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# **SAMPLE PAPERS** **CBSE EXAM 2025**



**20 Sets**

**Class : 12th**

**Sub : Psychology**

**How to see answers or marking scheme ?**

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# Sample Paper 01

## Class - 12th Exam - 2024 - 25

### Psychology (037)

**Time: 3 Hours**

**Max. Marks: 70**

**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. 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
2. 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.Options:  
(a) i and iii  
(b) i and iv  
(c) ii and iii  
(d) ii and iv

**CLICK HERE TO SEE ANSWERS**



3. 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
4. Which psychologist believed that there is a common structure on which people differ from each other?
- (a) Gordon Allport (b) Raymond Cattell  
(c) Sigmund Freud (d) HJ Eysenck
5. A person may smoke to decrease anxiety, may indulge in other activities such as eating, or be unable to concentrate for long hours on her/his study because of the anxiety. Name the procedure by which a person can get rid of anxiety.
- (a) Meditative procedure (b) Psychoanalytical procedure  
(c) Relaxation procedure (d) Rehabilitation procedure
6. In the following question, a statement of Assertion (A) is followed by a statement of the Reason (R). Mark the correct choice.
- 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.
- 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. According to \_\_\_\_\_ method, unwanted behaviour can be reduced and wanted behaviour can be increased simultaneously.
- (a) Differential Reinforcement (b) Differential Enforcement  
(c) Reciprocal Inhibition (d) Positive Modelling
8. Holmes and Rahe developed a life event measure of stress. A measure of stressful life events based on the scale known as the Presumptive Stressful Life Events Scale. It has been developed for the Indian population by Singh, Kaur and Kaur. How many life changes are mentioned in this?
- (a) Fifty-one life changes (b) Sixty-one life changes  
(c) Seventy-one life changes (d) Eighty-one life changes



9. Tendency of respondent to endorse items in a social desirable manner is known as  
(a) Acquiescence (b) Self-report  
(c) Social desirability (d) Halo effect
10. According to the psychological studies, which among the following factors influences attitude formation?  
I. Family and school environment  
II. Reference groups  
III. Social experiences  
IV. Clinical related influences  
Choose the correct option.  
(a) I and II (b) II and III  
(c) I, II and III (d) II and IV
11. 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
12. A group of people start a tree plantation campaign as a part of 'Green Environment' Movement. Based on sufficient information about the environment, your view towards a green environment is positive. What do we call this positivity?  
I. Cognitive  
II. E-Component  
III. C-Component  
IV. Non-Evaluate Aspect  
Choose the correct option.  
(a) I and II (b) II and III  
(c) I and III (d) II and IV
13. According to Leon Festinger's theory of cognitive dissonance, dissonance is reduced when:  
(a) Individuals change their attitudes to align with their behaviour.  
(b) Individuals ignore the conflict between their attitudes and behaviour.  
(c) Individuals strengthen their conflicting attitudes.  
(d) There is no inconsistency between attitudes and behaviour.
14. Identify the statement that can help in reducing social loafing.  
(a) Assigning specific responsibilities to individuals within the group.  
(b) Increasing the size of the group to dilute accountability.  
(c) Encouraging competition within the group to achieve goals.  
(d) Reducing the visibility of individual contributions to the group effort.



## SECTION-B

15. Chandan is a joyful guy who has positive attitude towards human beings. He also assist and teach illiterate people in his colony. What we call this attitude?
16. In the final year of University exams, Gopi failed in two subjects. Due to this, many friends of her started distancing from her. She started losing her confidence as well. From which psychological problem he is going through?

**OR**

Neeru is such a smart girl, who requires very few command to fulfil her daily tasks, whether it is home or office. What are the characteristics of her personality?

17. State any two features of Rorschach Inkblot Test.
18. What do you understand by Bipolar mood disorders or Manic-depressive disorders?
19. Kamath is known as the most dominant person in his office. He always gives suggestions and opinions in every matter. Identify and define the method through which he can be evaluated.

## SECTION-C

20. 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.
21. Riya, a 17-year-old girl, has a fear of gaining weight despite being underweight. She severely restricts her food intake and exercises excessively, leading to extreme weight loss and health issues. Explain the term anorexia nervosa.
22. Ravi has a severe fear of heights, which affects his daily life. His therapist uses behavior therapy techniques like gradual exposure, where Ravi is first asked to imagine standing on a small platform and then slowly progresses to real-life situations involving heights. How is behaviour therapy used to treat phobia?

**OR**

Rohit experiences severe anxiety when speaking in public, which impacts his confidence and daily activities. His therapist uses systematic desensitization, gradually exposing him to public speaking situations while teaching relaxation techniques. What do you understand by psychological distress as per behaviour therapy? Describe any one behavioural therapy.

23. Define Aaron Beck's theory of psychological distress characterised by anxiety or depression.



## SECTION-D

24. Riya is known for managing stress effectively, empathizing with others, and maintaining strong relationships. She resolves conflicts peacefully and stays motivated in challenging situations. Give the major four characteristics of emotionally intelligent persons.

OR

Ravi excels in solving complex problems creatively, often applying unique approaches. His teacher observes that while creativity and intelligence are related, not all intelligent individuals display high creativity. Describe the relationship between creativity with intelligence.

25. What are delusions? State their types.
26. Ruhani and Suhani are two sisters, who studied in the same school and also joined in the similar IT Professional sector. However, both have different nature and future goals in life. How psychologists define such different personalities through type and trait approaches?
27. Among the four dominant features of attitude, which attitude is the most significant one?

## SECTION-E

28. Describe different strategy of coping with stress.

OR

Write the impacts of stress on psychological functioning.

29. What do you understand by group behaviour in psychology and why do people join groups?

OR

Describe the elements of group structure.

## SECTION-F

### CASE 1

**Read the case and answer the questions that follow.**

Intelligence tests can be culture-fair or culture-biased. Many intelligence tests show a bias to the culture in which they are developed. Tests developed in America and Europe represent an urban and middle class cultural ethos.

