

SAMPLE PAPER
TERM I EXAMINATION
SESSION 2019-20
CLASS –XII
SUBJECT PSYCHOLOGY

Time: 3 hr

Max. Marks: 70

General Instructions:

- (i) All questions are compulsory.
- (ii) Answers should be brief and to the point.
- (iii) PART- A has 17 **Learning Checks** carrying one mark each. You are required to answer them as directed.
- (iv) Questions 18 to 21 in PART- B are **Very Short Answer type** questions carrying 2 marks each. Answer to each question should not exceed 30 words.
- (v) Questions 22 to 24 in PART- C are **Short Answer Type I** questions carrying 3 marks each. Answer to each question should not exceed 60 words.
- (vi) Questions 25 to 30 in PART- D are **Short Answer Type II** questions carrying 4 marks each. Answer to each question should not exceed 100 words.
- (vii) Questions 31 and 32 in PART- E are **Long Answer Type** questions carrying 6 marks each. Answer to each question should not exceed 200 words.

PART-A

1. The notion of contextual intelligence implies that intelligence is a product of _____.
2. When a person tries to make unreasonable feelings/behaviours seem reasonable and acceptable, it is known as _____.
3. Psychoneuroimmunology focuses on the links between the mind, the brain and the _____.
4. Define the term intelligence as given by Wechsler.
5. Justify the concept of self as a subject and as an object.
6. Extreme pain without any identifiable biological symptom is example of _____ disorder.
7. What is meant by social self?
8. The technique used for treating phobias or irrational fears is _____.

9. Developing a fear of entering unfamiliar situations is known as:
- a) Panic disorder
 - b) Compulsive disorder
 - c) Agoraphobia
 - d) Conversion disorder
10. Ability to organize and monitor our own behavior is known as _____.
11. The reaction to external stressors is called strain. (True/False)
12. The latest system of classification of disorders is _____.
13. Frustration is one source of psychological stress. (True/False)
14. The two types of coping strategies given by Lazarus and Folkman are _____ and _____.
15. Individuals having high motivation, lack of patience and who are always in a hurry are characterized as Type _____ personality.
16. _____ is known as father of modern stress theory.
17. Preference for a particular activity over the other is called _____.

PART- B

18. Explain fight or flight response.
19. What are delusions? Give an example.
20. What are the two main features of ADHD?
21. State the techniques used in rehabilitation of the mentally ill.

OR

What is unconditional positive regard?

PART -C

22. Describe nomination as a method of assessment.
23. Differentiate between verbal, non- verbal and performance tests.
24. Describe rational emotive therapy.

OR

Explain with examples how cognitive distortions take place.

PART- D

25. Differentiate between technological intelligence and integral intelligence. Elaborate the concept of intelligence in Indian tradition.
26. What are the major criticisms against psychodynamic theories?
27. Describe cognitive theory of stress.
28. Explain emotional intelligence. State any two characteristics of emotionally intelligent people.
29. Discuss the different types of Dissociative disorders with examples.
30. State the ethical standards in psychotherapy.

PART – E

31. What is meant by the term ‘anxiety’? Discuss the main types of anxiety disorders and give their symptoms.

OR

The symptoms of Schizophrenia can be grouped into three categories. Discuss these three categories of symptoms with examples.

32. Describe different stages of personality development proposed by Freud.

OR

Elaborate on the concept of ‘personality’ discussing the features characterising ‘personality. Also give a brief account of cultural approach to understand personality.