BRAIN INTERNATIONAL SCHOOL
Session 2026-27

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. Nayantara is very obedient and disciplined girl. Everyone says that she inherited and learnt all this traits from her grandparents. Which one among the following influence the attitude formation?
(a) Reference group (b) Social environment
(c) Passive traits (d) Cognitive behaviour

2. Which of the following statements is true regarding methods of intelligence assessment?
i. Standardized intelligence tests provide reliable and valid measures of cognitive abilities.
ii. Non-verbal intelligence tests are designed to minimize cultural and language influences.
iii. Projective tests are commonly used to measure intelligence.
iv. Administering and interpreting intelligence tests requires specialized training.
Options:
(a) i and ii (b) i and iv
(c) ii and iii (d) ii and iv

3. Damini a sales executive in the multi-brand showroom has the convincing power to convince people to make their choice according to their need. She has also the highly rated worker there.
Which type of intelligence she has?
(a) Imaginative Intelligence (b) Linguistic Intelligence
(c) Logical Intelligence (d) Spatial Intelligence

4. Systematic desensitisation begins with some form of
(a) Instrumental conditioning (b) Relaxation training
(c) Instrumental training (d) None of the above

5. 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 Karnraj possess.
(a) Type-C Personality (b) Type A-B Personality
(c) Type-A Personality (d) Type-B Personality

6. Assertion (A): These are induced externally and result from our interaction with other people.
Reason (R): Social events like death or illness in the family, strained relationships, trouble with neighbours are some examples of social stresses.
(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

7. In which therapy the patients are taught skills such as candle making, paper bag making and weaving to help them to form a work discipline?
(a) Cognitive Therapy (b) Learning Therapy
(c) Occupational Therapy (d) Focus Therapy

8. Tina is suffering from mental disorder and her parents although educated ones but referred to an occult or medicine man for her daughter's treatment. What we call the so-called type of treatment does by medicine man?
(a) Antiracism b) Specific super natural practices
(c) Exorcism (d) Tantric practices

9. The principle of reciprocal inhibition states that the presence of two mutually opposing forces at the same time, inhibits. Which of the following are those two forces?
(a) Reinforced response (b) Relaxation response
(c) Anxiety-provoking scene (d) Both (a) and (b)

10. Identify the statements that are not true about conformity:
i. Conformity always leads to positive outcomes in group settings.
ii. People conform to group norms only when under direct pressure.
iii. Conformity can be a result of implicit group expectations.
iv. Individuals with high self-esteem are less likely to conform.
Options:
(a) i and ii (b) ii and iii
(c) i and iii (d) i and iv

11. Unhappiness, discomfort, anxiety and unrealised potential are seen all over the world is called as _____.
(a) Intelligence disorder (b) Aptitude disorder
(c) Psychological disorder (d) Mental disease

12. These are the personal stresses we endure as individuals, due to the happenings in our daily life. Which among the following is/are Hassle event in the given options?
I. Calm surroundings II. Quarrelsome neighbours
III. Water shortage IV. Failure in exams
Choose the correct option.
(a) I and II (b) II and III
(c) I, II and III (d) I and IV

13. These sources first strengthen the cognitive and affective components of attitudes and subsequently may also affect the behavioural component. Which type of influence we are here refer to?

(a) Reference group influence (b) Positive and negative influence
(c) Personal experience influence (d) Media related influence

14. Identify the statement that can help in improving group performance:

(a) Encouraging active participation from all group members.
(b) Reducing individual accountability within the group.
(c) Increasing the size of the group for better task division.
(d) Ignoring individual contributions to focus on group goals.

SECTION-B

15. Farhad runs a small NGO in his locality, where hundreds of orphans and old age people gets food three times in a day. He himself runs carpet business in the nearby locality but he says he is highly passionate about mankind and to serve people. What we call Farhad's attitude?

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

OR

Parents of Sonam are really proud of her daughter as she is the youngest Youtuber with 5 million strong followers. She is just 7 but has memorised various facts and figures. Explain the two characteristics of her personality.

17. Swarnalipi is an organised girl who does everything according to her own schedule and planning. She also motivates others to do the same. Identify and define the type of her intelligence.

18. Explain any two features of Self-Report Measures Test.

19. Name psychological disorder where an individual behaves temporarily in two different or opposite ways at the same time.

SECTION-C

20. 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.

21. 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?

22. Explain the model which focuses on a person's genetic vulnerability combined with life stressors that contribute to the development of schizophrenia.

OR

Meera, struggling with anxiety, seeks psychotherapy. Through various therapeutic approaches, she learns to manage emotions, improve relationships, and achieve personal growth. How psychotherapy is proving helpful through its different modes of therapeutic approaches?

Describe any five goals and aims of Psychotherapy.

23. Rani, a 10 years girl was diagnosed with moderate level of self-skill and speech related problem. Medical treatment proved unsuccessful to bring her into mainstream life. Describe some characteristics of individuals with different levels of intellectual disability.