Hence, educated middle class white subjects generally perform well on those tests. The items do not respect the cultural perspectives of Asia and Africa. The norms for these tests are also drawn from Western cultural groups.

Continue on next page.....

**CLICK HERE TO SEE ANSWERS**



It is nearly impossible to design a test that can be applied equally meaningfully in all cultures. Psychologists have tried to develop tests that are culture-fair or culturally appropriate, i.e. one that does not discriminate against individuals belonging to different cultures. In such tests, items are constructed in a manner that they assess experiences common to all cultures or have questions in which language usage is not required.

30. Who developed Cultural-Fair Test?
31. Why it is impossible to design a test that can be applied meaningfully in all cultures?

## CASE 2

**Read the case and answer the questions that follow.**

One of the most widely prevalent and recognised of all mental disorders is depression. Depression covers a variety of negative moods and behavioural changes. Depression can refer to a symptom or a disorder. In day-to-day life, we often use the term depression to refer to normal feelings after a significant loss, such as the break-up of a relationship, or the failure to attain a significant goal.

Major depressive disorder is defined as a period of depressed mood and/or loss of interest or pleasure in most activities, together with other symptoms which may include change in body weight, constant sleep problems, tiredness, inability to think clearly, agitation, greatly slowed behaviour, and thoughts of death and suicide.

Other symptoms include excessive guilt or feelings of worthlessness.

32. How can we define mental disorder?
33. What are the causes of depressive disorder?

□□□□□□



# Sample Paper 02

## Class - 12th Exam - 2024 - 25

### Psychology (037)

**Time: 3 Hours**

**Max. Marks: 70**

**General Instructions:**

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  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.
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## SECTION-A

1. Despite of the fact Renuka couldn't clear MEET exam this time, she doesn't seems shaken. Instead, she has started preparing hurriedly for the upcoming exams with same amount of motivation and spirit.  
Name the trait she possess.  
(a) Type-A Personality  
(b) Type-B Personality  
(c) Type-C Personality  
(d) Type A-B Personality
2. 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.Options:  
(a) i and iii  
(b) i and iv  
(c) ii and iii  
(d) ii and iv

**CLICK HERE TO SEE ANSWERS**





3. Pooja a class 2 student in Delhi faces problems in basic skills in reading, writing and mathematics, but her teachers says that she do better with additional efforts. The disorder she is facing called as \_\_\_\_\_.  
(a) specific mental disorder  
(b) specific learning disorder  
(c) common learning disorder  
(d) cognitive disorder
4. 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
5. 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
6. In the following question, a statement of Assertion (A) is followed by a statement of the Reason (R). Mark the correct option.  
**Assertion (A):** Cultural approach attempts to understand personality in relation to the features of ecological and cultural environment.  
**Reason (R):** It proposes that a group's social system plays a vital role in the origin of cultural and behavioural variations.  
**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. A group of people in Bimla's locality started no plastic campaign as part of a green environment movement. Find out your attitude based on sufficient information about the environment after such campaign.  
(a) Aggressive  
(b) Active  
(c) Passive  
(d) Cognitive



8. Karan, who was suffering from depression and mental health issues, suggested to visit psychotherapist, who suggested Karan to adopt logotherapy, which helped him in finding meaning in every aspect of life. It also encouraged him to deal positively with good and bad experiences.  
Who propounded the logotherapy concept?
- (a) Sigmund Freud
  - (b) Victor Frankl
  - (c) Ivan Pavlov
  - (d) BF Skinner
9. Which among the following doesn't comes under the Big Five Factor Model?
- (a) Neuroticism
  - (b) Unconscientiousness
  - (c) Agreeableness
  - (d) Openness to Experience
10. These two features refers to how many attitudes there are within a broader attitude. Think of an attitude as a family containing several 'member' attitudes. It is also related to various topics, such as health and world peace, people hold many attitudes instead of single attitude. Which two features we are here refer to?
- (a) Personality and Attitude
  - (b) Positive and Negative Traits
  - (c) Active and Passive
  - (d) Simplicity and Complexity
11. Which among the following is not one of the attributes that are categorised on the basis of varieties of tests used in psychological literature?
- (a) Intelligence
  - (b) Aptitude
  - (c) Observation
  - (d) Values
12. 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



13. Mehak, a famous stand-up comedian has cancelled her several programme due to mental health issues. Her therapist has treated with live examples and method of certain cognitive-behavioural techniques of psychotherapy. Which among is that procedure?
- (a) Modelling (b) Learning  
(c) Scaling (d) Focussing
14. Identify the statement that can improve group decision-making:
- (a) Encouraging open communication and active participation from all members.  
(b) Avoiding assigning specific roles and responsibilities to group members.  
(c) Ignoring individual inputs to focus solely on the collective outcome.  
(d) Increasing group size to ensure diverse opinions are represented without structure.

## SECTION-B

15. Tanmay Sharma is promising Agricultural Scientist who primarily works in remote village. He belongs to a wealthy business class family but still prefers to work for the poor. Identify the personality.

16. Give the two points of interactional approach.

**OR**

Differentiate between the source traits and surface traits.

17. Abraham was a football champion in the Rajput Schools, who consecutively won Inter-School Championship for the school. However after failing to win this year Championship, he took the extreme step and committed suicide. Identify the disorder in him.
18. What is occupational therapy?
19. Babita is an NGO worker who works for the street children like their education, food and uplifting their social status. Identify the type of intelligence of Babita has.

## SECTION-C

20. 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?
21. Sapna has divorced her former husband and wants to live a normal independent life. However, she is all the time pre-occupied with past life and she is not able to focus on anything. What types of Alternative Therapy may be helpful for Sapna?



22. Jonathan has learnt from doctors that his father is suffering from schizophrenia and strictly suggested him to start a rehabilitation therapy as soon as possible. Why rehabilitation is an important process in psychotherapy?

OR

Sneha's father was diagnosed with serious mental illness. Doctors have suggested her and her family to begin with ECT. Find out how effective shall be ECT for her father.

