe medication	1. Has medical degree of specialized training 2. Prescribe medications	1.5+1.5=3Marks
Psychologist	Psychiatrist					
1. Study different aspects of human personal and social life. 2. Cannot prescribe medication	1. Has medical degree of specialized training 2. Prescribe medications					
Q19	Development is a pattern of progressive orderly and predictable changes that began at conception and continue throughout life. <table><tr><th>Growth</th><th>Development</th></tr><tr><td>1. It refers to increase in the size of the</td><td>1. It refers to the change that follow</td></tr></table>	Growth	Development	1. It refers to increase in the size of the	1. It refers to the change that follow	1+2=3Marks
Growth	Development					
1. It refers to increase in the size of the	1. It refers to the change that follow					

Q20	<div> <div>body parts. 2. It is quantitative. 3. It is confined to limited period.</div> <div>orderly sequence. 2. It is both quantitative and qualitative. 3. It occurs throughout life.</div> </div> <p>Information is transmitted from one place to another within the nervous system in the form of nerve impulse. They receive information from the sense organs or from adjacent neurons and carry them to the central nervous system and bring motor information from central nervous system to motor organs. Neurons transmit information with the help of dendrites, soma, axon and other terminal buttons. (Diagram)</p>	1+2=3Marks
	PART-D	
Q21	<p>Application of psychology in daily life</p> <ol style="list-style-type: none"> 1. Help in solving problems related to educational, health, environment etc. 2. Principles and methods of psychology help in reducing or alleviating stress ,work etc 3. Help in solving interpersonal skills. 	1X4=4Marks
Q22	<p>Bronfenbrenner on the role of environmental factors in the development of individual by dividing it into five forms</p> <ol style="list-style-type: none"> 1. Micro system 2. Meso system 3. Exo system 4. Macro system 5. Chrono system <p>(Detailed explanation of these points are required)</p>	4Marks
Q23	<ol style="list-style-type: none"> 1. Socialization helps individual in acquiring knowledge, skills and aspirations. (2) 2. Age criterion of socialization is life span. (1) 3. Basis of socialization is social and cultural transmission. (1) 	2+1+1=4Marks
Q24	<p>Major schools of psychology are</p> <ol style="list-style-type: none"> 1. Cognitive psychology 2. Biological psychology 3. Neuro psychology 4. Developmental psychology 5. Social psychology 6. Cross cultural psychology 	2+2=4Marks

Q25	<p>7. Health psychology 8. Clinical or counseling psychology 9. Educational psychology 10. Sports psychology 11. Industrial psychology (detailed explanation of any two)</p> <p>Goals of psychology</p> <ol style="list-style-type: none"> 1. Description 2. Prediction 3. Explanation 4. Control 5. Application <p>Steps of psychological enquiry</p> <ol style="list-style-type: none"> 1. Conceptualizing a problem 2. Collecting data 3. Drawing conclusion 4. Revising research conclusion <p>FOUR factors influencing the formation of identity during adolescence are</p> <ol style="list-style-type: none"> 1. Cultural background 2. Socio economic background 3. Loneliness 4. Conflicts 	2+2=4Marks
Q26		1X4=4marks
	PART-E	
Q27	<p>Adolescence is commonly defined as a stage of life that begins at onset of puberty when sexual maturity or ability to produce is attained.</p> <p>Problems or challenges that adolescents face are</p> <ol style="list-style-type: none"> 1. Delinquency 2. Substance abuse 3. Eating disorder <p>Psychological changes</p> <ol style="list-style-type: none"> 1. Imaginary audience and personal fable 2. Formal operational stage 3. Major concerns(Pg 79 NCERT) <p>OR</p>	3+3=6Marks

(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

Q1. Which of the following comes is an example of biological motive? 1

- a) Hunger b)Affiliation c)Power d)Curiosity

Q2 . Which of the following is a barrier to creative thinking? 1

- a)Habit b)Emotion c)Culture d)All of the above

Q3 Which of the following is a stage in the memory process? 1

- a) Encoding b)Storage c)Retrieval d)All of the above

Q4 Which of the following can be learned by the method of observational learning? 1

- a) Aggressiveness b)Courtesy c)Pro-social behaviour d)All of the above

Q5 The process by which an individual grows and changes throughout the life cycle is termed as..... 1

- a) Growth b)Development c)Maturation d)None of the above

Q6 Which of the following is the main body of the nerve cell? 1

- a) Dendrites b)Soma c)Axons d)None of the above

Q7 The experiments in which independent variable is selected rather than varied or manipulated by the experimenter are called 1

- a) Field Experiment b)Quasi Experiments c)Positive Experiment d)Pure Experiment

Q8 Which of the following information is collected as psychological information? 1

- a) Emotions b)Delusions c)Consciousness d)All of the above

Q9The first psychological laboratory in India was established in..... year. 1

- a) 1916 b)1849 c)1949 d)1953

Q10 Which of the following comes under the cluster of motivation? 1

- a) Instincts b)Drives c)Needs d)All of the these

PART -B

Q11 Differentiate between basic and applied psychology. 1+1=2

Q12 Explain any two types of psychological data 1+1=2

Q13 Describe any two agents of socialization. 1+1=2

Q14 Differentiate between episodic and semantic memory. 1+1=2

Q15 Differentiate between inductive and deductive reasoning. 1+1=2

Q16 State any four characteristics of lifespan development. ½ X4=2

PART-C

Q17 Rahul is an 8 year old boy who was whenever prosecuted with a teddy bear in the experimental room, a fearful sound was made. This made Rahul fearful of the white furry objects

