



BK BIRLA CENTRE FOR EDUCATION
SARALA BIRLA GROUP OF SCHOOLS
SENIOR SECONDARY CO-ED DAY CUM BOYS' RESIDENTIAL SCHOOL
PRE-BOARD-2 (2024-25)
PSYCHOLOGY (037)



CLASS: XII

Date: 20-12-2024

Admission No: _____

Time: 3 Hour

Max. Marks: 70

Roll No: _____

INSTRUCTIONS

1. All questions are compulsory except where internal choice has been given.
2. Question Nos. 1 -14 in Section A carry 1 mark each. You are expected to answer them as directed.
3. Question Nos. 15-19 in Section B are very short answer type-I questions carrying 2 marks each. Answer to each question should not exceed 30 words.
4. Question Nos. 20-23 in Section C are short answer type-II questions carrying 3 marks each. Answer to each question should not exceed 60 words.
5. Question Nos. 24 - 27 in Section D are long answer type - I questions carrying 4 marks each. Answer to each question should not exceed 120 words.
6. Question Nos. 28-29 in Section E are long answer type - II questions carrying 6 marks each. Answer to each question should not exceed 200 words.
7. Question Nos. 30 – 33 in Section F are based on two cases given. Answer to each 1 mark question should not exceed 20 words. Answer to each 2 marks question should not exceed 30 words.

SECTION A

1. **A person who excels in identifying patterns, solving puzzles, and working with abstract reasoning is said to have high _____.** **1**
 - a) Verbal Intelligence
 - b) Spatial Intelligence
 - c) Logical-Mathematical Intelligence
 - d) Emotional Intelligence

2. **Which theory of intelligence was proposed by Howard Gardner?** **1**
 - a) Triarchic Theory
 - b) Multiple Intelligences Theory
 - c) Two-factor Theory
 - d) Fluid and Crystallized Intelligence

3. **Which of the following components does the self-concept primarily include?** **1**
 - a) Physical self, social self, and ideal self
 - b) Physical self, personality traits, and morality
 - c) Emotions, social roles, and cognitive abilities
 - d) Beliefs, values, and cultural practices

4. **The term “Big Five” in personality traits refers to which of the following?** **1**
 - a) Basic motivations that drive human behavior
 - b) Five stages of psychosexual development
 - c) Core dimensions of personality: openness, conscientiousness, extraversion, agreeableness, and neuroticism
 - d) Five levels of Maslow’s hierarchy of needs

- 5. Which of the following is NOT a type of stress described in psychology?** 1
a) Eustress b) Distress c) Psychostress d) Chronic stress
- 6. Which of the following is an example of emotion-focused coping?** 1
a) Seeking advice from a counselor
b) Meditating to calm oneself
c) Making a detailed plan to tackle a problem
d) Studying harder to improve academic performance
- 7. A person with an intense and irrational fear of a specific object, activity, or situation is likely suffering from _____.** 1
a) Obsessive-Compulsive Disorder
b) Phobia
c) Panic Disorder
d) Generalized Anxiety Disorder
- 8. The therapeutic technique used to reduce fear responses by gradually exposing a person to the feared stimulus is called _____.** 1
a) Flooding
b) Systematic Desensitization
c) Cognitive Restructuring
d) Aversion Therapy
- 9. Which of the following is the primary goal of client-centered therapy?** 1
a) To interpret unconscious conflicts
b) To increase the client's self-awareness and self-acceptance
c) To modify maladaptive behaviors
d) To use medications to reduce symptoms
- 10. In psychoanalysis, the term 'transference' refers to _____.** 1
a) Repeating traumatic experiences during therapy
b) Clients redirecting emotions felt for significant others onto the therapist
c) Therapist sharing their personal emotions with the client
d) Substitution of one behavior with another
- 11. Which of the following best defines attitude?** 1
a) A temporary emotional response to a situation
b) A consistent pattern of thoughts, feelings, and behaviors toward an object, person, or situation
c) The tendency to conform to group norms
d) A cognitive dissonance between thoughts and actions
- 12. What is the primary focus of social cognition?** 1
a) Understanding how social behavior influences biological processes
b) Understanding how people perceive, interpret, and respond to social stimuli
c) Examining the neurological basis of social interaction
d) Analyzing group dynamics in organizational settings
- 13. What does the term "groupthink" refer to?** 1
a) A process of critical evaluation within a group
b) Enhanced problem-solving due to group collaboration
c) A tendency for group members to suppress dissent to maintain harmony
d) Individuals thinking independently in a group

- 14. What is the primary difference between in-groups and out-groups?** 1
- a) In-groups consist of close friends, while out-groups include strangers.
- b) In-groups refer to groups with which individuals identify, while out-groups refer to groups they do not identify with.
- c) In-groups are based on formal membership, whereas out-groups are informal.
- d) In-groups are small, while out-groups are large.

SECTION B

15. What is meant by assessment in psychology, and what are its uses? 2

OR

What is a self-report, and what information does it provide about an individual?

16. What is the meaning of self-esteem and self-efficacy? 2

17. What is the meaning of the terms related to stress: intensity, duration, complexity, and predictability? 2

18. What are the behavioral effects of stress? 2

19. Provide a detailed explanation of the four humours by Galen. 2

SECTION C

20. Explain the two-factor theory in detail. 3

OR

Explain the Triarchic Theory of Intelligence in detail.

21. Explain Erich Fromm's theory on social being? 3

22. What is the role of the cognitive model in understanding psychological disorders? 3

23. What are the ethical principles in psychotherapy? 3

SECTION D

24. What are the signs and symptoms of stress that may occur during an exam? 4

OR

What are the various types of stress?

25. What are the signs and symptoms of PTSD? 4

26. What factors contribute to the healing process in psychotherapy? 4

27. What are the different stages involved in group formation? 4

SECTION E

28. Explain the Variations of Intelligence in detail 6

OR

Explain the PASS Model in detail.

29. Provide a detailed explanation of behavioural analysis, including methods such as interviews, observations, and behavioural ratings? 6

OR

What are the levels of consciousness in Freud's theory?

SECTION F

Read the case and answer the questions that follow.

Sia, a 15-year-old student, believes that people from rural areas are less intelligent than those from urban areas. She feels uncomfortable whenever she meets someone from a rural background, and this affects her interactions with them.

30. What type of attitude does Sia exhibit towards people from rural areas? 1

31. How can Sia's attitude be changed towards people from rural backgrounds? 2

Read the case and answer the questions that follow.

Sophia transcended her heritage to devote herself to battling injustice and inequality. Her main causes were the struggle for Indian Independence, the welfare of Indian soldiers in the First World

War and, above all, the fight for female suffrage. Princess Sophia supported Indians, particularly women, throughout her life.

32. 'Her causes were the struggle for Indian independence, the welfare of Indian soldiers in the First World War and, above all, the fight for female suffrage.' All of these attitudes were present within a broader attitude, i.e., the attitude against injustice and inequality. Explain the feature specified here. 1

33. The characteristics of the existing attitude (towards women's right to vote) influence the attitude change. To what extent could these have helped Sophia bring about the change in attitude towards women's right to vote? 2

*****All the best*****