



BRAIN INTERNATIONAL SCHOOL

SESSION 2024-25

CLASS: XII

TERM 1 REVISION SHEET

SUBJECT: PSYCHOLOGY

Chapter : Variation in Psychological Attributes

1. Differentiate between aptitude, interest and intelligence. 20. How does Arthur Jensen explain the concept of intelligence?
2. How is Thurstone's theory of intelligence different from Spearman's theory of intelligence?
3. "We should guard against the erroneous practices associated with intelligence tests" Discuss
4. What is mental retardation? State two causes of mental retardation.
5. Is intelligence normally distributed? Comment
6. What is creativity? How it is related to intelligence.

Chapter : Self and Personality

1. Distinguish between self-efficacy and self-regulation
2. Critically examine the psycho-dynamic theory of personality
3. Discuss any two self report measures of assessing personality.
4. Explain Humanistic Approach to Personality
5. Differentiate between personal self and social self giving examples.
6. How is assessment of personality done using indirect techniques?
7. Explain Behavioural rating used in assessment of personality.

Chapter : Meeting Life Challenges

1. Explain the behavioural effects of stress
2. How would you differentiate between adaptation and adjustment?
3. Explain the term "Burn out"
4. What is meant by well-being?
5. Describe the three sources of stress
6. How stress and illness are related to each other.

Chapter : Psychological Disorder

1. What is diathesis stress model?
2. How somatic symptom related disorder is different from illness anxiety disorder
3. State the salient features of Dissociative Amnesia.
4. Explain post-traumatic stress disorder giving examples
5. Explain dissociative amnesia.
6. What is bipolar mood disorder?
7. What is obsessive compulsive disorder? Explain

Chapter : Therapeutic Approaches

1. What is Therapeutic relationship? Why is it important?
2. State basic assumptions of behaviour therapies
3. How rehabilitation helps to treat mentally ill?
4. How Psychodynamic therapies and behavioural therapies are different in terms of method.
5. Discuss basic assumption of Humanistic-Existential therapies.