23. 'Individuals possess a number of traits, which are dynamic in nature.' Explain.

## SECTION-D

24. Riya was assessed using the PASS Model, revealing strong planning skills but weaker simultaneous processing. This helped her teachers design personalized strategies. Critically examine the PASS Model.

OR

Ravi excels in solving analytical problems quickly (Componential Intelligence) and adapting to new experiences like learning a musical instrument (Experiential Intelligence). Explain the Componential and Experiential Intelligence of Triarchic Theory.

25. St. Xavier's School inducted many poor children into their school as it was directed by the state government's directions. How it was found that the teaching staff is not very pleased with the decision? Find out how prejudices and discriminations are fine examples of attitude formation.
26. 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 emotional effects are deeply attached with stress?
27. Define neuroticism and emotional stability given in Eysenck's Theory.

## SECTION-E

28. How are attitudes learnt? Explain.

OR

How behaviour reflects one's attitude? Define with examples.

29. Explain the major outcomes of 'Minimal Group Paradigm'.

OR

Describe methods by which social loafing can be reduced.

**CLICK HERE TO SEE ANSWERS**



## SECTION-F

### CASE 1

**Read the case and answer the questions that follow.**

People affected by obsessive-compulsive disorder are unable to control their preoccupation with specific idea`k or are unable to prevent themselves from repeatedly carrying out a particular act or series of acts that affect their ability to carry out normal activities.

Obsessive behaviour is the inability; to stop thinking about a particular idea or topic. The person involved, often finds these thoughts to be unpleasant and shameful.

- 30. What is compulsive behaviour?
- 31. What are the symptoms of obsessive disorder?

### CASE 2

**Read the case and answer the questions that follow.**

Individual variations are common within and across all species. Variations add colour and beauty to nature. In all likelihood, your answer will be 'no'. Like objects, people too possess different combinations of traits. Variability is a fact of nature, and individuals are no exception to this. They vary in terms of physical characteristics, such as height, weight, strength, hair colour, and so on. They also vary along psychological dimensions. They may be intelligent or dull, dominant or submissive, creative or not so creative, outgoing or withdrawn, etc.

- 32. When one's behaviour can be called as 'situationalism'?
- 33. Identify the basic characteristics of individual differences.

□□□□□□



# Sample Paper 03

## Class - 12th Exam - 2024 - 25

### Psychology (037)

**Time: 3 Hours**

**Max. Marks: 70**

**General Instructions:**

1. All questions are compulsory except where internal choice has been given.
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  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. A group of researchers conducted a study on the brain's ability to handle complex tasks like problem-solving, memory, and attention. They aimed to understand intelligence by breaking it down into measurable components such as information processing speed and efficiency. Which of the following theories aligns most closely with this approach?
  - (a) Multiple Intelligences Theory
  - (b) Triarhic Theory
  - (c) One Factor Theory
  - (d) Two Factor Theory
2. Burn-out is a psychological disorder that resulted from chronic workplace stress. Which among the following are the signs of Burnout stress among the given ones?
  - I. Irritating
  - II. Over thinking
  - III. Chronic fatigue
  - IV. HopelessnessChoose the correct option.
  - (a) I and II
  - (b) II, and III
  - (c) I, III and IV
  - (d) I and IV

**CLICK HERE TO SEE ANSWERS**



3. Dr. Meera conducted a survey to understand people's fixed perceptions about certain groups based on generalizations, which often lead to biased opinions. What is this cluster of ideas called?
- (a) Progressive (b) Stereotype  
(c) Belief (c) Attitude
4. The structure of Intellect Model was proposed by \_\_\_\_\_.  
(a) Spearman (b) Thurstone  
(c) Guilford (d) Thorndike
5. In a research seminar, Dr. Anil explained a model of intelligence that functions at two levels: general and specific abilities. This concept is known as the Hierarchical Model of Intelligence. Who proposed this model?  
(a) JP Guilford (b) Charles Spearman  
(c) Arthur Jensen (d) Howard Garden
6. In the following question, a statement of Assertion (A) is followed by a statement of the Reason (R) Mark the correct option.  
**Assertion (A):** Both problem-focused and emotion-focused coping are necessary when facing stressful situations.  
**Reason (R):** It is an active skill that reduces symptoms of stress and decreases the incidence of illnesses.  
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. Psychologists have found that there shall be consistency between attitudes and behaviour when the  
(a) attitude is moderate and occupies a central place.  
(b) person is unaware of her/his attitude.  
(c) person has immense external pressure.  
(d) person's behaviour is not being evaluated by others.
8. Anshul came to Mumbai from Bihar's small town. His parents were advised him to stay in a Bihari colony where he can communicate and socialise well. Which type of identity Anshul will develop there?  
(a) Family (b) Personal  
(c) Organisational (d) Social



9. Name the therapy which encourages the client to act out fantasies about feelings and conflicts and can also be used in group settings.
- (a) Humo Therapy (b) Logo Therapy  
(c) Client-centred Therapy (d) Gestalt Therapy
10. Human beings are motivated by the desire for personal growth and self-actualisation, and an innate need to grow emotionally. Which of them motivates human to come more self-actualisation?
- I. Complex  
II. Balanced  
III. Smart  
IV. Integrated
- Choose the correct option.
- (a) Only I (b) II and III  
(c) I, III and IV (d) II, III and IV
11. Which among the following is one of the attributes/characteristics of Spatially Intelligent Person?
- (a) Creative (b) Hard working  
(c) Flexible (d) Efficient
12. Ravi has been selected as the captain of his school's football team. Identify the type of group he is now a member of:
- i. Primary  
ii. Secondary  
iii. Informal  
iv. Formal
- Options:
- (a) i and iii (b) ii and iii  
(c) ii and iv (d) i and iv
13. Rajeshwar, a mathematics scholars, has a type of intelligence where he can think logically and critically. He also engages in abstract reasoning and can manipulate symbols to solve mathematical problems. It is called \_\_\_\_\_ Theory of Intelligence.
- (a) Quantum- Mathematical (b) Logical-Mathematical  
(c) Laws of Mathematics (d) Standard Logical-Quantum
14. Which of the following strategies can effectively reduce social loafing in group tasks?
- (a) Assigning individual responsibilities within the group.  
(b) Increasing group size to dilute individual accountability.  
(c) Avoiding setting specific group goals.  
(d) Ensuring individual contributions are anonymous.





