

SAMPLE QUESTION PAPER – I

Class: XII

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. 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. (a) True (b) False (1)
3. A counselor is trying to understand the feelings of another person from his/her Perspective, here the counselor is exhibiting.
(a) Sympathy (b) Empathy (c) Unconditional positive regard (d) Paraphrasing (1)
4. The craze for thinness valued by models and actors is termed as _____.
(a) Anorexia nervosa (b) Bulimia. (1)
5. The term used to describe the level of stress that is good for human beings is
(a) Strain (b) Eustress (c) distress (d) Arousal (1)
6. 'Changing our behavior 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. (1)
(a) Closed ended question
(b) Open ended question
(c) Mirror question
(d) Bipolar question
10. Ritu's 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. What functions do dream serve according to Freud. (Any Two) (1+1=2)
14. How does counseling process get initiated? Mention two steps. (2)
15. 'Extreme cohesiveness within a group becomes harmful for functioning'. Explain. (2)
16. What are the effects of noise on human behaviour? (Any Two) (1+1=2)

PART - C

17. A person shows break-up in relationships, increased body weight, poor performance in school and at work. Identify the disorder. State the factors predisposing this disorder (1+2=3)
18. Give the meaning of attribution. Explain fundamental attribution error with the help of an example. (1+2=3)
19. What is aggression? Describe any TWO causes. (1+2=3)
20. Suggest any THREE strategies for poverty alleviation. (1X3=3)

PART - D

21. Compare the trait approaches given by Allport and Cattell to understand personality. (4)
22. State the basic assumptions of behavior therapy. Highlight various stages of systematic desensitization. (2+2=4)
23. What is prejudice? Write any THREE sources which lead to the development of prejudices. (1+3=4)
24. What are the potential causes of inter group conflicts among two caste or community groups. (Any four) (1X4=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. (Any Four) (1X4=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

Differentiate between 'technological intelligence' and integral intelligence.' Elaborate the concept of intelligence in Indian tradition. (3+3 =6)

28. How can virtues of wisdom and knowledge be applied by students to enhance their well being? Illustrate with 2 examples. **(3+3=6)**

OR

Stress is an inevitable part of life. Suggest techniques to manage stress in life. (Any Two)
(2+4=6)

MARKING SCHEME OF THE SAMPLE QUESTION PAPER I
Class XII

Time Allowed: 3 hours

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S.NO.	Expected answer / value points	Weightage
PART A		
<u>Learning checks</u>		
1	D 1 – B, 2 – C, 3 – A, 4 – D	(1)
2	A True	(1)
3	B Empathy	(1)
4	A Anorexia Nervosa	(1)
5	B Eu stress	(1)
6	Engaging in physical exercise can make you feel good and think positive	(1)
7	B Forming, storming , norming and performing	(1)
8	noise/pollution/crowding	(1)
9	B Open ended Question	(1)
10	Generalized Anxiety Disorder	(1)
PART B		
11	Characteristics of an emotionally intelligent individual <ul style="list-style-type: none"> - Ability to perceive and be sensitive to own feelings and emotions of others by noting their body language, voice, tone and facial expression. - Ability to relate own emotions to thoughts so that a person may take them into account while solving problems and taking decisions. - Understand the powerful influence of the nature and intensity of your emotions. - Control and regulate your own emotions and expressions while dealing with self and others. (Any two of the above) (Page 17) 	1+1=2
12	Tips for being a good listener: <ul style="list-style-type: none"> - Be a patient listener : Refrain from forming an early judgment - Avoid ego speak – be aware of your body language (posture) - Control distractions - If in doubt, try to paraphrase : Visualize what is being said (Any two of the above) 	1+1=2
13	Dreams are considered as royal road to consciousness. They serve following purpose <ol style="list-style-type: none"> 1. They work as safeguards of sleep. 2. They work as wish fulfillment device 3. Release unconscious tension arising out of conflict between Id and EGO. (Any Two)	1+1=2

