

CH. CHHABIL DASS PUBLIC SCHOOL

SESSION 2021-22



PSYCHOLOGY WORKSHEET

CLASS XII

(Ch-1, worksheet)

(VARIATION IN PSYCHOLOGICAL ATTRIBUTES)

Q.1. Rashi is distinct from her classmates and always differs from them in all behavioral patterns. This phenomenon is known as

Q.2. A violent child tends to behave submissively and nicely in front of the principal. This changes in his behavior is due to

Q.3. Charles Spearman prepared a

1. Two Factor Theory 2. Level One Level Two theory 3. Theory of Primary mental abilities

Q.4. Guilford gave a model of

1. 150 Cells 2. 180 Cells 3. 170 Cells 4. 120 Cells

Q.5. Spatial Ability refers to

1. Skills in forming visual images and patterns

2. Sensitivity to feature natural world

3. Using the body flexibility and creatively

Q.6. Experimental intelligence refers to

1. Analysis of information 2. Ability to deal with environment 3. using past experience creatively

Q.7. Simultaneous and successive processing is a part of

1. Triarchic theory 2. PASS model theory 3. Multiple intelligence Theory

Q.8. Binet's first successful attempt to formally measure intelligence took place in the year ----- 1. 1912 2. 1920 3. 1905 4. 1910

Q.9. The concept of the intelligence quotient was devised by

1. Alfred Binet 2. Simon 3. Williams Stern 4. Robert Stern Berg

CH. CHHABIL DASS PUBLIC SCHOOL

Psychology XII (Ch-1, worksheet)

(VARIATION IN PSYCHOLOGICAL ATTRIBUTES)

Q.1. People with low average intelligence have an IQ range of

- 1. 90-109 2. 80-89 3. 70-79 4. Above 130

Q.2 is an individual test which is made up of variety of subtests

- 1. Wechsler's Adult Intelligence scale 2. Draw a man test 3. Alexander's pass along

Q.3. Name the following

- 1) 3 individual tests.....
- 2) 3 group tests.....
- 3) 3 verbal tests.....
- 4) 3 non verbal tests.....
- 5) 3 performance test.....
- 6) 3 aptitude tests.....
- 7) 5 intelligence test.....
- 8) 5 intelligence test for which Indian norms have been developed.....
- 9) Any 4 intelligence tests developed in India.....

Q.4. "Roma is a 10 years old girl how has an exceptional general ability which can be seen in wide variety of areas"

- a) Which ability is been discussed here?
- b) Explain its important characteristics in detail?

Q.5. Differentiate between the following

- a) Culture fair and culture bias test
- b) Individual and group test
- c) Verbal, non verbal and performance tests
- d) Talent and giftedness.

CH. CHHABIL DASS PUBLIC SCHOOL

Psychology XII (Ch-1, worksheet)

(VARIATION IN PSYCHOLOGICAL ATTRIBUTES)

Q.1. Explain the various domains of Psychological attribute that categorizes variety of tests.

Q.2. How is Psychometric approach different from information processing approach?

Q.3. Explain the theory of primary mental abilities?

Q.4. "According to the structure of intellect model traits are divided into three parts- Products, contents and Operations". Justify

Q.5. How is intelligence an interplay of nature and nurture?

Q.6. According to various psychologists one must guard against the erroneous practices associated with Intelligence. Justify

Q.7. What is technological intelligence?

a) How does it vary from culture to culture?

b) Give the Indian traditional view of intelligence?

Q.8. What role does Emotional intelligence play in an individual's life?

Q.9. "Sharad is a class XIIth boy who is generally known as the emotionally intelligent guy of the class"

CH. CHHABIL DASS PUBLIC SCHOOL

Psychology XII (Ch-2, worksheet)

(Self and Personality)

Q.1. Explain Paul Coasta's and Robert Mc Crae's personality theory?

Q.2. According to Freud , structural elements of personality reside in the unconscious as forces and can be inferred from the way people behave” Justify

Q.3. Name the psychologists who worked with Freud but later separated and developed their own theories?

Q.4. Explain the Psychosexual development theory given by Freud?

