



## REVISION SHEET

**SUBJECT: PSYCHOLOGY**

**CLASS-XII**

**TERM 1**

**Chapter: 1 Variations in psychological attributes.**

**1.** Which of the following statements is true regarding intelligence assessment?

- i. Standardized intelligence tests provide reliable and valid measures of cognitive abilities.
- ii. Cultural differences do not influence the outcomes of intelligence tests.
- iii. Non-verbal intelligence tests minimize language barriers and cultural bias.
- iv. Administering and interpreting intelligence tests requires professional expertise.

- (a) i and iii
- (b) i and iv
- (c) ii and iii
- (d) ii and iv

**2.** Saima, an illustrator in newspaper agency is known for her ability to draw satire cartoon on various issues. Her cartoon strikes into the minds of reader with great message. Which type of intelligence she has?

- (a) Logical Intelligence
- (b) Spatial Intelligence
- (c) Imaginative Intelligence
- (d) Linguistic Intelligence

**3.Assertion (A):** An individual intelligence test is one which can be administered to one person at a time. A group intelligence test can be administered to several persons simultaneously.

**Reason (R):** Individual tests allow people to answer orally or in a written form or manipulate objects as per the tester's instructions. Group tests generally seek written answers usually in a multiple-choice format.

- (a) Both Assertion (A) and, Reason (R) are true and Reason (R) is the correct explanation of Assertion (A)
- (b) Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A)
- (c) Assertion (A) is true, but Reason (R) is false
- (d) Assertion (A) is false, but Reason (R) is true

**4.** Vaani is not just smartest girl but also requires less command by her teachers and parents to accomplish any given tasks. She analyse problems and arrives at solutions quickly. Identify the type of intelligence Vaani has.

**5.** Gautam is very sensitive about his feelings and emotions. He also controls his emotions and expressions while dealing with self and others. Name the other two traits of Emotionally Intelligent Person.

**6.** Technologically advanced societies adopt child rearing practices that foster skills of generalisation and abstraction, speed, minimal moves and mental manipulation among children. What type of behaviour, these societies promotes?

7. Rohit has always been fascinated by words and language. He excels in writing stories, learning new languages, and expressing his thoughts clearly. His teachers often praise his ability to use language effectively in debates and essays. What is linguistic intelligence?

8. Ravi is preparing for an exam that requires applying previously learned concepts to solve complex problems. His ability to use stored information effectively demonstrates the knowledge base component of intelligence. Explain the knowledge base in PASS Model of Intelligence.

9. Lovelen and Jadon are just briefed by their organisation to get enrolled to participate in the upcoming IQ test Kohs Block Test, where a number of wooden blocks to be arranged by the candidates. How IQ test is designed in Kohs Block Test?

10. Are there cultural differences in the conceptualisation of intelligence? Also explain technological intelligence.

### CASE STUDY 1

Interpersonal is an ability to understand to subtle aspects of others' behaviours. Psychologists, counsellors, politicians, social workers, and religious leaders are likely to possess high interpersonal intelligence. On the other hand, intrapersonal is an ability to understand of one's own feelings, motives, and desires. This refers to the knowledge of one's internal strengths and limitations and using that knowledge to effectively relate to others. Persons high on this ability have finer sensibilities regarding their identity, human existence, and meaning of life. Philosophers and spiritual leaders present examples of this type of intelligence.

1. What is meant by interpersonal skills?

2. Describe any two methods to enhance one's interpersonal skills.

## Chapter: 2 Self & Personality

1. Kamraj a small Idli-Dosa vendor was running his shop in the government land. One day the civic authority demolished his shop without prior notice. Despite this he didn't panic and decided to rebuild the shop with all legal documents and permission. Name the trait Kamraj possess.

(a) Type-C Personality

(b) Type A-B Personality

(c) Type-A Personality

(d) Type-B Personality

2. Kiran nowadays suffer from stress including mood swings, and shows erratic behaviour with family and friends.

In career path, she has decreasing confidence and self-esteem. These effects are called as \_\_\_\_\_.

