



**INDIAN SCHOOL AL WADI AL KABIR**  
**ASSESSMENT-1 2024-25**  
**PSYCHOLOGY**

Date: 22/09/2024  
Class: XII

Time Allowed: 3 hours  
Maximum Marks: 70

**General Instructions:**

- All questions are compulsory except where internal choice has been given.
- Question Nos. 1 -14 in Section A carry 1 mark each. You are expected to answer them as directed.
- Question Nos. 15-19 in Section B are very short answer type-I questions carrying 2 marks each. Answer to each question should not exceed 30 words.
- Question Nos. 20-24 in Section C are short answer type-II questions carrying 3 marks each. Answer to each question should not exceed 60 words.
- Question Nos. 24 - 27 in Section D are long answer type questions carrying 4 marks each. Answer to each question should not exceed 120 words.
- Question Nos. 28-29 in Section E are long answer type questions carrying 6 marks each. Answer to each question should not exceed 200 words.
- Question Nos. 30–33 in Section F are based on two cases given. Answer to each one-mark question should not exceed 20 words. Answer to each two-mark question should not exceed 30 words.

	PART A	
1	Assessment of possible future damage that may be brought by an event is called a) Harm b) Experience c) Challenge d) Threat	
2	An individual is rejected in a job interview, which he was very eager to join. Now he claims his present job is better. He is using: a) Reaction Formation b) Projection c) Regression d) Rationalization	1
3	Capacity to bounce back in the face of stress is popularly known as----- a) Commitment b) Resilience c) Hardiness d) Positive attitude	1
4	Which of the following characteristics describe someone who, according to Maslow, is self-actualized? a) Confidence b) Creativity c) Spontaneity d) All of these	1
5	Name the treatment that combines Pranayam with chanting of mantras. a) Kundalini Yoga b) Vipassana c) Ashtanga Yoga d) Sudarshan Kriya Yoga	1
6	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?	1

7	Structure of Intellect model was proposed by -----.	1
8	The ----- was marked by increased humanism and curiosity about behaviour. a. Age of Reason & Enlightenment      c. Renaissance Period b. New Era                                              d. Humanistic Approach	1
9	<b>Assertion (A):</b> Unhelpful habits such as perfectionism, avoidance, procrastination, etc. are strategies that help to cope in the short term. <b>Reason (R):</b> Perfectionists have difficulty in varying standards according to factors such as time available, consequences of not being able to stop work, and the effort needed. 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	1
10	Who developed an Indian adaptation of the Differential Aptitude Test? a) Baqer Mehdi                                              c) Paramesh b) J. M. Ojha                                              d) C. V. Raman	1
11	2 examples which predispose people towards Depression are ----- & -----.	1
12	Ajinkya thinks that he can complete any given task effectively and achieve his goals on his own merit. This is an example of: a) Self efficacy b) Self esteem c) Self concept d) Self control	1
13	High activity of the neurotransmitter Dopamine leads to Depression. True or False.	1
14	Paralysis, blindness, deafness and difficulty in walking are generally among the symptoms reported by individuals suffering from ----- disorder.	1
	<b>PART B</b>	
15	How do you define personality? What are the main approaches to the study of personality?	2
16	State relevant examples for 2 features used for classifying abnormal behaviour.	2
17	According to Kobasa people with high levels of stress but low levels of illness are characterized with which traits?	2
18	How are individual differences useful for the society?	2
19	How did the Organismic approach explain deviant behaviour?	2
	<b>PART C</b>	
20	It was 3 months since Zia was reported missing, when the police found a person with the exact description narrated by her family. However, she claimed that her name was Mary and totally disagreed about knowing any of the previous references. Which disorder do these symptoms point out to?	3

21	What are the uses of aptitude tests?	3
22	According to Freud, structural elements of personality reside in the unconscious as forces and can be inferred from the way people behave” Justify.	3
23	Discuss the limitations of the observation and interview methods for the study of personality.	3
<b>PART D</b>		
24	The new HR manager initiated a regular exercise for employees to assign their coworkers into descriptive behavioural categories. This was to understand the personality of employees from another perspective and make informed decisions. Name the method used along with the possible disadvantages.	4
25	Explain the theory of cognitive appraisal as given by Lazarus. <b>OR</b> Mention some strategies that can help students manage stressful times during examinations.	4
26	Sudha was constantly worrisome and often found it difficult to relax. In terms of anxiety disorders what would she probably be suffering from? Explain other types under this category in brief.	4
27	‘Our own perception of self-worth can shape our lives. Analyze the given statement.’	4
<b>PART E</b>		
28	Mudita ensured that she always planned her daily schedules carefully for the week so that the busy routine would not overwhelm her. Name the skill she practiced. Also describe how life skills can help meet life's challenges. <b>OR</b> Shyam was a CFO at a large corporation. His work was highly demanding and his family situation was also not too positive. Elaborate on the effects of such chronic stress on an individual.	6
29	Explain the influence of heredity and environment on intelligence. <b>OR</b> Discuss the classification of Intelligence scores across general population with a focus on the extreme scores.	6
<b>PART F</b>		
	People with schizophrenia often have problems functioning in society, work, school, and relationships. They might feel scared and withdrawn or appear to have lost touch with reality. This lifelong disease doesn’t have a cure; however, it can be controlled with proper treatment. Contrary to popular belief, schizophrenia is not a split or multiple personality. Schizophrenia involves psychosis, a type of mental illness in which you can’t tell what’s real from what’s imagined. At times, people with psychotic disorders such as schizophrenia lose touch with reality. Their world may blend confusing thoughts, images, and sounds together. Because of their distorted reality, people with this condition may show strange and even	

	<p>shocking behavior. A sudden change in their personality or behavior is called a psychotic episode.</p> <p>The severity of schizophrenia varies from person to person. Some people have only one psychotic episode, while others have many episodes during their lifetime. In between psychotic episodes, you may lead a relatively normal life. Still, others may have more trouble functioning over time, with little improvement between full-blown psychotic episodes. Schizophrenia symptoms seem to worsen, then improve, in cycles known as relapses and remissions.</p>	
30	What is a Psychotic episode?	1
31	Enlist some of the Positive symptoms of Schizophrenia.	2
	<p>Traditionally, educational systems have long focused on logical reasoning, mathematical skill, and linguistic ability, which are markers of analytical intelligence. However, this approach does not fully address the full scope of possibilities and diverse learning patterns in students.</p> <p>Educators need to begin to understand that creative and practical intelligence are equally important and, consequently, begin to build more inclusive and effective learning spaces.</p> <p>For example, educators can do a better and more intentional job of incorporating creative activities, such as brainstorming sessions, art projects, and so on, to foster creative intelligence. On the other hand, practical intelligence can be nurtured through collaborative projects, real-world applications, and other practical learning solutions that encourage the active participation of students.</p>	
32	Which theory describes the types of intelligences mentioned in the excerpt given? Who proposed the theory?	1
33	Explain in detail any one of the sub-types of intelligence included in this theory.	2