## SECTION-B

15. One day while driving home, Deb felt his heart beating rapidly, he started sweating profusely, and even felt short of breath. He was so scared that he stopped the car and stepped out. Identify the type of disorder he is suffering.
16. How does messaging play a role in bringing about attitude change?
17. Raman is known for his ability to solve and sort out various problems using his past experiences creatively. It is also reflected in creative performance. Name the skills persons like him, high on this aspect and how quickly they find out solution in a given situation.

**OR**

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.

18. Define panic disorder.
19. How several aspects of self, linked to the characteristic features of the culture?

## SECTION-C

20. 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?
21. Sangeeta is someone, who is afraid to travel in a lift or climb to the tenth floor of a building, even she refuse to enter a room she saw a lizard. Moreover she also unable to speak a word of a well-memorised and rehearsed speech before an audience. What do we call such abnormal behaviour?
22. Om Prakash a Passport issuing officer is known as a corrupt and greedy government employee. He treats people according to his/her capacity to pay him bribe to get their work done. When there is some external pressure, he surprisingly works honestly. Explain how consistency in behaviour, thought and emotion of an individual across situations and across time periods characterises her/his personality.

**OR**

Sandra, a 20 year old Medical student is described as kind, caring and loyal and prefers watching movies and reading rather than going out to a party.

Sandra works hard, studying Medicine at university and volunteers to help children with autism. What types of characteristics and features she adhere?



23. Name the three factors that contribute to the treatment of psychological distress.

## SECTION-D

24. 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?

**OR**

Tina in her childhood mostly expressed her creativity through physical activities and in non-verbal ways. In the later years, she fully developed her creativity through verbal modes too. How creativity can be defined?

25. Meera is a psychologist conducting personality assessments for a group of employees. She explains that the Big Five Factors of Personality help in understanding traits like openness, conscientiousness, extraversion, agreeableness, and neuroticism. She asks her clients to describe themselves based on these traits to understand their personality better. Define any four Big Five Factors of Personality.
26. Kanika now the day stopped going to school and locked himself 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 experiences?
27. Identify the four significant features of attitude.

## SECTION-E

28. Write major kind of Psychotherapies. What are the principles of Humanistic Existential Therapy based.

**OR**

Define Psychotherapy. Write factors that are responsible for healing in Psychotherapy.

29. What is the meaning of group? Write five stages of group formation.

**OR**

Describe influence of group on individual behaviour.

Continue on next page.....

**CLICK HERE TO SEE ANSWERS**



## SECTION-F

### CASE 1

**Read the case and answer the questions that follow.**

Componential intelligence has three components, each serving a different function. First is the knowledge acquisition component, which is responsible for learning and acquisition of the ways of doing things.

The second is the meta or a higher order component, which involves planning concerning what to do and how to do. The third is the performance component, which involves actually doing things.

On the other hand, experiential or creative intelligence is involved in using past experiences creatively to solve novel problems. It is reflected in creative performance. Persons high on this aspect integrate different experiences in an original way to make new discoveries and inventions.

30. What do you understand by componential or analytical intelligence?
31. Who proposed the Triarchic Theory of Intelligence? Explain with its basic components.

### CASE 2

**Read the case and answer the questions that follow.**

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.

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

□□□□□□



# Sample Paper 04

## Class - 12th Exam - 2024 - 25

### Psychology (037)

**Time: 3 Hours**

**Max. Marks: 70**

**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. Hetal has re-joined her previous job after consecutively remaining unsuccessful in Civil Service Examination. Though in her current job, she was handsomely paid and various perks were included in it, she was feeling psychological distress, feelings of loneliness and alienation. Suggest the best mode of therapy for Hetal.  
(a) Behaviour Therapy (b) Cognitive Therapy  
(c) Psychoanalytical Therapy (d) Humanistic-Existential Therapy
2. Name the Psychologist/Thinker who experimented the prejudices and attitude-behaviour relationship survey by American towards Chinese.  
(a) Abraham Maslow (b) Joseph E. McGrath  
(c) Richard LaPiere (d) B F Skinner
3. Amit in his younger age was quite fond of the company of girls and also was the member of several clubs where he used to spend his quality time. However over the period of time he tilted towards religious activities and became involved in various charitable work. Which among the following the behaviour change occurred in Amit?  
(a) Religious formation (b) Social formation  
(c) Reaction formation (d) Identity formation

**CLICK HERE TO SEE ANSWERS**



4. RET has been proposed by \_\_\_\_\_.  
(a) Abraham Maslow (b) Albert Ellis  
(c) Aaron Beck (d) Carl Rogers
5. There is a buzz in the Govindpuri locality that Radhemma has acquired some para-normal power and can directly establish communications with dead people and spirits. In psychological terms, Radhemma is suffering with Auditory hallucination which also known as \_\_\_\_\_ hallucination.  
(a) Second person  
(b) Third person  
(c) Somatic  
(d) Visual
6. In the following question, a statement of Assertion (A) is followed by a statement of the Reason (R). Mark the correct option.  
**Assertion (A):** The basis of meaning making is a person's quest for finding the spiritual truth of one's existence.  
**Reason (R):** Therefore Frankl emphasised the role of spiritual anxieties in leading to meaninglessness.  
**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. \_\_\_\_\_ is the disorder where people eat large amounts of food with a loss of control over the eating and then trying to get rid of the extra calories in an unhealthy way.  
(a) Anorexia nervosa  
(b) Alnexia nervosa  
(c) Bulimia nervosa  
(d) Binge eating
8. 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



