



REVISION SHEET

SUBJECT: PSYCHOLOGY

CLASS-XI

TERM 1, 2026

1 MARK QUESTIONS

1. Dr. George wants to find out the differences in child-rearing practices between American and Japanese families. He is most likely to study this under
 - (a) Environmental Psychology
 - (b) Health Psychology
 - (c) Cognitive Psychology
 - (d) Cross-cultural and Social Psychology
2. Psychology focuses on the role of psychological factors (for example, stress, anxiety) in the development, prevention and treatment of illness.
 - (a) Organisation
 - (b) Health
 - (c) Clinical
 - (d) School.
3. The German word_____ means 'form' or 'configuration'.
4. Assertion (A): Some of us think very highly of ourselves and feedback that contradicts our opinion about ourselves is rejected.
Reason (R): We need to have a positive and balanced understanding of ourselves.
 - (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. In the Bobo Doll studies, Bandura demonstrated that:
 - (a) Children will imitate aggressive behaviour only if it is reinforced with reward
 - (b) Children will imitate aggressive behaviour that they have observed in adults
 - (c) Children who are aggressive will imitate aggressive behaviour
 - (d) Children who are non-aggressive will not imitate aggressive behaviour
6. Appetitive classical conditioning is slower and require greater number of acquisition trials as compared toaversive classical conditioning. (True/ False)
7. The law of Pragnanz or law of good figure refers to:
 - (a) The tendency to read an ambiguous stimulus in accordance with an expectation.

- (b) The viewing under suboptimal conditions such as an object is shaded or overlapped.
- (c) The tendency to perceive the simplest and most stable figure of all possible perceptual alternatives.
- (d) The ability to recognize and identify common objects.

8. Assertion (A): Sensation and perception are two different processes.

Reason (R) Sensation is something that happens to the sense organs and neuron perception is something that happens in consciousness.

- (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. Psychophysics is the study of

- (a) Movement perception
- (b) Depth perception
- (c) The psychological perception of physical stimuli
- (d) Both (b) and (c)

10. Harlow's classic studies with baby monkeys and wire on cloth artificial mothers have demonstrated the importance of_____ in the early development.

- (a) Classical conditioning
- (b) Physical contact/comfort
- (c) Operant conditioning
- (d) Feeding

11. The experiences of adults may make them wiser and guide their decisions. However, with an increase in age, one's performances is likely to decrease on tasks requiring speed, such as running. Which assumption of the life span perspective do you see here?

- (a) Development is plastic
- (b) Uni-directional
- (c) Development
- (d) Multi-directional

12. Durganand Sinha's ecological model explains about the_____

- (a) Emotional development
- (b) Cognitive development
- (c) Environmental influence on development
- (d) None of the above

13. While conducting research, the researcher is increasing the noise level so as to see the learning ability of students. This refers to which goal of psychological enquiry?

- (a) Description
- (b) Explanation
- (c) Prediction
- (d) Control

14. Which of the following variables represents the attitude (positive/negative) of the person in the experiment?
- (a) Dependent
 - (b) Sequential
 - (c) Organismic
 - (d) Situational

VERY SHORT ANSWER TYPE QUESTIONS (2 Marks)

1. Define Cognition.
2. What is school psychology?
3. What do you mean by the terms 'Stimulus' and 'Response'?
4. Where and how community psychologists work?
5. Where and why organizational psychologists are needed?
6. Define the term description in goals of psychological enquiry.
7. What do you know about prediction?
8. Define hypothesis and give any example.
9. What is correlation?
10. Define the term 'objectivity'
11. What is demographic information?
12. What is validity?
13. What are teratogens and how do they affect development?
14. What distinguishes genotype from phenotype?
15. What is gender identity and when does it develop?
16. What is the imaginary audience and personal fable in adolescence thinking
17. Explain egocentrism and object permanence in early childhood development
18. Describe cephalocaudal and proximodistal growth patterns.
19. What are teratogens and how do they affect development?
20. What distinguishes genotype from phenotype?
21. What is gender identity and when does it develop?
22. What is the imaginary audience and personal fable in adolescence thinking
23. Explain egocentrism and object permanence in early childhood development
24. Describe cephalocaudal and proximodistal growth patterns.
25. Define span of attention
26. What is absolute limen and differential limen?
27. What is focus and fringe attention?
28. Define phi phenomenon with examples.
29. Define perception with examples.
30. What is latent learning?
31. What is insight learning?
32. What do you mean by learning disabilities? Give examples

SHORT ANSWER TYPE QUESTIONS (3 Marks)

1. What is mind? How mind is related to brain?
2. Differentiate between social psychology and cross-culture psychology.
3. What is cognitive perspective on human nature?
4. What are the basic characteristics of scientific knowledge?
5. Is there any difference between mind and brain?

6. How is a counsellor and a clinical psychologist different?
7. What is Gestalt psychology?
8. Define and explain the nature of psychology.
9. Differentiate between structured and unstructured interview.
10. Point out the advantages and disadvantages of survey method.
11. Define reliability. What are its two types? Explain in brief.
12. Distinguish between speed and power tests
13. Differentiate between naturalistic and controlled observations
14. . What is the difference among growth, development, maturation, and evolution.
15. Explain Durganand Sinha's ecological model.
16. What are reflexes? What are some of the reflexes found in new born?
17. Briefly describe how eating disorders could be a major cause of concern in adolescence.
18. Discuss in brief 'Attention Deficit Hyperactivity Disorder (ADHD).
19. What is selective attention? Describe factors that affect selective attention?
20. Describe the determinants of selected attention.
21. Distinguish between figure and ground phenomenon.
22. What is illusion? Explain any two.
23. Differentiate between Classical and Operant conditioning
24. Differentiate between generalisation and discrimination. Give examples.
25. What is learned helplessness.
26. Explain the process of spontaneous recovery.
27. What is reinforcement. Differentiate among positive, negative, and punishment.
28. What is extinction. What factors influence extinction?