(a) psychological effects

(b) workload burden effects

(c) emotional effects

(d) medical disorder effects

3. Which of the following statements is true for the methods used in intelligence testing?

i. Standardized tests can measure cognitive abilities reliably and validly.

ii. Cultural differences do not influence the outcomes of intelligence tests.

iii. Non-verbal tests are designed to assess intelligence without the influence of language.

iv. Intelligence tests should be administered and interpreted by trained professionals.

(a) i and iii

(b) i and iv

(c) ii and iii

(d) ii and iv



4. Rama and Garima are sisters and are equally good at studies in school. Their behaviour, likes and dislikes are also quite similar. It becomes at times difficult for their people to distinguish between the two. How do psychologists determine individual personalities and traits?

- (a) Trait Approach
- (b) Type Approach
- (c) Personality Approach
- (d) Post-Freudian Approach

5. What do you understand by Eysenck Personality Questionnaire (EPQ)?

6. What do you know about centrality?

7. In which stage a male child experiences the Oedipus complex?

8. Urmila has enrolled into a new skill development course for further enhancement in her career. She never hesitates to new learning modes and to enhance her knowledge. What Rogers has mentioned about person like Urmila?

9. Parents of Sonam are really proud of her daughter as she is the youngest Youtuber with million strong followers. She is just 7 but has memorised various facts and figures.

Explain the two characteristics of her personality.

10. Kenneth has decided to visit Serengeti National Park during her summer vacation. He is someone who doesn't like to experience natural beauty through TV. Which type of personality he has according to the Five-Factor Model of Personality? Describe it.

11. Mandy is an upcoming promising Radio Jockey (RJ) who runs a Q&A Session every Saturday 9 to 10 PM. He raises the questions related to common problems as well as difficult marriage life over the phone. Do you think he has certain trait personality?

12. Describe humanistic approach to personality. What Maslow mean by self-actualisation?

13. Discuss the main observational methods used in personality assessment. What problems do we face in using these methods

### **Chapter: 3 Meeting Life Challenges**

1. Which umbrella term is used to describe the physical environmental and social cause of stress? (a) Triggers (b) Stressors (c) Distress (d) None of these
2. The general adaptation syndrome consists of three stages which include (a) the alarm reaction (b) the stage of resistance (c) the stage of exhausting (d) All of the above
3. The effects of traumatic events may occur after some lapse of time and sometimes persist as symptoms of anxiety, flashbacks, etc. Find out the stressful event in the following given options.  
I. Fire II. Train or road accident III. Robbery IV. Political changes  
Choose the correct option.  
(a) I and II (b) II and III (c) I, II and III (d) I and IV
4. Describe different strategy of coping with stress.

5. Write the impacts of stress on psychological functioning
6. Ravi and Harsh are the same batch-mates in the AIIMS where they both are aspiring doctors. However, there is always a sense of bitter rivalry and fierce competition to prove that who is the best doctor. What would be the possible cause of stress between them?
7. Ramola Dixit is a bright and excellent student throughout her career. Nowadays she is preparing for campus placement interviews and remains in great stress and anxiety. How are emotional effects deeply attached with stress?
8. Kanika now the day stopped going to school and locked herself in a room and in case asking about the issue he repeatedly states that she knows that she is going to fail in the term exams and someone is constantly trying to let her down in future. Identify the kind of psychological trauma Kanika is going through and how many types of stress people experience?
9. How does stress impact the immune system and health?
10. Given what you know about coping strategies, what suggestion would you give to your friends to avoid stress in their everyday lives?

#### **Chapter 4: Psychological Disorder**

1. \_\_\_\_\_ is the disorder where people eat large amounts of food with a loss of control over the eating and then try to get rid of the extra calories in an unhealthy way. (a) Anorexia nervosa (b) Alnexia nervosa (c) Bulimia nervosa (d) Binge eating
2. Depression cases are fast increasing in India with over 5 crore people suffering from the disorder, the highest in South-East Asia and Western Pacific region, which includes China, according to WHO. Which among the following is/are disposing factors towards Depression? (a) Feelings of sadness, tearfulness or hopelessness (b) Angry outbursts (c) Irritability or frustration (d) All of these
3. Ramesh, who has been diagnosed with a psychological condition, often struggles to speak or respond in conversations. His speech is minimal and lacks fluency, making communication difficult. Define aphasia
4. Shilpi is considered as an average girl in her class. Although she tries her level best but could not perform well. She remains silent and sobbing inside the room when she is alone. Name the psychological disorder she is suffering from
5. What are the various approaches used to distinguish between normal and abnormal behaviour?
6. Arjun has started consuming alcohol regularly, which has led to difficulties in his academic performance and strained relationships with his family. His counselor highlights the various