- 14 Stages of Counselling process (1+1=2)
- (1) Getting started- it is decided as to the frequency with which the counselor and the client will meet, times they will interact, when it is anticipated the relation will end.
- (2) Introductory talk – It entails general conversation about their lives. It gives personal details.
- 15 Extreme cohesiveness may not be in a group's interest. 2
This phenomenon is called group think'
- It results in the tendency of decision maker to make irrational and uncritical decision.
 - Overrides the motivation to realistically appraise courses of action.
 - No one expresses dissenting opinion because each person believes it would undermine the cohesion of the group.
- (Any two, page 134)
- 16 Effect of noise – 1+1=2
- When noise comes at intervals, it is more disturbing.
 - Uncontrollable noise can reduce level of task performance.
 - Continued exposure to noise can have harmful effect on mental health
 - Affects concentration
- can lead to sleep disturbance (Any two) (Page 157)
- PART C**
17. Depression involves a variety of negative moods and behavioral changes. 1+2=3
- (b) Factors disposing towards depression are
- a. Genetic make up or heredity
 - b. Gender and age
 - c. Negative life events
 - d. Lack of social support
- Explain any two in detail(Page 79 and 80NCERT)

- 18 Attribution is a systematic process of assigning causes to a person's behaviour 1+2=3
- The cause may be internal (something within the person) or external (something outside the person)
- An overall tendency for people to give greater weightage to internal than to external factors is called Fundamental Attribution error.
- Example: research shows that Indians tends to make more external attributions than Americans do. (Page 121 and 122)
- 19 Aggression is an intentional harm which is done to another person through the demonstration of actual action or use of harsh words. 1+2=3
- Example :
- A violent act of damage, because he does not like something or somebody
- Causes of Aggression
- (a) Inborn tendency
 - (b) Physiological mechanism
 - (c) Child rearing
 - (d) Frustration
- (Explanation of any two causes) (Page 168 and 169)
- 20 Strategies for poverty alleviation 3x1=3
- (a) Breaking the poverty cycle by giving financial relief
 - (b) Making the poor take responsibilities instead of blaming.
 - (c) Providing educational and employment opportunities
 - (d) Measures to improve mental health
 - (e) Empowering the poor
- (Explanation of any three causes) (Page 167 and 168)

PART D

- 21 Traits are the building blocks of personality which display a wide range of psychological attributes 1+3=4
- The two pioneers of trait approach are Allport and Cattell.
 - Allport proposed that individuals have a number of traits which are dynamic in nature. He categorized trait into –
 - (a) Cardinal
 - (b) Central
 - (c) Secondary
 - Cattell – He believed that there is a common personality structure on which people differ
 - He distinguished between source traits and surface traits.
 - He also developed a test called 16PF using factor analysis. (statistical technique) (Page 31, 32).

- 22 Basic assumptions of behavior therapy are :
- Disorders arise because of faulty behavior patterns or thought patterns.
 - The focus is on present factors which reinforce and maintain these faulty behavior and devising methods to correct them. (1+1=2)
- Systematic desensitization by Wolbe
1. Interviewing the client.
 2. Preparing a hierarchy of anxiety provoking stimuli with the least anxiety provoking stimuli at the bottom.
 3. Learning of relaxation techniques.
 4. Imagining the anxiety provoking situation and simultaneously maintaining relaxation. (1/2x4=2)
- 23 Prejudices are examples of attitudes towards a particular group : 1+1x3=4
They are usually negative and are based on stereotype about the specific group
The sources of prejudice are
- | | |
|-------------------|--------------------------------------|
| (a) Learning | (d) Kernel truth |
| (b) In group bias | (e) Self-fulfilling prophecy |
| (c) Scapegoating | (elaborate any three) (Page 118-119) |
- 24 Major causes of inter-group conflict 1X4=4
1. Lack of communication
 2. Relative deprivation
 3. Belief of being superior from the other
 4. Biased perception
 5. Competition over scarce resources
 6. Perceived inequity and biases
 7. No respect for norms by others (Explain Any 4 of above)
- 25 It is possible to communicate effectively even without using verbal language 4
- The language that people exchange without using words is called body language
 - Use of gesture, posture, eye contact and facial expressions are some examples of body language.
 - A person's back ground and past pattern of behavior are considered important in analyzing body language.
 - Body language can encourage and discourage the conversation
Give example from daily life.
(Page 186 and 187)
- 26 Mental retardation refers to below average intellectual functioning characterized by IQ 70 or below: 1X4= 4
- Deficit in adaptive behavior in the areas of communication e.g. self care, home living, social/ interpersonal skills)