9. Shrishti is elder daughter of Gupta family. She is considered as the most introvert person in the family who doesn't mix up with people and loves to remain busy in her own projects and studies. She doesn't even has any specific likes for food. Which among the following are introversion personality traits?
- I. Impulsive
  - II. Solitary reserve
  - III. Socially withdrawn
  - IV. Cautious and passive
- Choose the correct option.
- (a) I and II
  - (b) II and III
  - (c) II, III and IV
  - (d) II and IV
10. Which among the following is a dynamic developmental process that is meant to the maintenance of positive adjustment under challenging life conditions?
- (a) Positive attribute
  - (b) Resilience
  - (c) Free spirit
  - (d) Relaxation spirit
11. Name the behaviour or skill that have a positive effect on reducing tension, anxiety and depression.
- (a) Physical exercise
  - (b) Social alienation
  - (c) Emotional support
  - (d) Mental support
12. Rudra, a final year commerce student was arrested by local police in the theft and forgery case. His neighbours were quite surprised as Rudra generally has characteristics of nice and decent behaviour who always used to speak softly with others. Identify the factors which brings consistency between attitudes and behaviour.
- I. Strong attitude that occupies in the central position
  - II. No external pressure
  - III. No group pressure
  - IV. Loosely observed Person's Behaviour-Attitude
- Choose the correct option.
- (a) I and II
  - (b) II and III
  - (c) I, II and III
  - (d) II and IV
13. In the \_\_\_\_\_ stage, the parasympathetic nervous system calls for more cautious use of the body's resources.
- (a) alarm reaction
  - (b) resistance
  - (c) exhaustion
  - (d) adaptation



14. Which among the following adopts a bio-psychosocial approach to the delineation of psychopathology?
- (a) Alternative Therapy
  - (b) Cognitive Behaviour Therapy
  - (c) Humanistic Therapy
  - (d) Therapeutic Alliance

## SECTION-B

15. Tanya is always does some unique activities to get herself physically and mentally fit every day. Why is creative visualisation important in physical fitness?
16. What do you know about centrality?

**OR**

In which stage a male child experiences the Oedipus complex?

17. 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.
18. Maniamma, a 69 year old lady mother of 5 children lives in the remote village of Karnataka. She generally lives alone when her children come to meet her, she becomes more cheerful. However her grandson Puliyaar has discovered strange behavioural changes in her in taking minor decisions. The family decided to treat her and took her with them. Mention the best possible test Maniamma requires.
19. What do you understand by Eysenck Personality Questionnaire (EPQ)?

## SECTION-C

20. Ankit rarely does his homework regularly. Her mother promised him to prepare his favourite dish whenever he does homework at the designated time. Identify the reinforcement given by Ankit's mother?  
How does it benefit the Ankit?
21. 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 alogia.
22. Bharti was suffering from some mental health related issues. Her Doctor although treated well



but leaked her vital information and private chats which was communicated between the two. What do you understand by ethics in psychotherapy?

**OR**

Joy, a 23 year old civil services aspirant was feeling extremely low and distraught after his father's demise due to cardiac arrest. His elder sister taken him to a psychiatrist for his mental health diagnosis.

Explain the therapy which is best suited for joy to overcome/fight with this trauma.

- 23.** What are the major causes of eating disorders?

## SECTION-D

- 24.** Seema Rajput, a Hindi literature teacher is quite famous in her school. Many students simply opted Hindi as a subject over other MIL subject because of her attraction and soft spoken skills. What would you name this attitude formation? Explain it.

**OR**

Priyanka was fond of junk food and ate it too often. However, she always felt guilty as she knew junk food was harmful for her health and wanted to give it up. Explain the process that will lead to change in her attitude.

- 25.** Sandeep and his friends has planned a hiking plan in Nanda Devi Mountains in Uttarakhand. Among them, Mukesh Thapa, a local person to that region insisted to lead the troop, as he was acquainted with the climate and terrain. Identify and explain the type of Mukesh Thapa's personality in psychology.
- 26.** 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.
- 27.** Describe the link between positive thinking and positive attitude in personality trait.

## SECTION-E

- 28.** How skills of life are supportive in life challenges ?

**OR**

Describe the reasons for good health and well-being.

- 29.** Describe in-group and out-group bias in social psychology.

**OR**

Explain the major characteristics of group formation.

**CLICK HERE TO SEE ANSWERS**





## SECTION-F

### CASE 1

**Read the case and answer the questions that follow.**

The Humanistic-Existential model focuses on broader aspects of human existence. Humanists believe that human beings are born with a natural tendency to be friendly, cooperative and constructive, and are driven to self-actualise, i.e. to fulfil this potential for goodness and growth. Whereas Existentialists believe that from birth we have total freedom to give meaning to our existence or to avoid that responsibility. Those who shirk from this responsibility would live empty, inauthentic and dysfunctional lives. In addition to the biological and psychosocial factors, socio-cultural factors such as war and violence, group prejudice and discrimination, economic and employment problems, and rapid social change, put stress on most of us and can also lead to psychological problems in some individuals.

- 30. How Humanistic-Existential model is useful in the study of human behaviour?
- 31. Why self-actualisation is necessary according to Humanistic-Existential theory?

### CASE 1

**Read the case and answer the questions that follow.**

Technologically advanced societies adopt child rearing practices that foster skills of generalisation and abstraction, speed, minimal moves, and mental manipulation among children. These societies promote a type of behaviour, which can be called technological intelligence. In these societies, persons are well-versed in skills of attention, observation, analysis, performance, speed and achievement orientation. Intelligence tests developed in western cultures look precisely for these skills in an individual.

- 32. What is technology intelligence?
- 33. Why technological intelligence is not so valued in many Asian and African societies?