Q.5. Rahima is a 7yrs old girl who lives in an orphanage. She is very clear with the abstract concepts like religion, god, unity and oneness without anyone's guidance or teaching.”

a) Which personality theory do you think relates to such experiences?

b) Name the psychologist who gave this theory?

c) Explain the theory and its concepts in detail?

Q.6. Distinguish between the source and surface traits given by Raymond Cattell? Give examples.

Q.7. Identify and define the Defense mechanisms given below:

a) “A student having a strong desire to cheat in the exam is not able to do so because of the strong revolt by the conscious within. So he suspects that the other classmates might be cheating.

b) A boy who was reared to believe that sex is evil and dirty may become anxious every time sexual feelings surge to the surface. So in order to defend against the anxiety, he joined the groups against sex in media.

c) A tense father who had troubles in office gave a harsh beating to the child who was watching T.V. The father gave the excuse that he was acting for the child's good.

d) A weak student going for a movie just one day before the exams gives the excuse of “need to relax” to do the exam well.

CH. CHHABIL DASS PUBLIC SCHOOL

Psychology XII (Ch-2, worksheet)

(Self and Personality)

- Q.1. “Psychodynamic theories have faced a lot of challenges and criticism from the Neo and Post freudians”. Explain the criticisms.
- Q.2.How is Horney’s theory different from that of freud’s .
- Q.3.What are the common characteristics of Humanistic theories?
- Q.4.Differentiate between Oedipus and Electra complex?
- Q.5.How does Rosenweig’s P-F study & draw –a – man test helps a psychologist to know more about the person.
- Q.6.Name any 5 disorders that can be diagnosed with the help of MMPI.
- Q.7.“A healthy person not only adjusts to the society but also has a quest to know oneself deeply”. Explain in the context of Humanistic approach.
- Q.8.Varied types of projective techniques have been developed for personality testing but still they are similar in many ways”. Justify the statement.
- Q.9.Give a detailed description of the following tests:
- a) 16 P.F Questionnaire
 - b) The Rorschach Inkblot test
 - c) Sentence Completion Test
- Q.10. A clinical psychologist wants to understand the client’s relationship with his family members and home visitors”.
- a) Which assessment technique would the psychologist use to gain more information about the client?
 - b) Give reasons in support of your answers.

CH. CHHABIL DASS PUBLIC SCHOOL

Psychology XII (Ch-2, worksheet)

(Self and Personality)

Q.1. _____ refers to the attributes of a person that makes him different from the others.

- a) Social identity b) Familial identity c) Personal identity

Q.2. Goals and ideas that are considered important and worthwhile to achieve is known as_____.

- a) Character b) Disposition c) Trait d) Values

Q.3. The way we perceive ideas and ourselves we hold about our competencies is called_____.

- a) Self Esteem b) Self Efficacy c) Self Regulation d) Self Concept

Q.4. The tendency of a person to react to given situation in a particular way is called _____.

- a) Temperament b) Trait c) Character d) Disposition

Q.6.The value judgment of one's own value or worth is called_____.

- a) Self regulation b) Self Concept c) Self Esteem d) Self Efficacy

Q.7. Cattell applied a statistical technique called_____ to find the various types of traits.

Q.8. _____ guna includes intensive activity, desire for self gratification and envy for others.

- a) Tamasguna b) Rajas Guna c) SattvaGuna

Q.9. _____ refers to rewarding behavior's that have pleasant outcome.

- a) Self Instruction b) Self Control c) Self Regulation d) Self Reinforcement

Q.10. Type C and D personality was suggested by_____.

- a) Binet b) Sternberg c) Morris d) Friedman

CH. CHHABIL DASS PUBLIC SCHOOL

Psychology XII (Ch-2, worksheet)

(Self and Personality)

Q.1. _____ approach focuses on the specific psychological attributes along which individuals tend to differ in consistent and stable ways

- a) Interactional approach b) Type approach c) Trait approach

Q.2. Freud used _____ method in which a person is asked to openly share all the thoughts and ideas that comes to the client's mind.

- a) Dream interpretation b) Free association c) Word Association d) Freudian Slip

Q.3. Eysenck proposed a third dimension called _____.

- a) Extraversion b) Psychotism c) Neuroticism

Q.4. _____ works on the pleasure principle.

- a) Superego b) Conscious c) Subconscious d) Id

Q.5. _____ proposed important typology by grouping people into Extraverts and Introverts

Q.6. Freud said that _____ is energized by life and death instinct.

