

BRAIN INTERNATIONAL SCHOOL
Session 2025-26

PRACTICE PAPER 1
Class XII
Subject – Psychology (037)

General 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. The 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. The 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. The 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. The answer to each question should not exceed 200 words.
7. Question Nos.30-33 in Section F are based on two cases given. The answer to each one-mark question should not exceed 20 words. The answer to each two-mark question should not exceed 30 words.

SECTION-A

1. Aisha is in the final year of schooling and is highly motivated to excel in the competitive examinations. However she feels she is short of time and always burdened with work. She finds it difficult to slow down and relax. Identify her personality type.

- a) Type A b) Type B c) Type C d) Type D

2. What is the chief benefit to the client in cognitive therapy?

- a. Emotional insight is gained and the client is able to change his emotions towards the conflict.
- b. The client is able to change maladaptive behaviour to adaptive ones.
- c. The client is able to replace irrational thoughts with rational ones.
- d. The client is able to achieve personal growth which leads to understanding oneself.

3. Some societies adopt child rearing practices that foster skills of speed, minimal moves, and mental manipulation, promoting a type of behavior called ____.

- a. integral intelligence b. technological intelligence
c. emotional intelligence d. contextual intelligence

4. Anjani just found a gold bracelet inside a movie theatre. Which part of her personality would urge her to deposit it at the manager's office?

- a. id b. ego c. superego d. libido

5. Cultures are characterized as collectivistic when _____.

- a. each member of the group maintains his/her individuality
- b. there is a clear dichotomy between self and others
- c. self and group remain at a distance
- d. self and group have a harmonious co-existence

6. The school counsellor told Simran that people are happiest and perform their best when their personal traits and characteristics match their occupation. To assess this, she has to go through a psychological test. Her counsellor is most likely to use the _____ test.

- a. Minnesota Multiphasic Personality Inventory b. Eysenck Personality Questionnaire
c. Sixteen Personality Factor Questionnaire d. Draw a person test

7. The correlation between intelligence test scores of identical twins is _____.

- i. higher when they are raised together than when they are raised apart.
- ii. greater than that for fraternal twins raised together.
- iii. lower than that for any other blood relatives.
- iv. the same whether they are reared together or apart.

Choose the correct option:

- a. i and iii b. i and ii c. iii and iv d. i and iv

8. Assertion (A): There may be many people who are academically talented but are unsuccessful in their own lives.

Reason (R): The source of their difficulty is lack of emotional intelligence.

- 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

9. Sonali was questioned by her senior when her performance started to decline. She admitted that she was not eating regularly and her sleep was disturbed. Moreover, she could not concentrate on work and felt overburdened. Identify the effects of stress being indicated here.

- i. Emotional ii. Behavioural iii. Cognitive iv. Physiological
- a. i and ii b. ii and iii c. iii and iv d. i and iv

10. Which of the following is/are true about psychological disorders in the middle ages?

- i. Demonology and superstition were used as explanations of psychological disorders.
 - ii. Mental anguish and conflict were considered as reasons for psychological disorders.
 - iii. Disturbed interpersonal relationships were emphasised to explain mental disorders.
 - iv. There was emphasis on deinstitutionalisation for people with psychological disorders.
- a. Only i is true. b. i and ii are true. c. Only iii is true. d. ii and iv are true

11. Ashish's roommate at college, who belonged to a particular State, was always rude and selfish towards him. Ashish now does not befriend or employ people from this State as he feels that they are all impolite. This is an example of _____.

- a. Self fulfilling prophecy b. Kernel of truth c. Scapegoating d. Social cognition

12. Why is behavioural analysis conducted to overcome stress?

I. To find malfunctioning behaviour

II. To find the consequent operations of the adaptive behaviour

III. To identify the antecedents of faulty learning

IV. To identify the factors that maintain faulty learning

- a. I, III & IV b. ONLY III c. II & III d. I & II

13. Which part of the Guilford model deals with the nature of materials or information on which intellectual operations are performed and include visual, auditory, symbolic, semantic and behavioral information?

- a) Content b) Product c) Operations d) Responses

14. Assertion (A): Molly is the assistant manager in a big software firm, she got that position because she had a friend in the human resource, she is arrogant and finds herself in situations where she doesn't know what to do.

Reason (R): Ayurveda defines people's personality on the basis of three humoral elements called tridosha and Molly's personality can be described as being dominated by the tamas guna.

- 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

SECTION-B

15.Samina keeps organizing her cupboard the whole day. Even the thought of somebody messing it, keeps her distracted in class and makes her anxious. Such symptoms are typical of which disorder?