□□□□□□



# Sample Paper 05

## Class - 12th Exam - 2024 - 25

### Psychology (037)

**Time: 3 Hours**

**Max. Marks: 70**

**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.
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## SECTION-A

1. 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 (b) Emotional quotient  
(c) Creativity skill (d) Learning aptitude
2. 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.Options:  
(a) i and iii  
(b) i and iv  
(c) ii and iii  
(d) ii and iv

**CLICK HERE TO SEE ANSWERS**



3. 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
4. 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
5. 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 (b) Kernel of truth concept  
(c) Scapegoating (d) Imitation
6. In the following question, a statement of Assertion (A) is followed by a statement of the Reason (R). Mark the correct choice.  
**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 (b) S Jalota  
(c) Uday Shankar (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  
(b) Modelling  
(c) Rational emotive therapy  
(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. Which of the following statements is correct regarding the procedure to monitor and reduce the physiological aspects of stress?
1. It provides feedback about current physiological activity to help manage stress.  
2. It is called Biofeedback and is used to regulate bodily processes.  
3. It focuses on monitoring activities like heart rate, muscle tension, and brainwaves.  
4. 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.
11. 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
12. Which of the following is/are the behavioural technique?
- I. Negative reinforcement  
II. Aversive conditioning  
III. Token economy  
IV. Transference
- Choose the correct option.
- (a) I, II and III (b) II, III and IV  
(c) III, IV and I (d) I, II and IV
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 (b) Positive reinforcement  
(c) Differential 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. Riya learns about archetypes and the unconscious mind during therapy based on Carl Jung's Analytical Psychology. What are the major feature of analytical psychology given by Carl Jung?
16. Raju is a free minded person, who seems to be less worried or responsible despite repeatedly warned by his father. He is involved in all types of illicit activities and several times arrested by police for the same. Identify the personality Raju has.

**OR**

Shilpi is considered as an average girl in her class. Although she tries her level best but could perform well. She remains silent and sobbing inside the room when she is alone. Name the psychological disorder she is suffering.

17. Differentiate between congruent and incongruent changes in attitude.
18. Define the term Buddhi.
19. Name the few symptoms of Anxiety Disorder.

## SECTION-C

20. Nagarjuna was admitted to hospital after complaining severe body ache and headache due to the report of upcoming cyclone in the coastal area. He was admitted to the nearest hospital timely. How traumatic conditions can affect human life?
21. Shreenath Iyer is working in Google Inc as a Software Developer. Being a native to Kerala he prefer to eat rice and fish and wear traditional clothes in public gatherings. Find out the possible psychological reasons of it.
22. Himanshu struggling with feelings of purposelessness, undergoes therapy where his counselor helps him find meaning in life's challenges, a concept central to Logotherapy and Human-Existential Therapy. Explain the correlation between Logotherapy and Human-Existential Therapy.

**OR**

Meera benefits from Cognitive Behavioural Therapy (CBT) for anxiety but learns that some disorders may need additional approaches. Does Cognitive Behavioural Therapy (CBT) is the solution of every psychological disorder? Evaluate.

23. Which patterns of thought are called Dysfunctional Cognitive Structures?



## SECTION-D

24. Jeewan who used to be a lively and helpful person throughout his career, has now changed into an introvert and miserable person. He hardly speaks or helps anyone. People say he has major impact due to his own loss during COVID Pandemic. Define the major concepts that have role in the process of attitude change.
25. Why 'Psychological attributes' are considered complex and multi-dimensional rather than linear or uni-dimensional?

OR

How 'Case Study' is regarded as an in-depth study of the individual in the context of her/his psychosocial and physical environment?

26. Stephanie is a nurse in a general hospital in Kerala. She tirelessly worked several days to treat COVID patients. Unfortunately she has died due to excessive stress in the workplace. Explain the correlation between stress and health. How chronic daily stress can affect our health?
27. "Psychological qualities resulted from a desire for freedom, and striving for justice and truth". Explain.

## SECTION-E

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

OR

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

29. Critically examine and their implications of 'Social facilitation' and 'Social loafing' on individual behaviour.

OR

'Bandwagon Effect' is the biggest drawback of Polarisation process. Explain.

## SECTION-F

### CASE 1

**Read the case and answer the questions that follow.**

The Negative symptoms are 'pathological deficits' and include poverty of speech, blunted and flat affect, loss of volition, and social withdrawal. People with schizophrenia show alogia or poverty of speech, i.e. a reduction in speech and speech content.

Continue on next page.....

**CLICK HERE TO SEE ANSWERS**



Many people with schizophrenia show less anger, sadness, joy, and other feelings than most people do. Thus they have blunted affect. Some show no emotions at all, a condition known as flat affect.

Also patients with schizophrenia experience avolition, or apathy and an inability to start or complete a course of action. People with this disorder may withdraw socially and become totally focused on their own ideas and fantasies.

30. Why schizophrenia is considered as the most challenging mental disorder across the world?
31. What do you understand by 'pathological deficits'?

## CASE 2

**Read the case and answer the questions that follow.**

In 1927, Charles Spearman proposed a two-factor theory of intelligence employing a statistical method called factor analysis. He showed that intelligence consisted of a general factor (g-factor) and some specific factors (s-factors). The g-factor includes mental operations which are primary and common to all performances.

In addition to the (g-factor), he said that there are also many specific abilities. These are contained in what he called the (s-factor). Excellent singers, architects, scientists, and athletes may be high on (g-factor), but in addition to this, they have specific abilities which allow them to excel in their respective domains.

32. What do you understand by theory of primary mental abilities?
33. What two level of abilities defined in hierarchical model of intelligence?