- a) Id b) Ego c) Super Ego

Q.7. The way of reducing anxiety by distorting reality is called _____ .

- a) Libido b) Psychoanalysis c) Defense Mechanisms

Q.8. Analytical Psychology was developed by _____ .

- a) Sigmund Freud b) Raymond Catell c) Carl Jung d) Gordon Allport

Q.9. When parent's behavior towards a child is discouraging or indifferent, a feeling of _____ results.

- a) Free floating anxiety b) Basic anxiety c) Generalized anxiety

Q.10. The theory of instrumental conditioning was developed by _____ .

- a) Albert Bandura b) B.F. Skinner c) Ivan Pavlov d) Wolfgang Kohler

CH. CHHABIL DASS PUBLIC SCHOOL

Psychology XII (Ch-2, worksheet)

(Self and Personality)

- Q. 1. According to Adler, every individual suffers from the feeling of inadequacy and guilt known as _____
- a) Identity Crisis b) Basic anxiety c) Inferiority Complex d) Regression
- Q. 2. Maslow has given a detailed account of psychologically healthy person in terms of their attainment of _____.
- a) Self Esteem b) Self Regulation c) Self Actualization d) Self Reinforcement
- Q. 3. _____ is a tendency of the subject to agree with the items irrespective of their content.
- a) Social Desirability b) Acquiescence c) Halo Effect d) Situational Stress Test
- Q. 4. _____ was developed to assess the unconscious motives and feelings
- a) Self report Measures b) Psychometric Testing c) Behavioral Analysis d) Projective Techniques
- Q. 5. You just found a wallet in a movie hall. Which aspect of your personality according to psychoanalytic theory, would urge you to return it to the owner?
- Q.6. Priya exhibits strong aggressive tendencies but often complains of other people acting in an excessively aggressive way. Identify the defense mechanism.
- Q.7. An individual is rejected in a job interview, which he was very eager to join. Now he claims his present job is better. Name defense mechanism he is using.

CH. CHHABIL DASS PUBLIC SCHOOL

Psychology XII (Ch-3, worksheet)

(MEETING LIFE CHALLENGES)

Q.1. Stress is an integral part of individual's living. Little bit of it is required to ignite an individual's performance. Comment.

Q.2. Discuss the various factors that help in promoting positive health and well being.

Q.3. "According to the various psychologists stress is generated by our own self in our minds. These are personal and unique to the person experiencing them."

a) Which kind of stress is being discussed here?

b) What are the various sources of such kind of stress? Give a detailed explanations with examples.

Q.4. "Resilience" has become a buzzword in today's life. Explain how it can be used to "bounce back" upon the stress one faces in daily life.

Q.5. "Stress is a silent killer. It plays a significant role in deteriorating individual's health." Explain its adverse effects on the immune system with the help of a diagram.

Q.6. With the help of a model, explain the various reactions that may take place due to stress?

CH. CHHABIL DASS PUBLIC SCHOOL

Psychology XII (Ch-3, worksheet)

(MEETING LIFE CHALLENGES)

Q.1. Define stress.

Q.2. Differentiate between distress and eustress.

Q.3. Differentiate between primary and secondary appraisal.

Q.4. What do you mean by burnout?

Q.5. What do you understand by coping?

Q.6. Define positive health.

Q.7. Can stress affect our emotions and thinking ? Elaborate.

Q.8. What are life skills? Explain any two life skills dealing with stress.

Q.9. How does biofeedback help in managing stress?

Q.10. What are emotions focused coping mechanisms?

CH. CHHABIL DASS PUBLIC SCHOOL

Psychology XII (Ch-3, worksheet)

(MEETING LIFE CHALLENGES)

Q.1. What do you understand by stress resistant personality?

Q.2. What are the various response styles to stress?

Q.3. What are the various sources of stress?

Q.4. What are the various factors that lead to examination anxiety?

Discuss various strategies to overcome examination anxiety.

Q.5. Discuss GAS model with the help of an example.

Q.6. How is stress related to illness?

Q.7. Discuss the relation of stress with lifestyle.

Q.8. Discuss the role of social support on experience of stress.

Q.9. How is resilience related to health?

Q.10. How does stress affect the immune system ?

