

**BRAIN INTERNATIONAL SCHOOL**

**SUBJECT: PSYCHOLOGY**

**REVISION SHEET**

**CLASS: XII**

**SECTION-A**

1,.....is a technique to treat Phobia.

- (a) Sublimation
- (b) Rationalisation
- (c) Systematic desensitisation
- (4) None of the above

2. Which therapy encourages the client to seek personal growth and actualise their potential?

- (a)RET
- (b) Behavioural
- ©Client centred
- (d)SKY

3. Lous Terman, who was responsible for the Stanford-Binet, adopted the development..... as an index of mental

- (a) Mental Age (MA)
- (b) Intelligence Quotient (10)
- (c) Development Quotient (DQ)
- (d) Performance Quotient (PQ)

4. Two statements are given in the question below as Assertion (A) and Reason (R) Read the statements and choose the appropriate option

Assertion (A): Team is a group.

Reason (R): Team has an organized structure

- (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, R is false.
- (d) A is false, R is true

5. The physical, environmental and social causes of the stress state are termed

- (a) Stress
- (b) Stressors
- (c) Distress
- (d) None of these

6. The three types of stress are-

- (a) Physical and environmental, psychological and social
- (b) Physical, personal and social
- (c) Physiological, behavioural and emotional
- (d) All of the above

7. Two statements are given in the question below as Assertion (A) and Reason (R). Read the statements and choose the appropriate option.

Assertion (A): The Id doesn't care for moral values, society or other individuals.

Reason (R): The Id works on the pleasure principle and demands immediate gratification.

- (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, R is false.
- (d) A is false, R is true.

8. People suffering from..... become euphoric, extremely active, excessively talkative and easily distractable

- (a) ADHD
- (b) Mania
- (c) ODD
- (d) Depersonalisation

9. Both balance and cognitive dissonance are examples of

- (a) Two step concept
- (b) Cognitive consistency
- (c) Cognitive distortion
- (d) None of these

10. In 1957, Leon Festinger published his theory of

- (a) Balance
- (b) Attitude
- (c) Learning
- (d) Cognitive Dissonance

11 Which of the following systems is the internalised representation of the values and morals of society as taught the child by the parents and others? 1

- (a) d
- (b) Ego
- (c) Super ego
- (d) Libido

12. In this question, a statement of Assertion (A) is followed by a statement of Reason (R). Read the statements and choose the appropriate option

Assertion (A): Lazarus and Folkman conceptualized coping as dynamic process rather than an individual trait

Reason (R): Coping serves to allow the individual to manage or alter a problem and regulate the emotion response to that problem

- (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, R is false.
- (d) A is false, R is true.

13. Carl Jung's theory is known as.

- (a) Five Stage theory
- (b) Analytical Psychology
- (c) Cardinal theory
- (4) One-factor theory

14. is not an element of group structure.

- (a) Self-esteem
- (b) Role
- (c) Status
- (d) Norms

### **SECTION-B**

15. How Sternberg's Concept of Intelligence is different from other concepts?

16. What is abnormality?

OR

(b) Being the parents of 3 years old giri, Mukesh and Neena want her to use some phrases like 'thank you' and 'please'. What should they do to instil this habit in her? What is this kind of learning called?

17. What is Libido?

18. When Uttarakhand was flooded, the community stepped forward to help the effected people with food, water and shelter. What kind of behaviour they have shown in this instance? Explain.

19. Differentiate between congruent and incongruent changes in attitude.

### **SECTION C**

20. Aman is a spiritual leader who possesses a particular type of intelligence as explained by Howard Gardner, Identify the intelligence and give reasons for your answer.

21. Differentiate between primary and secondary groups

22. (a) Is separation anxiety disorder classified under neurodevelopmental disorders? Give reasons for your answer by the symptoms of separation anxiety disorder.

OR

(b) How resilience and health are related to each other?

23. Explain the concept of diffusion of responsibility.

### **SECTION D**

24. (a) Vimal is a member of a group of coaches that help with co-curricular activities in the school, Naval is a member of the school cricket team. State the key differences between Vimal's group and Naval's team .

Or

(b) Discuss main features of Humanistic-existential therapies.

25. "Many people are their own enemies and do precisely those things that are bad for their health." Discuss.

26. What are phobias? If someone had an intense fear of snakes, could this simple phobia be a result of faulty learning? Analyse how this phobia could have developed.

27. Differentiate between Simultaneous Processing and Successive Processing?

### **SECTION E**

28. (a) What is creativity? How is it related to intelligence and how are creativity tests different from intelligence tests?

OR

(b) How do negative emotions and associated behaviour causes psychological stress?

29. (a) Explain Balance Theory of attitude change

OR

(b) Are you a member of a certain group? Discuss what motivated you to join that groups.