



INDIAN SCHOOL DARSAIT
SAMPLE PAPER - 01
PSYCHOLOGY (037)



Class: XII

Date:

Max. Marks: 70

Time: 3hr

General Instructions

- All the questions are compulsory.
- Marks for each question are indicated against it.
- Answers should be brief and to the point.
- Questions No. 1 - 10 in Part A has Learning Checks (very short answer type) questions carrying 1 mark each. You are required to answer them as directed.
- Question No. 11 -16 in Part B are very short answer questions carrying 2 marks each. Answer to each question should not exceed 30 words.
- Question No. 17 - 20 in Part C are short answer type – I questions carrying 3 marks each. Answer to each question should not exceed 60 words.
- Question No. 21 - 26 in Part D are short answer type – II questions carrying 4 marks each. Answer to each question should not exceed 100 words.
- Question No. 27 and 28 in Part E are long answer type questions carrying 6 marks each. Answer to each question should not exceed 200 words.

PART - A

1. If a person has the skill of understanding motives, feelings and behaviours of other people, he/she is said to have _____ 1
2. Value judgement of a person about himself/herself is called _____. 1
3. The state of physical, emotional and psychological exhaustion is known as _____. 1
4. Compulsive behaviour is inability to stop thinking about a particular idea or topic.(True/False) 1
5. A false belief that is firmly held on inadequate grounds is known as _____. 1
6. Empathy means understanding things from other person's perspective. (True/False). 1
7. Schemas that function in the form of categories are called _____. 1
8. Collection of people assembled for a particular purpose is called a _____. 1
9. _____ is the study of the relationship between living beings and their environment. 1
10. The ability of a counsellor to reflect on what the client says and feels using different words is known as _____. 1

PART - B

11. Explain the term 'well-being'. 2
12. Explain obsessive-compulsive disorder. 2
13. What is systematic desensitisation? 2

14. Enumerate the four stages of group formation? 2
15. What is meant by personal space? 2
16. Explain participant observation. 2

PART - C

17. What did Carl Jung mean by collective unconscious? 3
18. Explain factors influencing attitude formation. 3
19. Enumerate pro-environmental actions that can help protect environment from pollution. 3

OR

Describe strategies for reducing aggression and violence.

20. Explain the quality of 'positive regard for others' of effective counsellor. 3

PART - D

21. State the four competencies of intelligence in the Indian tradition. 4
22. Explain briefly PASS model of intelligence. 4
23. Describe the different types of aggressive behaviours exhibited by children. 4
24. Explain psychological distress according to humanistic-existential therapy. 4

OR

Describe four factors which contribute to treatment of psychological distress.

25. Explain the factors influencing pro-social behaviour. 4
26. Explain the phenomenon of 'social loafing' by giving examples. 4

PART - E

Explain the concept of personality. Describe the cultural approach to study personality.

27. **OR** 6
- Discuss the observational methods used in personality assessment. What problems are faced in using these methods?

Differentiate between eustress and distress. Explain the different effects of stress with examples.

28. **OR** 6
- Explain stress according to General Adaptation Syndrome (GAS) model giving examples from everyday life. Describe any one strategy for coping with stress.