



B.K. BIRLA CENTRE FOR EDUCATION

**SARALA BIRLA GROUP OF SCHOOLS
A CBSE DAY-CUM-BOYS' RESIDENTIAL SCHOOL**



PRE BOARD-3 EXAMINATION 2025-26

CLASS: XII
Date: 17-01-2026
Admission No: _____

PSYCHOLOGY

Time: 3 Hours
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

Q1. According to psychological studies, individual differences in intelligence are primarily influenced by . 1

A) Only heredity
and environment B) Only environment
D) Cultural practices alone C) A combination of heredity

Q2. Which of the following intelligence tests is designed to assess intelligence by minimizing the influence of language and culture? 1

A) Stanford–Binet Intelligence Scale B) Wechsler Intelligence Scale
C) Culture Fair Intelligence Test C) Bhatia Battery

Q3. According to Carl Rogers, the *real self* refers to

- A) How a person wishes to be
- B) How others perceive the person
- C) What a person actually is
- D) The ideal standards set by society

Q4. Which of the following is a major trait dimension in Eysenck's theory of personality?

A) Openness B) Conscientiousness C) Neuroticism D) Agreeableness

Q5. Arjun experiences persistent stress due to academic pressure. His counsellor advises him to maintain a structured daily routine, practise relaxation techniques, and ensure adequate sleep and exercise. This approach primarily: 1

- A) Emotion-focused coping
- B) Lifestyle modification
- C) Avoidance strategy
- D) Defense mechanisms

Q6. Meena feels anxious while speaking in public. Over time, she deliberately volunteers for small presentations, gradually increasing the audience size to overcome her fear. This method is best described as: 1

A) Catharsis B) Systematic desensitization C) Projection D) Withdrawal

Q7. Assertion (A): Individuals with Generalized Anxiety Disorder (GAD) experience excessive anxiety and worry about various life events for at least six months.

Reason (R): The anxiety in GAD is typically limited to a specific object or situation. 1

A) Both A and R are true, and R is the correct explanation of A
C) Both A and R are true, but R is not the correct explanation of A
C) A is true, but R is false D) A is false, but R is true

Q8. Assertion (A): Schizophrenia is characterized by disturbances in thought, perception, emotion, and behaviour.

Reason (R): Hallucinations and delusions are considered negative symptoms of schizophrenia. 1

A) Both A and R are true, and R is the correct explanation of A
B) Both A and R are true, but R is not the correct explanation of A
C) A is true, but R is false D) A is false, but R is true

Q9. Assertion (A): Cognitive Behaviour Therapy (CBT) is effective in treating depression because it helps clients identify and modify irrational thoughts.

Reason (R): CBT assumes that maladaptive behaviours are the primary cause of psychological disorders and ignores cognitive processes. 1

A. Both A and R are true, and R is the correct explanation of A.
B. Both A and R are true, but R is not the correct explanation of A.
C. A is true, but R is false. D. A is false, but R is true.

Q10. Assertion (A): Client-centered therapy emphasizes unconditional positive regard to facilitate personality growth.

Reason (R): According to Carl Rogers, acceptance and empathy from the therapist help reduce the gap between the real self and ideal self. 1

A. Both A and R are true, and R is the correct explanation of A.
B. Both A and R are true, but R is not the correct explanation of A.
C. A is true, but R is false. D. A is false, but R is true.

Q11. A school counsellor notices that although a teacher strongly supports inclusive education (positive attitude), she often avoids assigning group work involving students with special needs because she feels it will slow down the class. This inconsistency best reflects: 1

A. Cognitive dissonance B. Attitude accessibility C. Theory of Planned Behaviour
D. Social facilitation

Q12. During an interview, a candidate answers one question exceptionally well. As a result, the interviewer evaluates all other average responses very positively and recommends the candidate for selection. This judgment error is an example of: 1

A. Fundamental attribution error B. Halo effect C. Stereotyping D. Confirmation bias

Q13. A school introduces a strict no-mobile policy after a few influential student leaders publicly support it. Over time, most students begin to agree that the policy is beneficial, even outside school. This change best illustrates which process of social influence? 1

A. Compliance B. Obedience C. Internalization D. Identification

Q14. During a group discussion, one member refrains from sharing a correct but unpopular opinion because the rest of the group strongly supports a different viewpoint. This behaviour is most likely an example of: 1

- A. Group polarization
- B. Conformity due to normative social influence
- C. Social facilitation
- D. Groupthink

SECTION B

Q15. How can understanding individual differences in intelligence help a teacher improve classroom learning? 2

OR

A counsellor is helping a student with low self-efficacy in maths. How can knowledge of psychological attributes guide intervention?