1. What kind of learning is taking place here in this situation? 1
2. Differentiate between two types of learning. 1+1=2

Q18 Differentiate between verbal, non- verbal and performance tests. 1X3=3

Q19 'While solving a problem, there are various obstacles that may hinder in between' 1+2=3

- 1) Identify the obstacles that one may encounter in solving a problem? 1

2) Discuss any two obstacles in detail? 1+1=2

Q20 . Explain how a distorted body image leads to eating disorder. Describe any two forms of eating disorder. 1+2=3

PART-D

Q21 "During early years of childhood, some important developments in the self are taking place"

1. State any two developments of that age. 1+1=2

2. Explain any two of them in detail with examples. 1+1=2

Q22 Explain in detail any two ethical issues which psychologist must keep in mind while planning psychological research. 2+2=4

Q23 Differentiate between generalization and discrimination. 2+2=4

Q24 Explain any two methods that help in enhancing our memory? 2+2=4

Q25 Explain any two techniques to control relevant or extraneous variables. 2+2=4

Q26 Describe any four areas of everyday life where understanding of psychology can be put to practice 1X4=4

PART-E

Q27 "Old age is a fearful stage for the people entering into it" Describe in detail any three changes that an old age people may undergo during this period of life. 3X2=6

OR

What is learning disability? Describe any five symptoms of learning disability. 1+5=6

Q28 Explain in detail any three strategies for creative thinking? 3X2=6

OR

Explain in detail any three themes which provide direction to research and application of psychology? 3X2=6

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MARKING SCHEME OF SAMPLE PAPER 1

QUESTIONS	ANSWERS	DISTRIBUTION OF MARKS
	PART-A	
Q1	a)Hunger	1Mark
Q2	d) All of these	1Mark
Q3	d) All of these	1Mark
Q4	d) All of these	1Mark
Q5	b)Development	1Mark
Q6	d)None of these	1Mark
Q7	b)Quasi experiments	1mark
Q8	d) All of these	1Mark
Q9	a)1916	1Mark
Q10	d)All of these	1Mark
	PART-B	
Q11	Difference between basic and applied psychology 1. Basic psychology is knowledge based on observation and can be replicated and made public whereas applied psychology is the area of psychology which is put to actual use in bettering human behaviour and life in practical solutions. 2. In basic psychology , theories and principles are developed whereas in applied psychology these theories and principles are put in practice.	1+1=2Marks
Q12	Two types of psychological data are 1. Demographic information 2. Physical information 3. Physiological data (Any two)	1+1=2Marks
Q13	Two agents of socialization are:- 1. Parents 2. School 3. Peer groups 4. Media influences (Any two)	1+1=2Marks
Q14	Difference between episodic and semantic memory Episodic memory 1. It contains biographical details of our life 2. It includes memories relating to our personal life	1+1=2 Marks

	<p>experience</p> <p>Semantic memory</p> <ol style="list-style-type: none"> 1. It is the memory of general awareness and knowledge. 2. All concepts, ideals and rules of logic are stored in semantic memory. 	
Q15	<p>Difference between inductive and deductive reasoning</p> <p>Inductive reasoning</p> <ol style="list-style-type: none"> 1. It is based on specific facts and observations. 2. In this reasoning people analyze other possible reasons and observe what the man is actually doing and then draw a conclusion. <p>Deductive reasoning</p> <ol style="list-style-type: none"> 1. It begins with making general assumption. 2. In this reasoning people make such mistakes in the sense that they assume but do not always know if the basic assumption is true. 	1=1=2Marks
Q16	<p>Four characteristics of lifespan development are;-</p> <ol style="list-style-type: none"> 1. Development is lifelong 2. It is multi- dimensional 3. It is highly plastic 4. Influenced by historical conditions 5. It is concern of a number of disciplines. 	½ X4=2marks
	PART-C	
Q17	<ol style="list-style-type: none"> 1. Observational learning. 2. In observational learning, observers acquire knowledge by observing the models behavior, but the performance is influenced by models behavior being rewarded or punished whereas insight learning the solution to a problem become clear and there is a change in what the leaner knows rather than what he/she does. 	1Mark 1+1=2Marks
Q18	<p>Difference between verbal, non-verbal and performance tests</p> <p>Verbal test</p> <ol style="list-style-type: none"> 1. Demands understanding of written words. Responses are also written. 2. It can be administered to literates 3. Example – Stanford Binet Intelligence Scale. 	1+1+1=3Marks