SECTION-D

24. Riya, a team leader, excels in managing her team by understanding their emotions, resolving conflicts effectively, and maintaining a positive work environment. Her high Emotional Quotient (EQ) helps her achieve professional and personal success. Why modern thinkers and psychologists gives utmost importance to Emotional Quotient? Mention some of its attributes.

OR

Ravi struggles to stay focused during long study sessions but performs better when he breaks tasks into smaller chunks. His ability to maintain attention aligns with the Arousal-Attention component of the PASS Model. What is the role of 'Arousal-Attention' in PASS Model of
Intelligence? Explain with some of its characteristics.

25. Sandesh and his father Kishore Mehta in every weekend participate in the local community awareness programme. The Mehta family has witnessed people's prejudices and inferior behaviour during Pandemic period in 2020, therefore don't wish other gets the same amount of humiliation. Explain the various sources of prejudices in attitude formation.

26. Sankalp working as a Product Manager has endless tasks to accomplish by day end. Being into the senior post he never hesitate to come forward and finish off the tasks by his own. However, it was found that Sankalp is suffering from great amount of stress. What are the various Stress Management Techniques he can opt for?

27. What is disruptive, impulse-control and conduct disorders?

SECTION-E

28. How stress impact the immune system and health?

OR

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

29. "The Group satisfies one's psychological and social needs." Elaborate.

OR

Explain the major advantages and disadvantages by group formation.

SECTION-F

CASE 1

Children with autism spectrum disorder experience profound difficulties in relating to other people. They are unable to initiate social behaviour and seem unresponsive to other people's feelings. They are unable to share experiences or emotions with others. They also show serious abnormalities in communication and language that persist over time. Many of them never develop speech and those who do, have repetitive and deviant speech patterns. Such children often show narrow patterns of interests and repetitive behaviours such as lining up objects or stereotyped body movements such as rocking. These motor movements may be self-stimulatory such as hand flapping or self-injurious such as banging their head against the wall.

30. What difficulties children face in autism spectrum disorder?

31. Describe some of the signs of self-stimulatory of child autism.

CASE 2

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.

32. What is meant by interpersonal skills?

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

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PRACTICE PAPER 2
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SECTION-A

1. Which of the following statements are true regarding the trait approach to personality?
 i. Traits are enduring characteristics that influence behavior across various situations.
 ii. The trait approach focuses on the unconscious motives driving behavior.
iii. Traits can be quantitatively measured through self-report inventories.
 iv. The trait approach emphasizes the uniqueness of individual experiences.
 (a) i and iii (c) ii and iii
 (b) i and iv (d) ii and iv

2. There was a marriage in which dowry was being given. Ramesh is the groom and does not want dowry. Sunita is the bride who is giving the dowry. As per P-O-X triangle, what can be denoted as O?
(a) Ramesh (b) Sunita (c) Dowry (d) Marriage

3. According to Selye, what stage or stages are involved in the General Adaptation Syndrome (GAS)?
 (a) Alarm reaction stages (b) Resistance stage
(c) Exhaustion stage (d) All of these

4. Tarun's group has won the elections from his constituency. His opponents, Ramesh and his group, are weak and too small in number. Tarun often expresses frustration and negative attitude towards Ramesh's group. This is known as_____.
(a) Learning (c) Scapegoating
(b) Kernel of truth concept (d) Imitation

5. Which of the following is/are the behavioural technique?
I. Negative reinforcement II. Aversive conditioning III. Token economy IV. Transference
(a) I, II and III (c) III, IV and I

(b) II, III and IV (d) I, II and IV

6. Assertion (A): Sixteen Personality Factor Questionnaire was developed by Cattell, where he identified a large set of personality descriptors.
Reason (R): It has been found not useful in career guidance, vocational exploration, and occupational testing. Codes
(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

7. Who among the following compiled CIE Verbal Group Test of Intelligence?
(a) MC Joshi (c) Uday Shankar
(b) S Jalota (d) SM Mohsin

8. Naina was shown by her elder sister how to behave in front of the guest as well as with neighbours. This technique of learning is known as_____.
(a) Token economy (c) Rational emotive therapy
(b) Modelling (d) Relaxation therapy

9. What is the name of Adler's theory which assumes that human behaviour is purposeful and goal-directed?
(a) Cognitive Psychology (b) Collective Psychology
(c) Individual Psychology (d) Social Psychology

10. Sunita is regarded by her teachers as an excellent student. She does her work on time, scores the highest grades in her class, listens to instructions with care, grasps quickly, reproduces accurately but she rarely comes out with ideas which are her own. Find out which factor is missing in her? (a) Intelligence quotient (c) Creativity skill (b) Emotional quotient (d) Leaning aptitude

11. Which of the following statements is correct regarding the procedure to monitor and reduce the physiological aspects of stress? 1. 2. 3. 4. It provides feedback about current physiological activity to help manage stress. It is called Biofeedback and is used to regulate bodily processes. It focuses on monitoring activities like heart rate, muscle tension, and brainwaves. It is a technique designed to enhance awareness and control over physiological functions.
(a) Only statement 1 is correct.
(b) Statements 1 and 3 are correct.
(c) Only statement 2 is correct.
(d) All statements are correct.