- Deficits in the area of Self help skills
- Deficits in academic skills
- Deficits in vocational adjustment
- Deficits in adult living

(Any four)

(refer to table 4.2)

(page 84 and 85)

PART E

- 27 The psychometric approach focuses on the structure of intelligence 2+4=6
or its underlying dimension. Information processing approaches emphasize cognitive function underlying intelligent behaviour.
- The psychometric approach deals with ‘what’ of intelligence and information processing on ‘how’ of intelligence.

- (b) Stern berg’s triarchic theory of intelligence represents the information processing approach to understand intelligence.
- He viewed intelligence as ‘the ability to adapt, to shape, and select environment to accomplish one’s goal’.
 - He categorized intelligence into three types:
 1. Componential
 2. Experiential
 3. Contextual

(elaborate the above types of intelligence) (page 5,6)

OR

Technological intelligence – 3+3=6

- Promoted by technologically advanced societies.
- Fosters skills of generalization, abstraction, speed, minimal moves and mental manipulation.
- Focuses on attention, observation, analysis, performance and achievement (individualist orientation)

Integral intelligence

- Promoted and valued in Asian and African societies.
- Fosters cognitive and non-cognitive skills and processes.
- Holistic perspective where emphasis is given to connectivity with social and world environment.
- Collectivistic orientation and self-reflection.

Intelligence in Indian concept

- Talks of integral intelligence
- Buddhi
- Competencies
 - Cognitive capacity
 - Social competence
 - Emotional competence

➤ Entrepreneurial competence

- 28 Wisdom and knowledge 1/2x6=3
1. Curiosity
 2. Love of learning
 3. judgment/ critical thinking
 4. Originality (1 1/2x2=3)
 5. Social intelligence
 6. Perspective
- (Explain each virtue in a line)
Examples
Enhancing social/ emotional intelligence may help to cope with negative peer pressure e.g. Drug addiction etc and stress e.g. suicide. Any similar examples from either of the 6 virtues.

OR

- Stress is a silent killer. It plays a significant role in physical illness and disease. Due to lifestyle changes, stress is on the increase. Some techniques we can use to manage stress in our lives are (2+2+2=6)
1. Relaxation technique
 2. Meditation procedures
 3. Biofeedback
 4. Creative- visualization
 5. Cognitive behavioral techniques
 6. Exercise
- (Explain any two in detail)

SAMPLE QUESTION PAPER – 2

Class: XII

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 Retarded people have IQ ranging from 25 to 39. (1)

- a) Mild b) Moderate c) Severe d) Profound

Q2 Individuals having high motivation, lack of patience and who are always in a hurry are characterized by type personality. (1)

Q3 ‘At Risk’ people fall into which category or model of abnormal behaviour. (1)

- a) Psychodynamic b) Behavioural c) Cognitive d) Diathesis- Stress model

Q4.....are attitudes that contain ‘should’ or ‘ought’ aspect. (1)

- a) Beliefs b) Multiplexity c) Centrality d) Extremeness

Q5 A bully slaps a new student in school, so that s/he can snatch newcomer's chocolate is an example of..... (1)

- a) Hostile aggression b)Violence c)Instrumental aggression d)Conflict

Q6 Body language is composed of all those messages that people exchange besides words (true/false) (1)

Q7 The reaction to external stressors are called (1)

Q8 The children develops sexual feelings towards parents of opposite sex. Freud called these thoughts and feelings in boys (1)

- a) Electra complex b)Oedipus complex c)Fixation d)Identification

Q9 Working together to achieve shared goals is called (1)