□□□□□□



# Sample Paper 06

## Class - 12th Exam - 2024 - 25

### Psychology (037)

**Time: 3 Hours**

**Max. Marks: 70**

**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. Mithu, a final year college student of Delhi University, is known as a 'problem solver' in her college. She not only co-relates student's emotions to her own thoughts but also helping them in taking right decisions about courses and job placements. What traits do you think Mithu possess?
  - (a) Emotionally Intelligent Person
  - (b) Emotionally Creative Person
  - (c) Powerful Influential Person
  - (d) Socially Influential Person
2. Which among the following factors, provides the context for the learning of attitudes through the processes?
  - I. Family and school environment
  - II. Reference groups
  - III. Personal experiences
  - IV. People's experiencesChoose the correct option.
  - (a) I and II
  - (b) II and III
  - (c) I, II and III
  - (d) II and IV

**CLICK HERE TO SEE ANSWERS**





3. Ramya while facing a job interview, was asked numerous questions regarding her qualifications, likes and dislikes, etc. She confidently gave answers regarding her qualities and skills and other characteristics. The type of identity Ramya possesses is called \_\_\_\_\_.  
(a) Special Characteristic Identity  
(b) Confident Characteristic Identity  
(c) Personal Identity  
(d) Subject Identity
4. Logotherapy is given by \_\_\_\_\_.  
(a) Victor Frankl  
(b) Sigmund Freud  
(c) Ivan Pavloy  
(d) Carl Rogers
5. Suryakant Nayar, a trained Ayurveda Doctor lives in Kerala is known for his knowledge of ancient medicines and always encourages people to opt for traditional methods of medicines and treatment, as mentioned in 'Charak Samhita'.  
Identify which types of people are classified into it.  
I. Vamdosha  
II. Pittadosha  
III. Vatadosha  
IV. Kaphadosha Choose the correct option.  
(a) I and II  
(b) II and III  
(c) II, III and IV  
(d) II and IV
6. In the following question, a statement of Assertion (A) is followed by a statement of the Reason (R). Mark the correct choice.  
**Assertion (A):** In systematic desensitisation client asked to think about the least anxiety-provoking situations.  
**Reason (R):** The client hence, learns to deal with fearful situations.  
**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. Name the Psychologist/Thinker who proposed the Two-step Theory.  
(a) Sigmund Freud  
(b) Ivan Pavlov  
(c) SM Mohsin  
(d) Fritz Heider



8. Sam is 19-year old athletic built ambitious swimmer. He has been selected for upcoming Asian Games and for that he is preparing hard. However his coach has found that Sam is bit distressed and not properly taking food or sound sleep. What is the best therapy suitable for him?
- (a) Humanistic-existential therapy
  - (b) Psychoanalytical therapy
  - (c) Behaviour therapy
  - (d) Cognitive therapy
9. Which among the following is a dynamic situation-specific reaction to stress?
- (a) Meeting
  - (b) Coping
  - (c) Avoiding
  - (d) Relieving
10. A teacher influence students to develop a strong preference for a specific subject because of
- I. Positive association between a teacher and a student.
  - II. Negative association between a teacher and a student.
  - III. Neutral association between a teacher and a student.
- Codes
- (a) I and II
  - (b) II and III
  - (c) II only
  - (d) I and III
11. Name the behaviour or skill that helps to communicate, clearly and confidently, our feelings, needs, wants, and thoughts.
- (a) Time management
  - (b) Rational thinking
  - (c) Self-care
  - (d) Assertiveness
12. Hardik, a class 12th student from Modern School is such an all-rounder who is good in studies, sports and also in dance. He has also 10 scientific innovation patents in his name. Which among the following traits Hardik has as, suggested by the psychologists about 'giftedness' through the teachers' point of view?
- I. High ability
  - II. High creativity
  - III. High commitment
  - IV. High observation
- Choose the correct option.
- (a) I and II
  - (b) II and III
  - (c) I, II and III
  - (d) II and IV
13. Intellectual disability refers to below average intellectual functioning with an IQ of approximately\_\_\_\_\_.
- (a) 30 or below
  - (b) 50 or below
  - (c) 70 or below
  - (d) 90 or below



14. Radhika, a middle aged housewife lost his son in the car accident. He was immensely attached to his mother. Due to this trauma, Radhika started showing symptoms of delusion, and recalling years ago events as like it happened in recent days. Identify the disorder.
- (a) Schizophrenia disorder (b) Informal thought disorder  
(c) Neurodevelopmental disorder (d) Depression disorder

## SECTION-B

15. Rupam's term-end exams are about to start. Being a studious person he has well prepared and attended regular classes with good internal exams. However he is not able to properly sleep or take food on time due to examination stress. How examination stress can be characterised?
16. Omvati is considered as most obedient and traditionally well-mannered girl in remote village of Bihar. She cares about her parents and grandparents. She is the one who does every household work along with her mother. Why agricultural societies preserved tradition so well?

OR

Sanam since her childhood is very kind towards animals, she particularly cares about her neighbourhood street dogs and cats. Identify the psychological approach she interstates.

17. Jaqueline is very open minded teenage girl. She loves party, outing and enjoys being at the centre of attention among her peer group. Which personality characteristics associated with her?
18. What are the various approaches used to distinguish between normal and abnormal behaviour?
19. Write formation of Attitude.

## SECTION-C

20. 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?
21. Raman shows variation in his behaviour. At times he is friendly and other times he becomes very shy and introvert. Give reasons why his behaviour is not constant.
22. Anika believes that failing an exam will ruin her future, causing anxiety. Her therapist uses Cognitive Behavioural Therapy (CBT) to address these irrational thoughts. How Cognitive Behavioural Therapy locates the cause of psychological distress in irrational thoughts and beliefs?

Continue on next page.....

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**OR**

Rohan attends therapy sessions to manage his stress. His therapist emphasizes building trust, understanding, and collaboration to create a safe and supportive environment for Rohan to share his concerns. Identify the basic components of special relationship between the client and the therapist.

- 23.** How is Rational Emotive Therapy (RET) used in treating psychological disorders?

## **SECTION-D**

- 24.** Joy, a hardworking content Editor is not feeling well due to prolonged office hours and immense pressure from the peer coordinators. Due to this he started developing anxiety and exhaustion and fallen seriously ill. Name and explain the psychological condition he is suffering with.

**OR**

Samantha, a 28 years old IT Professional has completely hectic day throughout the weekdays. Despite of the fact her neighbours get surprise as she never fails to go shopping or attend community club activities. Identify and explain the personality of Samantha.

- 25.** Farhan is a teacher in the nearby Anger Management Institute. With the batch of 150 students, he teaches with live model examples. Even students are quite satisfied with his teaching methodology. One day they learnt that his teacher has filed divorce petition against his . wife. Explain the attitude-behaviour relationship.
- 26.** 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.
- 27.** What do you understand by Allport's Trait Theory? How it acknowledged the influence of situations on behaviour?