CH. CHHABIL DASS PUBLIC SCHOOL

Psychology XII (Ch-4, worksheet)

(Psychological disorder)

- Q.1. Psychological disorders are Deviant which mean they are.....
- Q.2. refers to the evil that resides in the individual through magic and prayer.
- Q.3. Well being refers to
- Q.4. The full form for I.C.D.10 is and was prepared by.....
- Q.5. D.S.M. stands for and was prepared by.....
- Q.6. The anxiety disorders have been linked to low activity of the neurotransmitter.
- Q.7. The various psychological models includeand
- Q.8. Is defined as diffused, vague and unpleasant feeling of fear and apprehension.
- Q.9. Sushant has not been able to get peaceful sleep, has impaired concentration and emotional numbing. Which disorder is he suffering from?
- Q.10. The other name for Dissociative Identity is
- Q.11. Among the the lifetime risk of a suicide attempt is the highest.
- Q.12. suicide can be prevented by being alert to some symptoms like:-
- (a)
 - (b)
 - (c)
 - (d)
 - (e)

CH. CHHABIL DASS PUBLIC SCHOOL

Psychology XII (Ch-4, worksheet)

(Psychological disorder)

Q.1. Rohan believed that he is being spotted and spied on. He also feels that he is being threatened and victimized. He is suffering from.....

Q.2. The symptoms that may show deficit like flat or blunted effects are known as

Q.3. Reshma always complains of snakes and insects crawling in her body. She is suffering from

Q.4. Blunted Affect refers to

Q.5. The extreme forms of Psychomotor symptoms may include

Q.6 Schizophrenia is also known as because

Q.7. Inventing new words or phrases refers to

Q.8. The various types of Schizophrenia are:-

- (a)
- (b)
- (c).....
- (d)

Q.9. The child who may fidget, climb or run around the room aimlessly is generally known as a child.

Q.10. About 70% of the children who are autistic are also

Q.11. refers to persistence and inappropriate repetition of same thoughts.

Q.12. The commonly abused substances may include,, &

Q.13. The word Diathesis refers to

CH. CHHABIL DASS PUBLIC SCHOOL

Psychology XII (Ch-4, worksheet)

(Psychological disorder)

Q.1. Differentiate between the various approaches given to describe abnormality.

Q.2. What are the various factors that may exist in defining abnormality?

Q.3. Differentiate between Agoraphobia, Social phobia and Specific phobia.

Q.4. How did the concept of Abnormality change from the Renaissance period onwards?

Q.5. "Rupa is a 16 yr old girl who has a persistent belief that she has a serious illness, despite medical reassurance and failure to develop the disease. But she continuously worries about her disease."

(a) which type of disorder is she suffering from?

(b) Explain the other disorders of the same category?

Q.6. "Rahul is a 27 yr old young adult working in an M.N.C. he did not reach back home after office. After 4 yrs he suddenly came back home, but did not remember the past 4 yrs of his life. It seemed as if he suddenly woke up".

(a) Which type of disorder is Rahul suffering from?

(b) What are the other disorders of the same category?

Q.7. How are negative symptoms different from positive ones?

Q.8. What are the various effects of alcohol on the biological system of an individual?

Q.9. Differentiate between Unipolar and Bipolar disorder.

Q.10. Explain the classification of various disorders given by AAREN BECK.

Q.11. Explain the following terms and give five examples:-

(a) Binge eating (b) Hyperactivity (c) Withdrawal symptoms (d) Hallucinations (e) Delusion

Q.12. How is substance abuse different from dependence?

CH. CHHABIL DASS PUBLIC SCHOOL

Psychology XII (Ch-5, worksheet)

(Therapeutic Approaches)

Q.1. 'Shelja is a 17 yr old girl who believes that Human misery is caused by the external events over which one does not have any control and feels that she is an ugly girl who is not wanted and loved by anyone.' Which therapy do you think would help her the most in such conditions and why?

Q.2. What are the goals that a therapist aims at achieving while dealing with the client?

Q.3. Draw a table showing the aim, goal, diagnosis and types of treatment that is used in various therapies.

Q.4. Explain the process of a therapeutic relationship

Q.5. Differentiate between Confrontation and Clarification.

Q.6. What are the various parameters on which various psychotherapies are based.