- a) Cooperation b)Compliance c)Conformity d)Obedience

Q10 Paraphrasing is a process in which feelings and ideas are expressed (true/ false) (1)

PART-B

Q11 'Reema is a 17 yrs old girl who is obese and is not able to have control over her diet. What tips you would give her to monitor her behaviour for self-control (any two) (1+1=2)

Q12 'Stress is an integral part of our lives and has become a buzz word with everyone's living' a) Define stress (1)

b) Quote any two examples that have created stressful situations in your lives (1)

Q13 Differentiate between individual and group test. (1+1=2)

Q14 ' Rahima is a tennis player and is participating in the zonal test. She is very talented yet she feels nervous in front of audience. Explain any two reasons for which arousal may take place with reference to social facilitation. (1+1=2)

Q15 You are preparing for an important examination and there is noisy celebration in your neighborhood. Describe any two characteristics that will affect your preparation. (1+1=2)

Q16 Explain any two qualities that are associated with an effective counselor. (1+1=2)

PART-C

Q17 What are behaviour ratings? Explain any two limitations of behavioural ratings. (1+2=3)

Q18 Explain any three life skills that help in meeting the challenges of school life. (1X3=3)

Q19 What do you mean by Transference neurosis? Describe its two types. (1+2=3)

Q20 Explain in detail Triarchic theory of intelligence. (3)

PART-D

Q21 What is social loafing? Give one incident of social loafing in school. Why does it happen?
Give two ways of reducing social loafing. (1+1+1+1=4)

Q22 Raghav is a 17 yr old boy who just joined college after shifting to Delhi. He plays guitar and has got friendly with the band in college. Describe in detail four reasons for him to become part of the band or becoming friendly with the group. (1X4=4)

Q23 Explain in detail any four stages of personality development proposed by Freud. (1X4=4)

Q24 What are mental disorders? How are they classified? Discuss the role of biological factors in abnormal behaviour. (1+1+2=4)

Q25 Describe any four conflict resolution strategies. (1X4=4)

Q26 Describe in detail any two determinants of conformity. (2X2=4)

PART-E

Q27 Describe Schizophrenic disorders. Explain in detail any two symptoms of schizophrenia (2X3=6)

OR

Explain in detail any three techniques used in behaviour therapy. (2X3=6)

Q28 Explain in detail any three factors that influence pro-social behaviour. (2X3=6)

OR

What do projective techniques bring from unconscious mind? Explain briefly any two projective techniques with examples. (2+2+2=6)

MARKING SCHEME OF SAMPLE PAPER 2

Question no.	ANSWER	DISTRIBUTION OF MARKS
PART A		
1	C)Severe	1Mark
2	Type A personality	1Mark
3	d) Diathesis Stress Model	1Mark
4	b)Multitplexity	1Mark
5	c)Instrumental Aggression	1Mark
6	True	1Mark
7	Strain	1Mark
8	b)Oedipus Complex	1Mark
9	a)Cooperation	1Mark
10	False	1Mrk
PART-B		
11	<p>Following tips are given to Reema to monitor her behavior for self control</p> <ul style="list-style-type: none"> a. Observation of her own behaviour – she should observe her own behaviour to change, modify or strengthen certain aspects of self. b. Self- instruction – she should instruct herself to have control over his diet or have balanced diet and behave accordingly c. Self reinforcement- she should reward herself for positive outcome. <p>(any two)</p>	1+1=2Marks
12	<p>Stress can be described as pattern of responses an organism makes to stimulus event that disturbs the equilibrium and exceeds person’s ability to cope.</p> <p>Example – stress like noise , crowding , bad relationship, daily commuting to school, or office are</p>	1+1=2Marks