OR

Reena is 5 years old, she cries when she is dropped at school. Explain the disorder and list its symptoms.

16.Eshani never paid heed to her mother's advice of doing physical exercise daily in the morning. But, one day when she saw her favourite cricketer advocating the importance of regular exercise, she started exercising daily. Identify the characteristics of the source that brought about the attitude change.

17.Explain any two elements of a group structure.

18.Imagine the following situation: 'You auditioned for the school play but did not get selected'. Using Ellis' framework, suggest two contrasting interpretations and their consequences.

19.Fatima communicates her feelings and views clearly with confidence. She could say 'no' to a request or state an opinion without being self-conscious. Which life skill is she using? Suggest two more life skills that can help Fatima meet the challenges of life successfully.

SECTION C

20.How did the intelligence tests emerged in India?

21.Rose is of average intelligence but is high on ability to appraise, express and regulate her emotions. Identify the intelligence that she exhibits and why it is receiving so much attention these days. Suggest some ways to enhance this kind of intelligence of students in schools.

22.Many societies are prejudiced on the basis of religion and colour. Suggest some strategies to handle such prejudices .

23.Emily and her sister Lavinia live together in an English town, Emily has been on bed rest since they arrived and claims to have a very peculiar illness that a town doctor cannot deal with. People talk about the sisters behind their backs that she does not have any illness. Explain the psychological disorder that Emily is suffering from.

SECTION-D

24.A client experiences irrational thoughts that are self-defeating in nature. Suggest and explain a suitable therapy that will help him to reduce his distress.

25.What is positive health? Describe any three stress buffers that facilitate positive health.

26.Mother Teresa believed that she had a mission to fulfil and did what came natural to her, loving others and serving them. Identify the trait being referred to here by Gordon Allport and how it affects a person's behaviour. Distinguish it from other traits given by him.

OR

Ravi is trying to lose weight. During the festivities, he made sure not to eat his favourite desserts. Identify and explain the aspect of self that Ravi is exhibiting. Suggest any three techniques he can apply to further achieve his goal.

27.Four friends are working together to develop a plan for their new start-up. After some initial conflict, the group started to work together and became unified. Now the group is very productive and the group goal is

in the process of being achieved. Identify the stage of group formation that the group has presently reached. Explain the stages that the group has passed through to reach the present stage.

SECTION-E

28. Rochella wants to study the personality of a group of people. Explain the techniques she can use to determine the personality of the people in the group.

OR

Mahima and Garima had an argument regarding the different schools of psychology determining the personality of the people. Garima says that personality is the result of everything learned whereas, Mahima says that it is the past that influence the individual's personality. Which one do you think is more accurate about their argument? Why?

29. Given what you know about coping strategies, what suggestions would you give to your friends to avoid stress in their everyday lives.

OR

We know that certain lifestyle factors can cause stress and may lead to diseases like cancer and coronary heart disease, yet we are unable to change our behaviour. Explain why?

SECTION-F

Raju, a manager in a multinational company went to the office one day, when his boss called him to his cabin and told him that since the business was going down, his services were no longer required. This left Raju in a state of shock; he felt breathless, started sweating and could not balance himself to stand straight. Gradually he gathered himself and went home; however, after few months without a job he started complaining of high blood pressure issues. He did not make active efforts of finding another job, rather whiled away his time watching TV or talking to his friends about how working for someone else can be so boring and unproductive.

30. Which coping strategy has Raju adopted before he lost his job? Suggest any one stress management technique to Raju to cope with the stressors in his life?

31. Enumerate the concept of coping and list the different coping strategies given by Lazarus and Folkman.

Alfred Binet, in 1905, was requested by the French government to devise a method by which students who experienced difficulty in school could be identified. Binet and his 8 colleague, Theodore Simon, began developing questions that focused on areas not explicitly taught in schools those days, such as memory, attention skills related to problem solving. Using these questions, Binet determined which were the ones that served as the best predictors of school success. Binet quickly realised that some children were able to answer more advanced questions than older children were generally able to answer and vice versa. Based on this observation, Binet suggested the concept of mental age or a measure of intelligence based on the average abilities of children of a certain age group. This first intelligence test is referred to as the Binet-Simon Scale. He insisted that intelligence is influenced by many factors, it changes over time, and it can only be compared in children with similar backgrounds.

32. Identify the approach on which the Binet - Simon Intelligence Scale is based. Discuss its features.

33. 'Binet quickly realised that some children were able to answer more advanced questions than older children were generally able to answer and vice versa'. Why do individuals differ in intelligence? Using examples, give reasons for your answer.