Q19	<p>Non-Verbal tests</p> <ol style="list-style-type: none"> 1. Here items are made of symbols or pictures 2. It can be administered to both literates and illiterates. 3. Example- Ravens Progressive Matrices <p>Performance tests</p> <ol style="list-style-type: none"> 1. They use concrete objects like blocks or puzzles. Testing requires manipulation of material in a particular manner. 2. It can be administered to both literates and illiterates 3. Example – Bhatia's Battery Test. 	1Marks
Q20	<ol style="list-style-type: none"> 1. Obstacles that one may encounter in problem solving are;- <ol style="list-style-type: none"> a)Mental set of a person b)Lack of interest c)Lack of motivation d)Functional fixedness 2. Two obstacles are;- <ol style="list-style-type: none"> a) Mental set is the tendency of a person to solve problem by following already tried mental operations or steps. b) Lack of motivation is another obstacle due to which people give up easily when they encounter failure in implementing the first step. 	1+1=2Marks
	Distorted body image leads to three types of eating disorder	1+2=3Marks
	<ol style="list-style-type: none"> 1. Anorexia nervosa 2. Bulimia nervosa 3. Binge eating 	
	(Explain any two in detail,pgno. 80 NCERT,psychology textbook	
	PART-D	
Q21	<ol style="list-style-type: none"> 1. Physical development, motor development, cognitive development etc 2. Explanation of any two development in detail <ol style="list-style-type: none"> 1. Cognitive 2. Physical 3. Motor 4. Socio- emotional <p>Detail explanation , refer pgno. 73 and 74 of NCERT psychology textbook.</p>	<p>1+1=2Marks</p> <p>1+1=2Marks</p>

Q22	<p>Two ethical issues that a psychologist must kept in mind while planning psychological research are:-</p> <ol style="list-style-type: none"> 1. Voluntary participation- this means that participants have freedom to choose whether to participate in the study or not. 2. Informed consent- this information should be given before the study/ research starts so that the participants will understand what they will undergo during study. 3. Debriefing – sometimes due to the nature of the study it becomes necessary to withhold some information from the participants, this is known as debriefing. 4. Sharing the results of the study 5. Confidentiality of data sources <p>(Explain any two issues in detail ,pgno.40 NCERT psychology book)</p>	2+2=4Marks
Q23	<p>Difference between generalization and discrimination</p> <ol style="list-style-type: none"> 1. When a learned response is elicited by a new stimulus, it is called generalization whereas discrimination is a response due to difference 2. Generalization is due to similarity while discrimination is due to difference. 3. Example – suppose a child is conditioned to be afraid of a person with long moustaches and wearing black clothes. In subsequent situation , when he/she meets another person dressed in black clothes with black beard , he shows signs of fear .The child's fear is generalized. If he/she meets another stranger wearing grey clothes and is clean shaved. The child shows no fear. This is an example of discrimination. 4. Generalization is conditioning that occur when the child is not able to develop the capacity to differentiate between two stimuli .discrimination is a response that depends upon discrimination capacity or discrimination learning of a person. 	2+2=4Marks
Q24	<p>Two methods that enhance our memory are:-</p> <ol style="list-style-type: none"> 1. Key word method- in this method , an English word that sound similar to the word of foreign language is identified 2. Method of Loci- it requires first to visualize objects / 	2+2=4Marks

	<p>places that you know well in a specific sequence, imagine the objects you want to remember and associate them one by one to the physical locations.</p> <ol style="list-style-type: none"> 3. Chunking – here several small units are combined to form large chunks 4. First letter technique – here you need to pick up the first letter of each word you want to remember and arrange them to form another word or a sentence. <p>(Explain any two in detail, pgno. 145 and 146 NCERT Psychology textbook)</p>	
Q25	<p>Two techniques to control extraneous variables are</p> <ol style="list-style-type: none"> 1. To eliminate them from the experimental setting 2. To hold them constant so that their effect remain same 3. Matching 4. Counterbalancing technique 5. Random assignment <p>(Explain any two techniques, pgno. 31 NCERT textbook.)</p>	2+2=4Marks
Q26	<p>Four areas of everyday life where psychology can be put to practice are</p> <ol style="list-style-type: none"> 1. Psychology is not only a subject that satisfies curiosities of our mind about human nature , but also a subject that offers solution to variety of problems that ranges from personal to family, community to national or international dimensions 2. Psychology enables an individual to understand oneself in a balanced and positive way without being reactionary, in order to deal with everyday challenges and meet with personal expectations 3. It help in rendering social service to others. The principles and methods of psychology helps in analyzing and understanding our self in relation to others. 4. It helps in developing good habits of study for improving learning and memory and for personal and interpersonal problem solving. 5. To alleviate or reduce stress of examination <p>(Pgno. 19 and 20 NCERT textbook)</p>	2+2=4marks
	PART-E	
Q27	Three changes that old age people may undergo	3X2=6Marks