	events that causes our body to give stress response	
13	<p>Difference between individual and group test</p> <ol style="list-style-type: none"> 1. Individual test are administered to one individual at a time while group test are administered to several people. 2. In individual test, the test administrator establish a rapport with the subject and is sensitive to his or her feelings, moods and expressions while in group test the tester is not familiar with the subject's feelings. 3. In individual test, people answer in oral or in written form while in group test the tester is not familiar with the subject's feelings. 4. Examples of Individual test- Draw a person test, WAIS, WISSC, Alexder pass along test. Examples of group test- Group test of intelligence by Jalota. 	1+1=2Marks
14	<p>Two reasons for while arousal may take place with reference to social facilitation are</p> <ol style="list-style-type: none"> 1. Better performance in presence of others may take place because the person experience arousal that makes him reacts in a more intense manner. 2. The arousal may take place because the person feels that h/she is being evaluated 3. Nature of the task 4. Co- action <p>(explain any two, pgn. 120</p>	1+1=2Marks

	NCERT)	
15	<p>Two characteristics of noise that will affect our preparation are described as follows</p> <ol style="list-style-type: none"> 1. Intensity 2. Complexity of task 3. Control 4. Intervals <p>(explain any two in detail, pgno157, NCERT)</p>	1+1=2Marks
16	<p>Two qualities of a effective counselor are</p> <ol style="list-style-type: none"> 1. Authenticity 2. Positive regard for other 3. Empathy 4. Paraphrasing <p>(explain any two in detail, pgno. 192 , NCERT)</p>	1+1=2Marks
	PART-C	
17	<p>In Behaviour Ratings the subject are asked to put individuals whom they know into categories in terms of their behavioural qualities. The categories may involve numbers or descriptive adjectives.</p> <p>Limitations of behavior ratings are</p> <ol style="list-style-type: none"> 1. Halo effect 2. Middle category bias <p>Explanation of limitations is required, NCERTpgno. 47)</p>	1+1+1=3Marks
18	<p>Three life skills that help in meeting challenges of school life are</p> <ol style="list-style-type: none"> 1. Assertiveness 2. Time management 3. Rational thinking 4. Improving relationship 5. Self care 6. Overcoming unhelpful habits <p>(Explain any three, NCERT pgno.64-65)</p>	1X3=3Marks
19	<p>When the client expresses his/her frustrations, anger, fear and depression that had been suppressed during early childhood</p>	1+1+1=3Marks

	<p>years , the therapist act as a substitute for an authority figure and this stage is known as transference neurosis.</p> <p>It is of two types</p> <ol style="list-style-type: none"> 1. Positive transference 2. Negative transference <p>(Explanation of these types are required, pgno. 95 , NCERT)</p>	
20	<p>Triarchic theory of intelligence was proposed by Robert Sternberg. According to this theory , there are three basic types of intelligence</p> <ol style="list-style-type: none"> 1. Componential intelligence 2. Experiential intelligence 3. Contextual intelligence <p>(Detailed explanation is required, NCERT, pgno. 8)</p>	1X3=3Marks
	PART-D	
21	<p>Individuals work less hard in group than they do when performing alone. This phenomenon is referred to as social loafing . Social loafing is referred to as reduction in individuals effort when working on a collective task.</p> <p>Example- in the game of tug of war, it is not possible for you to identify how much force each member of the group is exerting. This occurs because</p> <ol style="list-style-type: none"> 1. Group members feel less responsible for the overall task and exert less effort. 2. Lack of motivation' 3. Improper coordination 4. Lack of belongingness <p>Two ways of reducing social loafing</p> <ol style="list-style-type: none"> 1. Making efforts of each person identifiable 2. Increasing pressure to work hard 3. Strengthening group cohesiveness 	1+1+1+1=4Marks