physical, mental, and social consequences of alcohol consumption during their sessions. Describe impact of alcohol

7. Samarth is considered as an average boy in his class. Though he managed to pass with fair marks but this year he ranked in the bottom. His mother found him locked inside the room and crying. Name the psychological disorder he is suffering.
8. One of the biggest disadvantage of metropolitan cities is mental disorder among the various age group. As like the case of Jahnvi, a junior advocate working in the Legal firm. She was smart and does her job efficiently. Due to frequent dealing with criminal cases, she was diagnosed with depression. Identify the symptoms associated with depression and mania.
9. Ananya frequently checks if the doors are locked and washes her hands repeatedly, even when unnecessary. She feels a strong urge to perform these actions to relieve her anxiety, despite knowing they are excessive. What is Obsessive-Compulsive Disorder

#### Case study 2

Very often people who have been caught in a natural disaster (such as Tsunami) or have been victims of bomb blasts by terrorists, or been in a serious accident or in a war-related situation, experience Post-traumatic stress disorder (PTSD). Its symptoms vary widely but may include recurrent dreams, flashbacks, impaired concentration and emotional numbing. Somatic symptom disorder involves a person having persistent body-related symptoms which may or may not be related to any serious medical condition. People with this disorder tend to be overly pre-occupied with their symptoms and they continually worry about their health and make frequent visits to doctors. As a result, they experience significant distress and disturbances in their daily life.

1. What do you understand by the term 'PTSD'? Cite some of the characteristics of it.
2. Describe the two types of disorder that includes in the somatic symptom and related disorders

#### Chapter 5: Therapeutic approaches

1. This therapy focuses on the actions and thoughts of the client in the present. The past is relevant only to the extent of understanding the origins of the faulty behaviour and thought patterns. Name the therapy used by therapist in psychological studies.  
(a) Behaviour Therapy (c) Integrative Therapy (b) Active Therapy (d) Clinical Therapy
2. Premeasgar was taught skills such as candle making, paper bag making and weaving to help him to form a work discipline. This is known as \_\_\_\_\_.  
(a) Positive reinforcement (b) Occupational therapy (c) Alternative therapy (d) Behavioural therapy
3. Damini has visited to a psychiatrist for mental health checkup. She was quite satisfied with service and assistance given by the therapist. Name and explain the therapy Damini is receiving.

4. Parents of Natasha nowadays are insisting her daughter to visit a psychotherapist, though Natasha not interested. Her parents ultimately convinced her by giving the detailed benefits of psychotherapy. Explain the goal of psychotherapies in psychology.
5. Meera started psychotherapy sessions and noticed improvements not just from specific techniques but also from the supportive and trusting relationship with her therapist. This bond and her belief in the process significantly contributed to her healing. Describe the non-specific factors associated with healing in psychotherapy.
6. Heema, a young professional dealing with work-related stress, began practicing Sudarshan Kriya Yoga (SKY) regularly. She noticed improvements in her sleep quality, reduced anxiety, and enhanced emotional resilience.
7. Explain how Kundalini Yoga has been found to be effective in treatment of mental disorder.
8. Anuj avoids tasks, so his mentor uses negative reinforcement by skipping extra practice if he submits work on time. Aversive conditioning is applied by using an unpleasant alarm for delays. What are negative reinforcement and aversive conditioning methods for behaviour modification?
9. Aryan watches his older brother successfully fix a bike by following a tutorial. Inspired by observing his brother's actions and results, Aryan learns the process and confidently repairs his own bike the next day. Explain vicarious learning.