	<p>during this period are</p> <ol style="list-style-type: none"> 1. Retirement from active vocational life 2. Need to adjust to changes in the family structure 3. Death leads to loneliness 4. Work <p>Explain these points in detail, Pgno. 81 and 82 NCERT textbook)</p> <p>OR</p> <p>Learning disability is a general term that refers to a heterogeneous group of disorders manifested in terms of difficulty in the acquisition of learning, reading, writing, speaking and mathematical activities.</p> <p>Five symptoms of learning disability are</p> <ol style="list-style-type: none"> 1. Difficulties in writing I letter, word and phrases. 2. Disorders of attention 3. Poor space orientation 4. Poor motor coordination 5. Fail to understand oral directions 6. Misjudge relationships 7. Show perceptual disorders 8. Dyslexia <p>(explain any 5 , pgno 126 and 127 NCERT textbook)</p>	1+5=6Marks
Q28	<p>Three strategies of creative thinking are:-</p> <ol style="list-style-type: none"> 1. Become more aware to be able to notice and respond to the feelings, sounds, sights etc. 2. Generate many ideas or suggestions on a given task. 3. Brain storming technique 4. Habit of associative thinking 5. Never accept first ides or solution 6. Engage in activities that require imagination 7. Give your ideas chance to incubate <p>(explain any three in detail , pgno. 161 and 162 NCERT textbook)</p> <p>OR</p> <p>Three themes that provide direction to research and application of psychology are:-</p> <ol style="list-style-type: none"> 1. Psychology like other sciences attempts to develop principles of behaviour and mental process 2. Human behaviour is function of the attributes of person and environment 3. Human behaviour is caused 4. Understanding human behaviour is culturally constructed 	<p>3X2=6Marks</p> <p>3X2=6Marks</p>

	<p>5. Human behavior can be controlled and modified through the application of psychological characteristics.</p> <p>(explain any three in detail, pgno. 13-15 NCERT psychology textbook)</p>	
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SAMPLE QUESTION PAPER – 2**Class: XI****Psychology****Time Allowed: 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

Q1 When a finger or some other object is pressed against baby's palm, the baby's fingers close around it. This is the _____ grasp. 1

Q2 Epinephrine and Norepinephrine hormones are secreted from adrenal cortex. (True/False). 1

Q3 _____ reduces or suppresses the response but doesn't increase the probability of avoidance or escape. 1

- a) Positive Reinforcement b) Negative Reinforcement c) Punishment d) None of these

Q4 Psychoanalysis was founded by _____ 1

- Q5 _____ memory was a passive occurrence of learnt material that has been transported to its long term store house. 1
- Q6 The two types of memory proposed by Guilford are _____ and _____. 1/2X1=2
- Q7 Frustration produces aggression. This hypothesis was proposed by _____. 1
- a) Chomsky b) Maslow c) Tolman d) Dollard and Miller
- Q8 According to Piaget _____ stage is made up of operations –mental actions that allow the child to do mentally what was done physically before. 1
- Q9 Choose the odd one out 1
- a) Hypothalamus b) Pons c) Cerebellum d) Medulla Oblongata
- Q10 Experimenter has no control over the situations in the observation method (True/ False) 1

PART-B

- Q11 Differentiate between Genes and Memes. 1+1=2
- Q12 Differentiate between Declarative and Procedural memory. 1+1=2
- Q13 Define Reliability. Name any two methods of reliability. 1+1/2+1/2=2
- Q14 Explain the term concept with the help of an example. 1+2=2
- Q15 What kind of egocentrism develops during adolescence as described by Piaget. 2
- Q16 What is enculturation. State any two features of enculturation. 1+1/2+1/2=2

PART-C

- Q17 Explain in detail any three types of conflicts. 1X3=3
- Q18 Discuss the stage model by Atkinson and Shiffrin. 3
- Q19 Differentiate between Divergent and convergent thinking. 1.5+1.5=3
- Q20 Differentiate between interview and questionnaire. 1.5+1.5=3

PART-D

- Q21 Discuss in detail any four Maslow's needs of hierarchy. 1X4=4
- Q22 Explain any two factors affecting selective attention. 2+2=4

- Q23 Explain in detail any two methods for studying verbal learning. 2+2=4
- Q24 Discuss any four steps that are involved in conducting scientific research 1X4=4
- Q25 Explain in detail any two major problems that are faced by adolescents. 1X4=4
- Q26 Explain in detail any two theories of forgetting. 2+2=4

PART-E

- Q27 Define correlation method . Explain in detail any two types of correlation. 2X3=6

OR

Explain in detail any three types of psychological motives. 2X3=6

- Q28 Explain in detail any three principles of perceptual organization. 2X3=6

OR

Explain in detail any three learning principles that are used in the treatment of maladaptive behavior. 2X3=6