Q16. A student performs well academically but avoids participating in group discussions due to fear of negative evaluation. Using concepts of self and personality, explain this behavior. 2

Q17. A teenager feels overwhelmed by academic pressure and family expectations. Using the concept of stress, explain one effective coping strategy that can help. 2

Q18. An employee faces constant criticism at work and begins doubting their abilities. Explain how resilience can help the person meet this life challenge. 2

Q19. A student has persistent fear of being judged, avoids social situations, experiences sweating and trembling while speaking in public. Identify the disorder, explain one feature. 2

SECTION C

Q20. A teacher notices that two students with similar intelligence levels show very different academic performance. Using the concept of individual differences, explain possible psychological factors responsible for this variation. 3

Q21. A student excels in academics but struggles to take initiatives in extracurricular activities. Using concepts of self and personality, explain why this might happen. 3

OR

An adolescent frequently changes hobbies and interests, seeming indecisive. How can understanding personality traits help a counsellor guide them?

Q22. A college student experiences severe anxiety before exams, affecting performance. Suggest a suitable therapeutic approach and explain how it can help the student manage anxiety effectively. 3

Q23. A manager notices that some employees have a negative attitude towards a new project, leading to low participation. Suggest how understanding attitudes can help improve their engagement. 3

SECTION D

Q24. A student preparing for a competitive examination reports constant anxiety, sleep disturbance, and irritability due to high expectations from self and family. Explain how stress management strategies can help the student cope effectively. 4

Q25. Explain the major features, causes, and impact of Major Depressive Disorder. 4

OR

Describe the symptoms, causes, and consequences of Generalized Anxiety Disorder (GAD).

Q26. Explain Cognitive Behavioral Therapy (CBT) highlighting its basic assumptions, key techniques, and effectiveness in treating psychological disorders. 4

Q27. Explain conformity, discuss the factors that influence conformity in group situations. 4

SECTION E

Q28. A school counsellor observes that students with similar intelligence levels show marked differences in academic performance and adjustment. Explain the possible reasons for these differences and suggest how understanding these variations can help in educational planning.

6

Q29. Explain the concept of self and discuss its major components.

6

OR

Describe the Five-Factor Model of personality and explain its significance.

SECTION F

Read the case study given below and answer the questions that follow.

Schizophrenia is the descriptive term for a group of psychotic disorders in which personal, social and occupational functioning deteriorate as a result of disturbed thought processes, strange perceptions, unusual emotional states and motor abnormalities.

It is a debilitating disorder. The social and psychological costs of schizophrenia are tremendous, both to patients as well as to their families and society. Symptoms of schizophrenia can be classified as positive symptoms (i.e. excesses of thought, emotion, and behaviour), negative symptoms (i.e. deficits of thought, emotion, and behaviour), and psychomotor symptoms.

Q30. What are delusions? 1

Q31. Explain two types of hallucinations. 2

Read the case study given below and answer the questions that follow.

According to the **Pox Model**, attitudes are formed and changed through the interaction of three components—**Persuader (P)**, **Object (O)**, and **Context (X)**. In a school, a counselor conducts an awareness session encouraging students to adopt healthy digital habits. The counselor clearly explains the harmful effects of excessive screen time using real-life examples. The message is delivered in an engaging manner during school hours when students are attentive. As a result, many students begin to reduce their screen time and adopt healthier routines. This situation demonstrates how effective persuasion depends on who communicates the message, what message is conveyed, and the situation in which it is presented.

Q32. In the above passage, who represents the Persuader (P) in the Pox Model? 1

Q33. Explain how the Context (X) contributes to attitude change in this situation. 2

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