Q.7. 'Dreams are the roads to the unconscious intra psychic conflicts.' Elaborate.

Q.8. Explain the advantages in formulation of client's problem?

Q.9. What importance does Yoga hold in an individual's life?

Q.10. 'Healing plays a major contribution in the treatment of psychological distress. Explain the four important factors with the help of examples.

Q.11. What is ECT therapy? How is it given to the patients?

Q.12. 'Anxiety is a manifestation of the psychological distress for which clients seek treatment.' What are the various ways of dealing with it?

Q.13. What importance does Carl Rogers hold in Psychotherapy? What role does Rehabilitation play in a mentally ill patient and his family's life?

CH. CHHABIL DASS PUBLIC SCHOOL

Psychology XII (Ch-5, worksheet)

(Therapeutic Approaches)

- Q.1. Define psychotherapy.
- Q.2. What do you understand by therapeutic alliance?
- Q.3. What is the difference between positive transference and negative transference?
- Q.4. What is the principle of reciprocal inhibition?
- Q.5. Discuss the effectiveness of Sudarshna Kriya Yoga.
- Q.6. How does resistance occur during psychoanalytic therapy?
- Q.7. Describe the method of behavioural analysis used by behaviour therapist.
Give an example to support your answer.
- Q.8. How will you use the method of systematic desensitization to remove phobia of dogs?
- Q.9. Explain the basic principle of humanistic therapy.
- Q.10. What are the techniques used in rehabilitation of the mentally ill?

CH. CHHABIL DASS PUBLIC SCHOOL
Psychology XII (Ch-5, worksheet)
(Therapeutic Approaches)

- Q.1. A therapist asks the client to reveal all her/his thoughts including early childhood experiences. Describe the technique and type of therapy being used?
- Q.2. Explain aversive conditioning with the help of an example.
- Q.3. What do understand by dysfunctional cognitive structures?
- Q.4. What is ECT?
- Q.5. Explain rational emotive therapy(RET) .
- Q.6. Explain token economy technique for changing behavior.
- Q.7. What is Logotherapy ? Explain.
- Q.8. What is existential anxiety ?
- Q.9. State the goals of psychotherapies.
- Q.10. Due to the tragedies in her life Anjali finds herself quite often asking questions like – What is my aim in life? What is the purpose of my life? etc. She consults a therapist as she finds her present life meaningless and inauthentic. How will the Humanistic – Existential Therapist alleviate her distress and help her to achieve a sense of wholeness?

CH. CHHABIL DASS PUBLIC SCHOOL
Psychology XII (Ch-6, worksheet)
(ATTITUDE AND SOCIAL COGNITION)

- Q.1. Define attitude.
- Q.2. How do cultural norms influence formation of attitudes?
- Q.3. Differentiate between attitudes, values and beliefs.
- Q.4. Attitudes have functional value. Explain.
- Q.5. How does 'kernel of truth' lead to development of prejudice?
- Q.6. What do you mean by primacy effect?
- Q.7. Explain halo effect with the help of an example.
- Q.8. Explain fundamental attribution error with the help of an example.
- Q.9. Discuss the relationship among various components of attitude with the help of an example.
- Q.10. Explain the factors that influence the behaviour of an individual in the presence of others.

CH. CHHABIL DASS PUBLIC SCHOOL

Psychology XII (Ch-6, worksheet)

(ATTITUDE AND SOCIAL COGNITION)

Q.1. Explain how the attribution made by an actor would be different from that of an observer.

Q.1. Highlight the importance of schemas in social cognition.

Q.3. Is behaviour always a reflection of one's attitude? Explain with a relevant example.

Q.4. Give various characteristics of prosocial behaviour.

Q.5. "Though attitudes are relatively stable but they undergo change". Explain the processes involved in attitude change.

Q.6. Give various strategies to handle prejudice.

Q.7. Is behaviour always a reflection of one's attitude?

Q.8. We witness a number of incidents happening around us and like naïve scientists assign a cause for one's behavior. What is this process called?

Discuss its various aspects with the help of examples.

Q.9. Differentiate between impression formation and attribution. Describe the process of impression formation

Q.10. Lifestyle ailments like diabetes and hypertension, are on the rise due to our poor eating habits and lack of exercise. As a budding psychologist you have been told to design a strategy to change the attitude of your peers towards healthy eating. What factors will you keep in mind to bring this attitude change?