MARKING SCHEME OF SAMPLE PAPER 2

Q.NO	ANSWERS	DISTRIBUTION OF MARKS								
	PART-A									
Q1	Grasp Reflex	1Mark								
Q2	False, it secretes corticoids	1Mark								
Q3	c)Punishment	1Mark								
Q4	a)Freud	1Mark								
Q5	Working Memory	1Mark								
Q6	Convergent thinking and Divergent thinking	1Mark								
Q7	d)Dollard and Miller	1Mark								
Q8	Concrete Operational stage	1Mark								
Q9	a)Hypothalamus, because it is a part of forebrain	1Mark								
Q10	False	1Mark								
	PART-B									
Q11	<div>Difference between Genes and Memes</div> <table><tr><th>Genes</th><th>Memes</th></tr><tr><td>1. It is the unit of hereditary information</td><td>1. They are DNA of human society</td></tr><tr><td>2. They write script of biological transmissions</td><td>2. They write script of cultural transmission</td></tr></table>	Genes	Memes	1. It is the unit of hereditary information	1. They are DNA of human society	2. They write script of biological transmissions	2. They write script of cultural transmission	1+1=2Marks		
Genes	Memes									
1. It is the unit of hereditary information	1. They are DNA of human society									
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Q12	<div>Difference between Declarative and Procedural memory</div> <table><tr><th>Declarative Memory</th><th>Procedural Memory</th></tr><tr><td>1. It includes information pertaining to facts, names, date.</td><td>1. It refers to memory related to procedures of accomplishing various task i.e. skill learning.</td></tr><tr><td>2. Example-rikshaw has three wheels or India became independent on 15 August 1947</td><td>2. Example- how to make tea, play basketball or drive a car.</td></tr><tr><td>3. Facts retained in this memory are related to amenable verbal descriptions.</td><td>3. Contents of this memory cannot be described easily.</td></tr></table>	Declarative Memory	Procedural Memory	1. It includes information pertaining to facts, names, date.	1. It refers to memory related to procedures of accomplishing various task i.e. skill learning.	2. Example-rikshaw has three wheels or India became independent on 15 August 1947	2. Example- how to make tea, play basketball or drive a car.	3. Facts retained in this memory are related to amenable verbal descriptions.	3. Contents of this memory cannot be described easily.	1+1=2Marks
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3. Facts retained in this memory are related to amenable verbal descriptions.	3. Contents of this memory cannot be described easily.									
Q13	Reliability refers to consistency of scores obtained by an individual on the same test on different occasions. Two methods /types of reliability are A. Test-Retest reliability B. Split half reliability	1+1=2Marks								
Q14	Concepts are mental category for objects and events which are	1+2=2Marks								

	similar to each other in one or more than one way They once formed get organized into categories Example – the word mango is a category because different varieties of mangoes can be subsumed within it and it is also a concept within the category of fruits.					
Q15	Ego centrism is the stage where an adolescent see the world only in terms of their own selves and are not able to appreciate other’s point of view. According to David Elkind there are two components of Egocentrism – a) personal Fable b)Imaginary audience.	2 Marks				
Q16	Enculturation refers to all the learning that takes place without direct or deliberate teaching. Features of Enculturation a) Concepts are encultured both directly and indirectly. b) It occurs in human life because of the existence of socio cultural context. c) Key element of enculturation is learning by observation	1+1=2Marks				
	PART-C					
Q17	Three types of conflicts are 1. Approach Approach conflict 2. Appraoch –Avoidance Conflict 3. Avoidance – Avoidance conflict 4. Double Appraoch Avoidance conflict (Explain any three in detail)	1X3=3Marks				
Q18	Atkinson and Shiffrin model is also known as stage model memory which proposes the existence of three separate but sequentially linked memory system 1. Sensory memory- contains fleeting impression of a sensory stimulus. It has a large capacity. It is of short duration that is less than a second. 2. Short Term memory- a limited recollection of recently perceived stimuli . It hold small amount of information over brief period of time i.e. less than 30 seconds. 3. Long Term memory- is a permanent store of memories for latter retrieval.	3Marks				
Q19	Difference between Convergent and Divergent Thinking <table><tr><td>Convergent Thinking</td><td>Divergent Thinking</td></tr><tr><td>1. It has one correct answer. 2. It does not include fluency, flexibility and originality.</td><td>1. It has many answers. 2. It includes fluency, flexibility and originality 3. It leads to organization of new ideas.</td></tr></table>	Convergent Thinking	Divergent Thinking	1. It has one correct answer. 2. It does not include fluency, flexibility and originality.	1. It has many answers. 2. It includes fluency, flexibility and originality 3. It leads to organization of new ideas.	1X3=3Marks
Convergent Thinking	Divergent Thinking					
1. It has one correct answer. 2. It does not include fluency, flexibility and originality.	1. It has many answers. 2. It includes fluency, flexibility and originality 3. It leads to organization of new ideas.					

Q20	3. It does not help in organization of ideas.		1X3=3Marks
	Difference between interview and questionnaire		
	Interview	Questionnaire	
	1. It is face to face interaction between two people. 2. They can be structured or unstructured 3. It required highly skilled person as a interviewer. 4. They are subjective on nature.	1. It consists of a form consisting of questions where the respondents themselves fill the answers. 2. They are always structured. 3. Comparatively less skilled person can do the interpretation. 4. They are objective in nature.	
PART-D			
Q21	Four Maslow's needs of hierarchy are 1. Physiological needs 2. Safety needs 3. Belongingness needs 4. Esteem needs 5. Self-actualization needs (Explain any four in detail)(pgno. 174-175NCERT)		1X4=4Marks
Q22	Two factors affecting selective attention are 1. External factors 2. Internal factors 3. Motivational factors 4. Cognitive factors (explain any two in detail)(pgno. 94 NCERT)		2+2=4Marks
Q23	Two procedures for studying verbal learning are 1. Paired- Associate learning 2. Serial learning 3. Free recall (explain any two in detail)		2+2=4Marks
Q24	Four steps in conducting scientific research are 1. Conceptualizing aproblem 2. Collecting data 3. Drawing conclusions 4. Revising research conclusions (Detailed explanation of four steps are required)(pgno. 24-25NCERT)		1X4=4Marks
Q25	Two major problems faced by adolescents are		2+2=4Marks