	4. Increasing importance of task (Any Two)	
22	<p>Four reasons that makes Raghav become a part of band are</p> <ol style="list-style-type: none"> 1. Security 2. Status 3. Self- esteem 4. Goal achievement 5. Satisfaction of needs 6. Provide knowledge and information <p>Explain any four in detail, NCERT, pgno. 132</p>	1X4=4Marks
23	<p>Four stages of personality development developed by Frued are</p> <ol style="list-style-type: none"> 1. Oral stage 2. Anal stage 3. Phallic stage 4. Latency stage 5. Genital stage <p>Explain any four in detail, NCERT, pgno. 36</p>	1X4=4Marks
24	<p>Mental disorders are abnormal behaviors deviated from some clearly defined norms or standard. They have common features called 4D's : Deviance, distress, dysfunction and danger. The American Psychiatric Association have classified mental disorders on the basis of DSM- IV and ICD-10 .</p> <p>Biological causes of abnormal behavior are faulty genes , endocrine imbalance, malnutrition and other conditions that may interfere with the normal development and functioning of the human body.</p> <p>Studies indicate that abnormal activity by certain neuro-transmitters can lead to specific psychological disorders. Anxiety disorders are due to low activity of</p>	1+1+2=4Marks

	neuro transmitters , schizophrenia to excess activity of Dopamine etc.	
25	<p>Four conflict resolution strategies are</p> <ol style="list-style-type: none"> 1. Introduction of super ordinate goals 2. Altering perceptions 3. Increasing intergroup contacts 4. Redrawing group boundaries 5. Negotiations 6. Structured solutions 7. Respect for other group's norms <p>Explain any four in detail, NCERT, pgno. 148-149</p>	1X4=4Marks
26	<p>Two determinants of conformity are</p> <ol style="list-style-type: none"> 1. Size of the group 2. Size of the minority 3. Nature of the task 4. Personality 5. Public or private expression of behavior <p>Explain any two in detail, NCERT, Pgno. 141-142</p>	2X2=4Marks
PART-E		
27	<p>Schizophrenia is the descriptive term for the group of psychotic disorders in which personal , social and occupational functioning deteriorate as a result of disturbed thought processes , strange perceptions, unusual emotional state and motor abnormalities.</p> <p>Symptoms of schizophrenia</p> <ol style="list-style-type: none"> 1. Positive symptoms 2. Negative symptoms 3. Psychomotor symptoms <p>Explain any two in detail, NCERT ,pgno. 79-80</p> <p style="text-align: center;">OR</p> <p>Three techniques used in behavior</p>	2+2+2=6Marks
		2X3=6Marks

SAMPLE QUESTION PAPER – 3

Class: XII

Psychology

Time Allowed: 3 Hours

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PART A

- Q1 proposed a hierarchical model of intelligence consisting of abilities operating at two levels. (1)
a. Binet b. Wechsler c. Guilford d. Spearman
- Q2 Who among the following divided all personalities into introverts and extraverts? (1)
a. Frued b. Carl Jung c. Adler d. Erikson
- Q3 Blocking of needs and motives that cause hindrance in achieving the goal results in..... (1)
a. Stress b. Conflict c. Frustration d. Aggression
- Q4 The latest system of clarification of psychological disorder is (1)
a. WHO b. DSM-III R c. DSM-IV R d. ICD-9
- Q5 People remain motionless and silent for long stretches of time is called..... (1)
a. Catatonic Stupor b. Catatonic Rigidity
- Q6 RET (Rational Emotive Therapy) has been proposed by..... (1)
a. Abraham Maslow b. Albert Ellis c. Aaron Beck d. Carl Rogers
- Q7 “We should help others wherever we find it fair to do so” This is the norm of..... (1)
a. Social Responsibility b. Equity c. Reciprocity d. Expected Reactions
- Q8 Which among the following are the examples of a group? (1)

- a. Family b. Class d. Playgroup e. All of these

Q9 A soldier from an army reported paralysis of the right hand. The doctors said it is not physiologically possible to experience paralysis of the hand only. The disorder he is suffering from is..... (1)

Q10 What do you suggest should be the age of the President of India? This is an example of..... type of interview question (1)

- a. Close ended b. Open ended c. Mirror question d. Bipolar

PART-B

Q11 Mention any four indicators of giftedness? (1/2 +1/2 +1/2+1/2=2)

Q12 Distinguish between repression and regression? (1+1=2)

Q13 Discuss any two strategies for coping with stress? (1+1=2)

Q14 State any two strategies to overcome Prejudice? (1+1=2)