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SECTION A

1. Anamika realises that intelligence tests are of several types. Which of the following is/are a correct explanation/explanations of the types of tests she can use to assess intelligence?

- i. On the basis of their administration procedure, they can be categorised as culture fair or culture biased.
 - ii. They can also be classified as verbal, non-verbal and performance tests on the basis of the nature of items used.
 - iii. Depending upon the extent to which an intelligence test favours one's culture over another can be judged by group or individual tests.
 - iv. She can choose a test on the basis of its purpose i.e. from verbal non-verbal, performance, group or individual.
- a.(i), (ii) and (iii) b.(iii) c.(iii), (iv) d.(ii), (iv)

2. Hemant took a/an _____ test which indicated that he could excel in typing and highlighted it in his resume while looking for a job.

- a. Multiple aptitude b. Specialised aptitude c. Interest d. Achievement

3. Identify the defence mechanism- There is this girl at work who I hate so much. She's intimidating, disrespectful, and offensive. Strangely, she's now one of my best friends, and we get on really well.

- a. Repression b. Reaction formation c. Denial d. Rationalisation

4. Kashish puts the work related issues under the carpet and refuses to accept or face them. This explains that she is _____ the task.

- Avoiding Managing Procrastinating Approaching

5. Which of the following are dimensions of stress?

- I. Intensity
- II. Duration

III. Predictability

IV. Vulnerability

a.(I), (II), (IV)

b.(I),(III), (IV)

c.(II),(III), (IV)

d.(I),(II), (III)

6. Assertion (A): Psychological characteristics like mental health, temperament, and self-concept are not relevant to the experience of stress.

Reason (R): An individual's experiences of stress depend on the physiological strength of that person

a. Both A and R are true and R is the correct explanation of A.

b. Both A and R are true and R is not the correct explanation of A.

c. A is true but R is false.

d. A is false but R is true

7. Shweta feels that her actions and movements are monitored by an alien organisation. Identify the type of delusion that Shweta is suffering from.

a. Persecution

b. Control

c. Reference

d. Grandeur

8. While driving to work Josh debates what color to paint his new house. When he arrives at his parking space, he realises that he does not remember any of the details of his drive to work. Josh has experienced _____.

a. Deliberation

b. Dissociation

c. Distinctiveness

d. Anxiety

9. Which of the following statements are true about the difficulties faced by individuals in Autism Spectrum Disorder?

I. Inability to initiate social behaviour

II. Serious abnormalities in communication.

III. Some children never develop speech.

IV. Show wide range of interests and repetitive behaviour.

a.(I), (II), (IV)

b.(I),(III), (IV)

c.(II),(III), (IV)

d.(I),(II), (III)

10. Nikhil feels very strongly that everyone should love him and he should be selected to represent the school for all the competitions. When this does not happen, he feels miserable and is unable to concentrate. Which form of therapy would be the most suitable for him to overcome this problem.

a. Cognitive therapy

b. Psychodynamic

c. Behavioural therapy

d. Biomedical therapy

11. Students often develop a liking of a particular subject because of the teacher. This liking is because of:

a. Positive association between teacher and student.

b. Negative association between a teacher and a student.

c. Neutral association between teacher and student.

d. Positive association between teacher and subject.

12. _____ is a method in which a person provides factual information about herself/himself.

a. Case study

b. Interview

c. Self report

d. Psychological test

13. Assertion (A): An individual's attitudes may not always be exhibited through behaviour.

Reason (R): Consistency between attitudes and behaviour is seen when the attitude is strong, and occupies a central place in the attitude system and the person is aware of her/his attitude.

Options:

- a. Both A and R are true and R is the correct explanation of A.
- b. Both A and R are true and R is not the correct explanation of A.
- c. A is true but R is false.
- d. A is false but R is true

14. Feeling of togetherness that keeps the group intact is called _____.

- a.Group polarisation b.Group conformity c.Group think d.Group cohesiveness

SECTION B

15. Explain the facets of intelligence in contest to the Indian notion of intelligence.

OR

Differentiate between aptitude and interest.

16. Rabia, a psychologist, wants to analyse the personality of an individual just by talking to him. Even when she is trained, she do not have any prior preparation for the same. Explain the method of assessment she can use to assess the personality of the individual.

17. After the result is declared, Payal always tell people that she passed because of her luck and always doubt her abilities. which cognitive and behavioral aspect of self is low in Payal? Discuss.