Q26	<ol style="list-style-type: none"> 1. Search for identity 2. Egocentrism 3. Delinquency 4. Substance abuse 5. Threshold of adulthood <p>(Explain any two in detail, pgno. 78-79 NCERT)</p> <p>Two theories of forgetting are</p> <ol style="list-style-type: none"> 1. Forgetting due to Trace decay 2. Forgetting due to Interference 3. Forgetting due to retrieval failure <p>(Explain any two in detail, pgno 142-144NCERT)</p>	2+2=4Marks
PART-E		
Q27	<p>Correlation is a research method in which the researcher attempts to determine whether and to what extent different variables are related to each other. There are three different types of correlation</p> <ol style="list-style-type: none"> 1. Positive correlation 2. Negative correlation 3. Zero correlation <p>(Explain any two in detail, pgno.32 NCERT)</p> <p style="text-align: center;">OR</p> <p>Three types of psychological motives are</p> <ol style="list-style-type: none"> 1. Need for achievement 2. Need for affiliation 3. Need for power 4. Curiosity and Exploration <p>(Detailed explanation of any three is requiredpgno. 173-174NCERT)</p>	2X3=6Marks
Q28	<p>Three principles of perceptual organization are</p> <ol style="list-style-type: none"> 1. Principle of Proximity 2. Principle of Similarity 3. Principle of Continuity 4. Principle of smallness 5. Principle of Symmetry 6. Principle of closure 7. Principle of surroundedness <p>(Explain any three in detail, pgno 99-100 NCERT)</p> <p style="text-align: center;">OR</p> <p>Three learning principles that are used in the treatment of maladaptive behavior.</p> <ol style="list-style-type: none"> 1. Rewards 2. Systematic Desensitization 3. Flooding 4. Aversion therapy 	2X3=6Marks

	<ul style="list-style-type: none">5. Modeling6. Assertive learning7. Biofeedback <p>(explain any three in detail, pgno 128 NCERT)</p>	
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SAMPLE QUESTION PAPER – 3**Class: XI****Psychology****Time Allowed: 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. Identify the correct sequence of the stages of evolution of Psychology. (1)
 - (a) Constructivism, Psychoanalysis, Behaviourism& Introspection
 - (b) Structuralism,Behaviourism,Gestalt psychology& Psychoanalysis
 - (c) Introspection, Humanistic approach, Functionalism & Cognitive perspective
 - (d) Constructivism, Structuralism, Behaviourism& Functionalism
2. The gap between two neurons is called ----- (1)

3. A scientist observes a worth of a statement on the basis of.....
 a) Data collection b) Evidence c) Reliability d) Both a and b (1)
4. The brain and spinal cord comprise the following nervous system (1)
 a. Peripheral b.Somatic
 c.Central d.Autonomic
5. means consistency of tests results
 a) Relaiability b) Validity
 c) Objectivity d)Subjectivity (1)
6. refers to the extent to which the test measure what it claims to measure. (1)
- 7.The process by which an individual grows and changes throughout the lifecycle is termed as.....
 a) Growth b) Development
 c) Evolution d) None of the above (1)
8. Name reflexes present in the newborn. (any two) (1/2 +1/2=1)
9. and are the receptors for vision (1)
10. The situation where one interviewer interviews another person is called (1)
 a) Individual to group b) Group to individual
 c) Individual to individual d) Group to group

PART - B

11. Mention any two functions of educational psychologist? (1+1=2)
12. Explain experimental method with the help of an example (1+1=2)
13. Explain genotype and phenotype (1+1=2)
14. What is `` All – or none law ``? (2)
15. Describe any two perceptual constancies (1+1=2)
16. What are variables? State any two variables (1+1=2)

PART – C

- 17 Define case study .State any two characteristics of a case study (1+2=3)
18. Differentiate between counselor and clinical psychologist. (1.5+1.5=3)
19. Explain three features of lifespan development? (1X3=3)
- 20.Describe three functions of neurons (1X3=3)

PART – D

21. Explain the application of psychology in daily life. (Any four) (1X4=4)
- 22Explain Bronfenbrenner contextual view of development. (Any four forms) (1X4=4)
23. Socialization is a process by which individuals acquire knowledge , skills and dispositions which enable them to participate as effective members of group and society. It is a process that continues over the entire life span and through which one learns develops ways of effective functioning at any stage of development. It forms the basis of social and cultural transmission from one generation to the next. Its failure in any society may endanger the very existence of that society. (2+1+1=4)
1. Why socialization is necessary in daily life
 2. What is the age criteria of socialization
 3. What is the basis of socialization?
24. Explain in detail any two branches of psychology. (2+2=4)
25. Explain in detail any four goals of psychological enquiry? (1X4=4)
26. Explain any four (4) factors influencing the formation of identity during adolescence. Support your answer with examples. (4)