Q15 Differentiate between formal and informal group? (1+1=2)

Q16 State any two features of crowding (1+1=2)

PART- C

Q17 ‘According to various psychologists, one must guard against the erroneous practices associated with intelligence test’ Justify the statement by giving three misuses of intelligence tests? (1+1+1=3)

Q18 ‘Rupa is a 16 year old girl who has a persistent belief that she has a serious illness, despite medical reassurance and failure to develop a disease. But she continuously worries about her disease

a. Which type of disorder is she suffering from? (1)

b. Explain any two other disorders of that category? (1+1)

Q19 What is the typical format of a counseling interview? (1+1+1=3)

Q20 State any three general skills needed by all the psychologist? (1+1+1=3)

PART-D

Q21 Explain in detail any two methods used for psychological assessment (2+2=4)

Q22 ‘Stress is a silent killer. It plays a significant role in deteriorating individual’s health’ Explain 4 adverse effects of stress on immune system of an individual? (1X4=4)

Q23 Define phobia? Explain any three types of phobia? (1+3=4)

Q24 ‘Healing plays a major role in the treatment of psychological distress. Explain four factors that contribute to healing in psychotherapy? (1X4=4)

Q25 State any four characteristics of a group? (1X4=4)

Q26 What is pollution? Highlight any three impact of pollution on performance of the individual? (1+3=4)

PART- E

Q27 Give one incident of social loafing in school. Why does it happen? Give three ways of reducing social loafing? (1+2+3=6)

OR

What are defense mechanisms? How it helps to reduce anxiety? Explain any 2 defense mechanisms with examples? (1+1+2+2=6)

Q28 What is counseling? Explain any four characteristics of an effective counselor? (2+4=6)

OR

Explain any three behavioural disorders prevalent among children? (2X3=6)

MARKING SCHEME OF SAMPLE PAPER 3

S.No of questions	Answers	Distribution of Marks
	<u>PART-A</u>	
Q1	c)Guilford	1Mark
Q2	b)Carl Jung	1Mark
Q3	c)Frustration	1Mark
Q4	c)DSM- IV R	1Mark
Q5	a)Catatonic Stupor	1Mark
Q6	b)Albert Ellis	1Mark
Q7	b)Equity	1Mark
Q8	d) All of these	1Mark
Q9	Conversion Disorder	1Mark
Q10	b) Open ended	1Mark
	<u>PART-B</u>	
Q11	Following are the four indicators of giftedness <ol style="list-style-type: none"> 1. Advance logical thinking 2. Independent and creative thinking 3. High speed in perceiving details 4. Superior generalization and discrimination ability 	1+1=2Marks
Q12	In Repression anxiety provoking behaviour or thoughts is totally dismissed by unconsciousness. When people repress their feeling or desires they become totally unaware of that wish or desires or wish Regression occurs when a person resolution of problems at any stage of development is less than adequate. Here people display behaviour typical of a less mature stage of development	1+1=2Marks
Q13	Two strategies of coping with stress are <ol style="list-style-type: none"> 1. Task oriented strategy 2. Emotion oriented strategy 3. Avoidance oriented strategy (any Two)	1+1=2Marks
Q14	Two strategies to overcome prejudice are <ol style="list-style-type: none"> 1. Minimizing opportunities for learning prejudice 2. De- emphasizing a narrow social identity based in in-group. 3. Discouraging the tendency towards self-fulfilling prophecy (any two)	1+1=2Marks
Q15	Difference between formal and informal group <ol style="list-style-type: none"> 1. Formation of formal group is based on some specific rules or laws whereas formation of informal group is not based on rules or laws. 2. Relationship among the members in formal group is not close whereas relationship among the members in informal group is close 	1+1=2Marks
Q16	Two features of crowding are <ol style="list-style-type: none"> 1. It gives a feeling of discomfort 2. Develops a feeling of loss of control over social interaction 3. Gives negative view of the space around the person 	1+1=2Marks