18. Lokesh is a 10 year old boy with the bad habit of biting his nails, the psychologist used a therapy where they put some foul tasting paste on his nails, this led to a decrease in nail biting behaviour with time. Explain the type of therapy used by the psychologist.

19. Imagine the following situation:

A boy who was always ignored by his parents and felt unwanted, gets publicly ridiculed by his teacher.

How can this situation lead to the development of mental problem according to Aaron Beck?

SECTION C

20. In an advertisement about a pressure cooker, a mother is shown cooking for her soldier son, who also discuss the nutritional benefits of pressure cooking. Identify the appeal that the message is making through the advertisement.

21. Dr Sudhir is a specialist in brain surgery. Explain the type of intelligence possessed by Sudhir according to Howard Gardner.

OR

Karan is a successful entrepreneur and is very good at dealing with the clients. With respect to Robert Sternberg's theory, which type of intelligence does Karan possess? Explain this type of intelligence.

22. Describe Hans Selye's General Adaptation Syndrome (GAS).

23. Doctors identify the symptoms and provide medication for the problem. What criteria is used by the psychologists to identify and distinguish between different types of mental disorders?

SECTION D

24. Jamal had high low intelligence when he was adopted by his new parents, with time his intelligence improved and was similar to his adopted parents. Why do you think this happened? Justify your answer.

25. Kavya is considered confident by her friends and family, her parents were always supportive of her decisions and gave her freedom to take her own decisions. Explain how self esteem and self concept plays an important role in an individuals development of self.

26. Discuss any four parameters for classification of psychotherapies.

27. Your school has participated in an inter-state dance competition and you are selected for the same. Initially there was lack of coordination among the group members, but later as the roles were divided among all the group members, their performance enhanced and your dance group performed well in the competition. Identify the stage of group formation that the group has presently reached. Explain the stages that the group has passed through to reach the present stage.

OR

In an office, a person was caught taking bribe from someone to do their work. A meeting was called and all the members were asked to take a decision against the person who took the bribe. Finally it was decided that he will be suspended from his position. Which phenomenon is working here? What were the reasons for this firm decision by the people?

SECTION E

28. The type approach attempt to understand human personality by examining certain broad patterns in the observed behaviour. Explain how different theories under the type approach describe the personality.

OR

Describe the five stages of psycho-sexual development described by Sigmund Freud. Why is it necessary for individuals to successfully pass through the stages?

29. While speaking in public the patient changes topics frequently, is this a positive or negative symptom of schizophrenia? Describe the other symptoms and sub-types of schizophrenia.

OR

Explain abnormality. Trace a brief history of how our understanding of psychological disorders have evolved to its current status?

SECTION F

Because evolution has provided mammals with reasonably effective homeostatic mechanisms for dealing with short-term stressors, acute stress responses in young, healthy individuals typically do not impose a health burden. However, if the threat is persistent, particularly in older or unhealthy individuals, the long-term effects of the response to stress may damage health. Adverse effects of chronic stressors are particularly common in humans, possibly because their high capacity for symbolic thought may elicit persistent stress responses to a broad range of adverse living and working conditions. The relationship between psycho-social stressors and chronic disease is complex. It is affected, for example, by the nature, number, and persistence of the stressors as well as by the individual's biological vulnerability (i.e., genetics, constitutional factors) and learned patterns of coping. In this review, we focus on some of the psychological, behavioral, and biological effects of

specific stressors, the mediating psychophysiological pathways, and the variables known to mediate these relationships. We conclude with a consideration of treatment implications.

30.How does stress effect the immune system?

31.What factors are important in determining the impact of stress on the health of an individual?

In Nazi Germany, anti-Semitism reached a racial dimension never before experienced. Christianity had sought the conversion of the Jews, and political leaders from Spain to England had sought their expulsion because Jews were practitioners of Judaism, but the Nazis—who regarded Jews not only as members of a subhuman race but as a dangerous cancer that would destroy the German people—sought the “final solution to the Jewish question,” the murder of all Jews—men, women, and children—and their eradication from the human race. In Nazi ideology that perceived Jewishness to be biological, the elimination of the Jews was essential to the purification and even the salvation of the German people.

A novelty of the Nazi brand of anti-Semitism was that it crossed class barriers. The idea of Aryan racial superiority appealed both to the masses and to economic elites. In Germany anti-Semitism became official government policy—taught in the schools, elaborated in “scientific” journals and research institutes, and promoted by a huge, highly effective organization for international propaganda.

32.Discuss the source of prejudice and stereotype by the Nazis against the Jews?

33.How do you explain the prejudice and discrimination in the genocide committed by the Nazis in Germany against the Jewish people?