PART – E

- 27Differentiate between classical and operant conditioning (1X6=6)
- OR
- Explain in detail any three strategies for enhancing memory of an individual (2X3=6)

28. Human behavior can be controlled and modified through the application of psychological principles. In this regard explain the relation of psychology with 3 other disciplines? (2X3=6)

OR

Explain any six ways for achieving desired balance of emotions (1X6=6)

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MARKING SCHEME OF SAMPLE PAPER 3

QUESTION	ANSWERS	DISTRIBUTION OF MARKS
	PART-A	
Q1	b) Structuralism ,Behaviourism ,Gestalt psychology & Psychoanalysis.	1Mark
Q2	Synaptic Cleft	1Mark
Q3	Both a and b	1Mark
Q4	c)Central	1Mark
Q5	Reliability	1Mark
Q6	Validity	1Mark
Q7	b)Development	1Mark
Q8	Sucking , Sneezing, Rooting,Grasping, Babinski (Any two)	$\frac{1}{2} + \frac{1}{2} = 1\text{Mark}$
Q9	Cones and Rods	$\frac{1}{2} + \frac{1}{2} = 1\text{Mark}$
Q10	c)Individual to individual	1Mark
	PART-B	
Q11	Two functions of educational psychologist are:- <ol style="list-style-type: none"> 1. They help in developing instructional methods and materials. 2. They are concerned with the issues of education, counseling and learning problems. 3. Train people in both educational and work setting. (any two)	1+1=2Marks
Q12	Experimental method is a research method in which researchers systematically refer one or more variables in order to determine whether such changes influence some aspect of behavior. Example – to study the effect of reward on learning.	1+1=2Marks
Q13	Genotype is the actual genetic material or a person's genetic structure or heritage. Phenotype is the way an individual is expressed in observable and measureable characteristics example height, weight etc.	1+1=2Marks
Q14	All or none is the rule that that a neuron will always respond with its complete strength (Action-Potential) to a stimulus or will not respond at all regardless of the stimulus magnitude. Therefore a neuron either conducts or does not conduct and impulse.	2Marks
Q15	Two perceptual constancies are <ol style="list-style-type: none"> 1. Size constancy 2. Shape constancy 3. Brightness constancy (Explain any two in detail, pg no. 103 NCERT)	1+1=2Marks
Q16	Variables are any stimulus or event that varies and can be	1+1=2Marks

	measured. There are following types of variables 1. Independent variable 2. Dependent variable 3. Extraneous variable (any two)					
	PART-C					
Q17	Case study provides a narrative or detailed descriptions of events that takes place in person’s life. It employs wide variety of methods. Following are the two characteristics of case study 1. An individual is taken as a unit of analysis. 2. Focus is directed to a particular case not on the method of analysis. 3. Uses various methods to get in-depth information. 4. It is a valuable research strategy (Any two)	1+2=3Marks				
Q18	Difference between counselor and clinical psychologist <table><tr><th>Counselor</th><th>Clinical psychologist</th></tr><tr><td>1. They work with the people who suffer from emotional or motivational problem. 2. They are involved in vocational programs, or helping people in making professional choices or in adjusting to new and difficult situations of life. 3. They work for public agencies such as mental health centres, hospitals ,schools ,colleges and universities.</td><td>1. They are specialized in helping clients with behavioural problems by providing therapies for various disorders, anxiety, fears or stress. 2. They are involved in conducting interviews and administrating psychological test to diagnose client’s problems and use psychological methods for their treatment and rehabilitation. 3. They work either as private practitioners or at hospitals, mental institutions or with social agencies.</td></tr></table>	Counselor	Clinical psychologist	1. They work with the people who suffer from emotional or motivational problem. 2. They are involved in vocational programs, or helping people in making professional choices or in adjusting to new and difficult situations of life. 3. They work for public agencies such as mental health centres, hospitals ,schools ,colleges and universities.	1. They are specialized in helping clients with behavioural problems by providing therapies for various disorders, anxiety, fears or stress. 2. They are involved in conducting interviews and administrating psychological test to diagnose client’s problems and use psychological methods for their treatment and rehabilitation. 3. They work either as private practitioners or at hospitals, mental institutions or with social agencies.	1.5+1.5=3Marks
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Q19	Three features of lifespan development are	1X3=3Marks				

Q20	<ol style="list-style-type: none"> 1. Development is lifelong 2. It is multi directional 3. It is plastic 4. It is a concern of various disciplines. <p>(explain any three in detail)</p> <p>Three functions of neurons are</p> <ol style="list-style-type: none"> 1. They are specialized cells that possess the unique property of converting various stimuli into electrical impulses. 2. They are also specialized for reception, conduction and transmission of information in the form of electrochemical signals. 3. They receive information from the sense organs or from other adjacent neurons, carry them to central nervous system and bring motor information from central nervous system to the motor organs. 	1X3=3Marks
PART-D		
Q21	<p>Application of psychology in daily life</p> <ol style="list-style-type: none"> 1. Help in solving problems related to education, health , environment etc. 2. Principles and methods of psychology help in analyzing and understanding ourselves in relation to others. 3. It helps in reducing and alleviating stress of examination , work etc. 4. Help in developing good habits of studying for improving learning and memory. 5. Help in solving interpersonal problems 6. Help in using appropriate decision making strategies. 	1X4=4Marks
Q22	<p>(any four)</p> <p>Bronfenbrenner emphasise on the role of environmental factors in development of individual by dividing them into five forms</p> <ol style="list-style-type: none"> 1. Micro system 2. Meso system 3. Exo system 4. Macro system 5. Chrono system 	1X4=4Marks
Q23	<p>(Explain in detail any four forms)</p> <ol style="list-style-type: none"> a) Socialization helps in acquiring knowledge, skills and dispositions. b) Age criteria of socialization is whole life span c) Basis of socialization is social and cultural transmission 	2+1+1=4Marks