SHORT ANSWER TYPES QUESTIONS (4 Marks)

1. Describe humanistic perspective on human behaviour.
2. How basic psychology is different from applied psychology?
3. Discuss some of the major disciplines linked to the field of psychology.
4. How is psychology used in everyday life? Discuss.
5. What do you understand by the term 'Introspection'?
6. Explain: (a) health psychology; (b) social psychology; (c) educational psychology
7. Discuss Psychology as a Natural Science.
8. Discuss Psychology as a Social Science.
9. Discuss the subject-matter and application of psychology in everyday life.
10. Explain different types of data collected in psychology for research purpose.
11. Give any four goals of psychological enquiry
12. Give the steps of scientific method.
13. Explain experimental and control groups with an example.
14. Explain with examples with the difference between participant and non-participant observation
15. What are the two distinctive features of an experiment?
16. With the help of an example explain the concept of independent, dependent and intervening/extraneous variables.
17. Give four techniques to control extraneous variables.
18. Give difference between field experiment and quasi experiment
19. Give any four human problems that occur in conducting psychological experiment.
20. Explain survey method. What are the limitations of this method?
21. Explain characteristics of a standardized test
22. What is correlational research? Explain.
23. Explain the main features of interview method.

24. Discuss with example quantitative method of enquiry.
25. Explain Bronfenbrenner's Theory of development.
26. What is delinquency? How can we remove delinquency?
27. What are the challenges faced by individuals on entry to adulthood?
28. What is binocular cues? Explain with examples
29. Discuss any 2 perceptual constancy.
30. Discuss any four principles of perceptual organization.
31. Explain theories of selective attention.
32. Explain various phases of skills learning with an appropriate example.
33. What is verbal learning? Discuss its types with examples
34. Discuss the detriments that influence the course of verbal learning.
35. What is observational learning? Explain with experiment.
36. What demonstrated the category of clustering? Explain.
37. What are the symptoms of learning disabilities?

LONG ANSWER TYPES QUESTIONS (6 Marks)

1. Give a brief account of the evolution of psychology
2. Describe the relation of psychology with other disciplines.
3. Define Psychology and explain different fields or scope of psychology. (Branches)
4. Discuss some areas where psychologists are employed to help.
5. Discuss in detail different types of psychological tests
6. Discuss various aspects of ethical principles.
7. Describe the limitations of psychological enquiry
8. Describe the steps in conducting psychological research.
9. Explain goals of psychological enquiry.
10. Describe the main features of life-span perspective on development.
11. Discuss the cognitive changes taking place in a developing child.
12. What is monocular cues? Explain any five monocular cues.
13. How does socio-cultural factors influence our perception.?
14. How does classical conditioning demonstrate learning by association?
15. Define operant conditioning. Discuss the factors that influence the course of operant conditioning.
16. Explain the factors that facilitate learning.

CASE STUDY 1

Maya is an art student who often finds it difficult to come up with new ideas for her projects. She feels that her thoughts are stuck in familiar patterns and tends to recreate similar designs. Her instructor suggests that she try using brainstorming techniques or mind mapping to stimulate her creative thinking. Maya wonders if these techniques can actually help her think more flexibly and generate image ideas.

1. Based on the case study, explain the type of thinking Maya is struggling with.
2. Describe how a brainstorming technique could help improve her creative thinking process.

CASE STUDY 3

Aruna and Madhav are psychology professors who are very interested in the role of the bystander in the prevalence of bullying in schools. In order to study this phenomenon, they decide to do a preliminary study with the help of their students. They plan to first create a list of interview questions based on the existing research on the topic. Then they and their students would go to all the schools in their neighbourhood to survey the opinions of students, teachers and principals. After class, a bunch of students were chatting about what they thought about the topic. Hamid believes that people are inherently good and that bystanders would usually choose to make the healthier choice and do the right thing. Roma felt that this was too simplistic and subjective. She believes that it is

important to rigorously study the relationship between how the students act and their environment by measuring what can be observed. Both are excited to begin the research.

1. The preliminary study is a type of applied research. True/False.
2. Explain any two branches of psychology.

CASE STUDY 4

Rahul is learning to swim. Initially, he feels afraid and clings to the pool edge. His instructor guides him through each movement and gradually, he learns to swim on his own.

1. Identify the type of learning Rahul is undergoing.
2. Explain how Rahul's instructor is shaping his learning.

CASE STUDY 5

Aruna and Madhav are psychology professors who are very interested in the role of the bystander in the prevalence of bullying in schools. In order to study this phenomenon, they decide to do a preliminary study with the help of their students. They plan to first create a list of interview questions based on the existing research on the topic. Then they and their students would go to all the schools in their neighbourhood to survey the opinions of students, teachers and principals. After class, a bunch of students were chatting about what they thought about the topic. Hamid believes that people are inherently good and that bystanders would usually choose to make the healthier choice and do the right thing. Roma felt that this was too simplistic and subjective. She believes that it is important to rigorously study the relationship between how the students act and their environment by measuring what can be observed. Both are excited to begin the research.

1. The preliminary study is a type of applied research. True/False.
2. Explain any two branches of psychology.