	(any two)	
	<u>PART-C</u>	
Q17	Three misuses of intelligence tests are 1. Poor performance in the test may attach stigma to child thereby adversely affecting their performance. 2. Parents, teachers and elders may discriminate children. 3. They do not capture creative potential and practical side of intelligence	1+1+1=3Marks
Q18	a. Somatoform disorder b. Two other disorders of that category are 1. Pain disorder 2. Somatisation disorder 3. Conversion 4. hypochondriasis	1Mark 1+1=2Marks
Q19	(any two in detail) Format of counseling interview are 1. opening of the interview 2. Body of the interview 3. Closing of the interview	1+1+1=3Marks
Q20	Three general skills needed by all the psychologist are 1. General skills 2. Observational skills 3. Authenticity (elaborate these points)	1+1+1=3Marks
	<u>PART-D</u>	
Q21	Two methods that are used for psychological assessment are 1. Psychological test 2. Interview 3. Case study 4. Observation Explain any two in detail	2+2=4Marks
Q22	Four effects of stress on immune system 1. Affect mental and physical health 2. Reduce level of natural killer cell 3. Accompanied by negative emotions 4. Individual may have panic attack, mood swings, phobias etc	1X4=4Marks
Q23	Irrational fear related to specific situation, people or objects are phobia Three types of phobia are 1. Specific phobia 2. Social phobia 3. Agoraphobia (Detailed Explanation is required)	1+3=4Marks
Q24	Four factors that contribute healing in psychotherapy are 1. Relaxation procedures 2. Empathy 3. Catharsis process 4. Nonspecific process(Detailed explanation is required)	1+1+1+1=4Marks
Q25	Four characteristics of an effective helper are 1. Social unit consisting of individual	1X4=4Marks

Q26	<ol style="list-style-type: none"> 2. Collection of people who have common motives 3. Collection of people who are interdependent 4. Collection of people who satisfy others needs <p>Pollution is in the form of air, water or soil which is caused by smoke from vehicles or from waste etc</p> <p>Three impact of pollution on performance of the individual are</p> <ol style="list-style-type: none"> 1. Effect on nervous system 2. Emotional effects 3. Leads to tension and anxiety(Detailed Explanation is required) 	1+3=4Marks
Q27	<p style="text-align: center;"><u>PART-E</u></p> <p>Individuals work less hard in a group than they do when performing alone. This phenomenon is referred to as social loafing. It occurs because</p> <ol style="list-style-type: none"> 1. Group members feel less responsible for overall task being performed and therefore exert less pressure 2. Performance of the group is not compared with other group 3. Improper coordination among group members <p>Various ways of reducing social loafing are</p> <ol style="list-style-type: none"> 1. Make efforts of each person identifiable 2. Increasing the pressure to work hard 3. Increasing apparent importance or value of a task 4. Making people feel that individual contribution is important. <p style="text-align: center;">OR</p> <p>Human behaviour reflects an attempt to deal or escape from anxiety. Frued describe various defence mechanism which reduce anxiety by distorting reality</p> <p>Two defence mechanism are</p> <ol style="list-style-type: none"> 1. Repression 2. Projection 3. Denial 4. Reaction formation 5. Rationalization 6. Displacement <p>(Detailed description of any two with examples)</p>	2X3=6Marks
Q28	<p>Counseling involves a helping relationship that involves someone seeking help and someone trained to help in a setting that permits help to be given and received</p> <p>Four characteristics of an effective counselor are</p> <ol style="list-style-type: none"> 1. Authenticity 2. Positive regard for others 3. Empathy 4. paraphrasing (Explain these factors in detail) <p style="text-align: center;">OR</p> <p>Three behavioural disorders prevalent among children are are</p> <ol style="list-style-type: none"> 1. ADHD 2. ODD 3. Conduct disorder <p style="padding-left: 20px;">Separation anxiety disorder</p>	2+4=6Marks
		2X3=6Marks

	<ul style="list-style-type: none">4. Pervasive developmental disorder5. Eating disorders <p>(detailed explanation of any three Disorders)</p>	
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