Q24	Two Branches of psychology are 1. Cognitive psychology 2. Biological psychology 3. Developmental psychology 4. Social psychology 5. Cross cultural psychology 6. Environmental psychology 7. Health psychology (Explain any two in detail , pg no. 11-12 NCERT)	2+2=4Marks												
Q25	Four goals of psychological enquiry are 1. Description 2. Prediction 3. Explanation 4. Control 5. Application (Explain any four in detail)	1X4=4Marks												
Q26	Four factors influencing the formation of identity during adolescence are 1. Cultural background 2. Socio economic status 3. Conflicts 4. Loneliness 5. Family and societal values (explain any four factors in detail)	1X4=4Marks												
PART-E														
Q27	<table><tr><td colspan="2">Difference between classical and operant conditioning</td></tr><tr><td>CLASSICAL CONDITIONING</td><td>OPERANT CONDITIONING</td></tr><tr><td>1. Classical conditioning was developed by Russian psychologist Ivan Pavlov and is called Pavlovian respondent learning.</td><td>1. Operant conditioning was developed by B.F.Skinner and is called Skinnerian or operant learning.</td></tr><tr><td>2. It is called type S learning to emphasize the importance of the stimulus in eliciting desired response.</td><td>2. It is called type R conditioning because of the emphasis on the response.</td></tr><tr><td>3. Beginning is made with the help of specific stimuli that bring certain response.</td><td>3. Beginning is made with the response as they occur naturally or unnaturally ,</td></tr><tr><td>4. In it C.R and U.R are</td><td>shaping them into</td></tr></table>	Difference between classical and operant conditioning		CLASSICAL CONDITIONING	OPERANT CONDITIONING	1. Classical conditioning was developed by Russian psychologist Ivan Pavlov and is called Pavlovian respondent learning.	1. Operant conditioning was developed by B.F.Skinner and is called Skinnerian or operant learning.	2. It is called type S learning to emphasize the importance of the stimulus in eliciting desired response.	2. It is called type R conditioning because of the emphasis on the response.	3. Beginning is made with the help of specific stimuli that bring certain response.	3. Beginning is made with the response as they occur naturally or unnaturally ,	4. In it C.R and U.R are	shaping them into	1X6=6marks
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4. In it C.R and U.R are	shaping them into													

	<p>the same.</p> <ol style="list-style-type: none"> 5. There is pairing of unconditioned stimulus (U.C.S) and conditioned stimulus (C.S) 6. The essence of learning is stimulus substitution 7. Respondent behavior is internal and has a secret , personal quality about it. 8. Strength of the conditioning is dependent on the magnitude of the conditioned response i.e. the amount of saliva. 9. Unconditioned stimulus is presented regardless of whether the conditioned response occurs. 10. Classical conditioning presents different pictures of behavior and learning in which an arbitrary stimulus is associated with the highly specific and elicitable response . 	<p>existence.</p> <ol style="list-style-type: none"> 4. In this C.R and U.R are different (pressing the lever is different from eating food) 5. There is no pairing of unconditioned stimulus and conditioned stimulus 6. The essence of learning is response modification 7. Operant behavior is external behavior. It is the behavior with which the organism operates on the environment. 8. Strength of the conditioning is shown by the response rate i.e. the rate with which an operant response occurs as a result of reinforcement. 9. The stimulus is presented only if the organism makes the desired response. 10. The operant conditioning situation describes the differentiation and discrimination of a response out of 	
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Q28		a mass behavior emitted in response to a complex stimulus field.	
	OR		
	Three strategies for enhancing memory of the individual are		2X3=6Marks
	<ol style="list-style-type: none"> 1. Chunking 2. First letter technique 3. Minimize interference 4. Retrieval cues (explain any three in detail, pgno. 147 NCERT)		
	Relation of psychology with other disciplines		2X3=6Marks
	<ol style="list-style-type: none"> 1. Philosophy 2. Medicine 3. Economics 4. Computerscience 5. Mass communication 6. Music 7. Architecture (explain any three in detail)		
	OR		
	Six ways to achieve desired balance of emotions are		1X6=6Marks
	<ol style="list-style-type: none"> 1. Enhance self-awareness 2. Appraise the situation objectively 3. Self-monitoring 4. Engage in self -modeling 5. Perceptual; reorganization and cognitive restructuring 6. Be creative 7. Develop and nurture good relationships 8. Have empathy 9. Participate in community service (explain any six in detail , pg no. 183-184 NCERT)		