CH. CHHABIL DASS PUBLIC SCHOOL
Psychology XII (Ch-7, worksheet)
(SOCIAL INFLUENCE AND GROUP PROCESSES)

- Q.1. Define group.
- Q.2. Distinguish between group and crowd.
- Q.3. Differentiate between audience, mob and a group.
- Q.4. What is group think?
- Q.5. Why does group polarization occur?
- Q.6. Differentiate between group and team.
- Q.7. What do you mean by compliance ? Explain the techniques of compliance.
- Q.8. State the reasons for joining groups.
- Q.9. Explain various stages of group formation with the help of an example.
- Q.10. What are the consequences of extreme cohesiveness?

Psychology XII (Ch-7, worksheet)
(SOCIAL INFLUENCE AND GROUP PROCESSES)

- Q.1. Differentiate between primary and secondary group.
- Q.2. Differentiate between compliance and conformity.
- Q.3. Explain Milgram's study on obedience. Also state the reasons for obedience.
- Q.4. What do you mean by conformity? Explain informational and normative influence in conformity.
- Q.5. Enumerate various causes of intergroup conflicts .Explain any one strategy for resolving conflicts.
- Q.6. Compare Cooperative group and competitive group.
- Q.7. Can we change intergroup competition to intergroup cooperation? Explain with the help of relevant example.
- Q.8. Explain the phenomenon of 'groupthink'.
- Q.9. Explain prisoner's dilemma and its application to explain human behavior.
- Q.10. Give one incident of social loafing in school. Why does it happen ? Give any two ways of reducing social loafing.

CH. CHHABIL DASS PUBLIC SCHOOL

Psychology XII (Ch-8, worksheet)

(PSYCHOLOGY AND LIFE)

- Q.1. What do you understand by environment?
- Q.2. How does environment influence perception?
- Q.3. What do you mean by pro-environmental behaviour?
- Q.4. Differentiate between poverty and deprivation.
- Q.5. What do you mean by “Antyodaya”?
- Q.6. Define ‘health’?
- Q.7. Give the psychological features of environmental design.
- Q.8. Describe various approaches to explain Human-Environment relationship.
- Q.9. Discuss various environmental influences on human behaviour.
- Q.10. How do human beings influence environment?

Psychology XII (Ch-8, worksheet)

(PSYCHOLOGY AND LIFE)

- Q.1. Discuss the psychological effects of crowding.
- Q.2. Differentiate between crowding tolerance and competition tolerance.
- Q.3. What is personal space? What is its significance?
- Q.4. What do you understand by poverty cycle?
- Q.5. State any three strategies for poverty alleviation.
- Q.6. Differentiate between instrumental and hostile aggression.
- Q.7. Describe any three situational factors leading to aggression. Also explain the strategies to reduce aggression.
- Q.8. Discuss the psychological impact of television viewing on human behaviour. How can its adverse consequences be reduced? Explain.
- Q.9. Your region has just witnessed a natural disaster. What would be its emotional impact on people?
- Q.10. You are preparing for an important examination and there is a noisy celebration in your neighborhood. What characteristics of the noise will affect your preparation?

Psychology XII (Ch-9, worksheet)
(Developing psychological skills)

- Q.1. What do you mean by counseling?
- Q.2. Give the main elements of counseling.
- Q.3. Explain how 'positive regard for others' and 'ability to empathize' are the essential characteristics of a counselor ?
- Q.4. What are the various characteristics of communication?
- Q.5. Explain encoding and decoding in human communication.
- Q.6. Explain the following communication skills.
(a) Speaking (b) listening (c) reception (d) attention
- Q.7. Give various strategies to improve listening skills.
- Q.8. How does understanding of body language help in effective communication?
- Q.9. Explain the term paraphrasing in human communication.
- Q.10. Differentiate between interpersonal and intrapersonal communication.
11. Explain 'authenticity' as a quality of an effective counselor.
12. Describe the three stages of interview.
13. What do you understand by 'leading' and 'mirror' questions ?
14. What are the observational skills required to be an effective psychologist ?
15. What are the ethical considerations in client counselor relationship?