12. Which of the following traits refers to the degree to which people are socially outgoing or socially withdrawn?
(a) Extraversion vs Introversion (b) Emotional Intelligence
(c) Neuroticism vs Emotional Stability (d) Economic Conditions

13. Salim, a teenage boy, always keen to play outside but his parents don't allow him to play in the park as he is allergic to dust. Hence, dust is _____.
(a) Aversive conditioning (c) Differential reinforcement
(b) Positive reinforcement (d) Negative reinforcement

14. What term is used to describe the fear of entering unfamiliar or open situations?
(a) It is a fear of specific objects or situations, known as Specific Phobia.
(b) It refers to the fear of social interactions or being judged, called Social Phobia.
(c) It is the fear of open or unfamiliar places, called Agoraphobia
(d) It is the fear of celestial objects or outer space, known as Astrophobia.

SECTION-B

15. Giriraj is a quite intelligent boy in his school who loves to participate in inter-school debates and cultural festivals. Can we measure his intelligent through psychometric approach? How?

16. Urvi consistently failed in term end exams and her teachers and parents treated negatively and gives example of other bright students. Identify the disturbed interpersonal relationship.

Or

Prashad is a much-disciplined person who cares about his family and gives proper time and equally passionate about his work. Although his colleagues get involved in recreational gatherings and party but Prashad prefers his own duties towards his family and work. Which type of personality Prashad has? Define

17. What do you understand by 'Positive Thinking' attitude?

18. Describe any two features of personality.

19. Kamal's wife has passed away in the road mishap. He became addicted to alcoholism and drugs as he perceived it would reduce the pain and stress in life. Identify and define the disorder Kamal is going through.

SECTION-C

20. Rohit, who has been experiencing symptoms of a psychological condition, often finds it difficult to initiate or complete daily tasks, such as personal hygiene or going to work, despite having no physical limitations Define the term avolition.

21. Ravi finds himself drinking alcohol daily to cope with stress from work and personal challenges. Over time, he starts relying on alcohol to feel relaxed, even in minor stressful situations. Why people abuse alcohol drink in large amounts regularly and rely on it to help them face difficult situations?

22. 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.

Or

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.

23. Explain how Kundalini Yoga has been found to be effective in treatment of mental disorder.

SECTION-D

24. Ishita is not just course coordinator, but also a kind-hearted working professional in a multi-national company in Delhi. She always readily available for any sort of problems arises among the editors or coordinators. Find out and explain the type of intelligence Ishita has. o Ranjana, a mother of two children is a senior Anganwadi worker. Many young women take her advice and suggestions in the matter of family and children welfare. How Ranjana manages to convince people with such an ease?

25. Discuss the strategies suggested by psychologists for handling prejudice

26. According to the Humanistic theorists, what are the criteria of a 'Healthy Personality'?

Or

Explain Minnesota Multiphasic Personality Inventory (MMPI) in psychology.

27. 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?

SECTION-E

28. Describe any four stress management techniques.

Or

What is positive psychology? How positive psychologists have identified virtues and strengths of human beings?

29. Assess individual and group behaviour. What are the factors that affects behaviour of an individual in group?

Or

What do you understand by the Proffers Minimal Group Paradigm Experiment'?

SECTION-F

CASE 1

Dissociative Amnesia is characterised by extensive but selective memory loss that has no known organic cause (e.g., head injury). Some people cannot remember anything about their past. Others can no longer recall specific events, people, places or objects, while their memory for other events remains intact. A part of dissociative amnesia is dissociative fugue. Essential feature of this could be an unexpected travel away from home and workplace, the assumption of a new identity, and the inability to recall the previous identity. The fugue usually ends when the person suddenly 'wakes up' with no memory of the events that occurred during the fugue. This disorder is often associated with an overwhelming stress.

30. What do you understand by dissociative identity disorder?

31. Name the disorder in which the person has a sense of being separated both from self and from reality

CASE 2

With respect to the role of environment, studies have reported that as children grow in age, their intelligence level tends to move closer to that of their adoptive parents. Children from disadvantaged homes adopted into families with higher socio-economic status exhibit a large increase in their intelligence scores. There is evidence that environmental deprivation lowers intelligence while rich nutrition, good family background, and quality schooling increases intelligence. There is a general consensus among psychologists that intelligence is a product of complex interaction of heredity and environment. Heredity can best be viewed as something that sets a range within which an individual's development is actually shaped by the support and opportunities of the environment.

32. Does intelligence determine by the factors like heredity and environment.

33. Do adoptive and biologically related families affect intellectual development?