## **SECTION-E**

- 28.** What is PASS Model? How this model is comprised?

**OR**

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

- 29.** What is Group polarisation? How it is related with Persuasive Arguments Theory?

**OR**

What is Social loafing and why does it occurs?

**CLICK HERE TO SEE ANSWERS**



## SECTION-F

### CASE 1

**Read the case and answer the questions that follow.**

As in the case of other mental and physical characteristics, such variations can be attributed to the complex interaction of heredity and environment. There is no disagreement that creativity is determined by both heredity and environment. Limits of the creative potential are set by heredity, environmental factors stimulate the development of creativity. How much of the creative potential can be realised, when and in what specific form and direction is largely determined by environmental factors such as motivation, commitment, family support, peer influences, training opportunities, etc. Although no amount of training can transform an average person to the level of Tagore, Shakespeare, etc. but it is also true that every individual can raise her/his level of creative potential beyond its present level.

30. What do you understand by creativity?
31. Limits of the creative potential are set by heredity, environmental factors stimulate the development of creativity. Explain.

### CASE 2

**Read the case and answer the questions that follow.**

Schizophrenia is the descriptive term for a group of psychotic disorders in which personal, social and occupational functioning deteriorate as a result of disturbed thought processes, strange perceptions, unusual emotional states and motor abnormalities.

It is a debilitating disorder. The social and psychological costs of schizophrenia are tremendous, both to patients as well as to their families and society. Symptoms of schizophrenia can be classified as positive symptoms (i.e. excesses of thought, emotion, and behaviour), negative symptoms (i.e. deficits of thought, emotion, and behaviour), and psychomotor symptoms.

32. What are delusions?
33. Explain two types of hallucinations.

□□□□□□



# Sample Paper 07

## Class - 12th Exam - 2024 - 25

### Psychology (037)

**Time: 3 Hours**

**Max. Marks: 70**

**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. Lena transformed from being a rambunctious and disorganised person to a stable and sensible individual. She achieved this by implementing specific changes within herself. What is the most effective method for bringing about drastic changes in certain aspects of oneself ?
  - (a) Observation of own behaviour
  - (b) Self-instruction
  - (c) Observation of other's behaviour
  - (d) Self-reinforcement
2. Which of the following statements is true about intelligence assessment?
  - i. Intelligence tests can provide a reliable measure of a person's cognitive abilities.
  - ii. Cultural bias does not affect the results of intelligence tests.
  - iii. Standardized intelligence tests require proper administration and scoring.
  - iv. Intelligence is solely determined by genetic factors.Options:

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

**CLICK HERE TO SEE ANSWERS**



3. Sridhar and his colleagues were shortlisted in their office for a random skills test to predict what an individual will be able to do if given proper environment and training. What shall that test would be called?
- (a) Individual Behaviour Test (b) Organisational Behaviour Test  
(c) Qualitative-Quantitative Test (d) Aptitude Test
4. Tendency of respondent to endorse items in a socially desirable manner is known as
- (a) Acquiescence (b) Self-report  
(c) Social desirable (d) Halo effect
5. Siddhartha is just 7 years old but he has extremely good hand writing and his teachers told his parents in PTM that there is good chance that Siddhartha shall become a good writer in future. What sort of trait demonstrated by Siddhartha here?
- (a) Aptitude (b) Personality  
(c) Attitude (d) Intelligence
6. In the following question, a statement of Assertion (A) is followed by a statement of the Reason (R). Mark the correct option.
- Assertion (A):** Adults who are planning to buy a laptop are more convinced by a computer engineer who points out the special features of a laptop, than they would be by a school child who might give the same information.
- Reason (R):** Attitudes will not change when the amount of information that is given about the topic is just enough.
- 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. \_\_\_\_\_ is an exceptional general ability shown in superior performance in a wide variety of areas.
- (a) Talent (b) Intelligence  
(c) Creativity (d) Giftedness
8. Rohan and her wife visited North-Eastern States in winter vacation. Unfortunately, he lost her wife due to sudden heart failure. After returning to Delhi, he fallen ill and started behaving abnormally. When he visited a psychotherapist, he was found grappled with the feelings of frustration and depression. How psychotherapists treat patients like Rohan?
- (a) Through Medical Treatment (b) Through Behaviour Pattern  
(c) Through Medical Trauma (d) Through Prolonged Medicinal Treatment



9. Who emphasised psychological conflict and disturbed interpersonal relationships as causes of psychological disorders?
- (a) Garry Froster (b) Johann Weyer  
(c) Sigmund Freud (d) Joseph Ampoule
10. The aim of the treatment is to extinguish or eliminate the faulty behaviours and substitute them with adaptive behaviour patterns. Name the methodologies by which the therapist does this.
- I. Antecedent operations  
II. Bulk operations  
III. Intellectual operations  
IV. Consequent operations
- Choose the correct option.
- (a) I and II (b) II and III  
(c) I, II and III (d) I and IV
11. A person's existence is marked by successive changes from the past to the present and it is through consciousness and the mediation of memory that a person can cement together these different stages of existence to constitute. What is it called?
- (a) Psychological identity (b) Social identity  
(c) Evolutionary identity (d) Personal identity
12. Rahman being in England was raised through Western education. He was gifted with good recognition memory and early appearance of language skills. Identified the traits of a gifted child among the following.
- I. High in intrinsic motivation  
II. Solitary academic activities  
III. Advanced logical thinking  
IV. Leadership intelligence
- Choose the correct option.
- (a) I and II (b) II and III  
(c) I, II and III (d) II and IV
13. Identify the disorder, where an individual gets irrational fears related to specific objects, interactions with people and also fear of situations.
- (a) Generalised Anxiety Disorder (b) Specific Phobia  
(c) Panic Phobia (d) Mental Anxiety Disorder
14. \_\_\_\_\_ personality seem to possess low motivation, are patient and feel they have a lot of time and little work.
- (a) Type-A (b) Type-B  
(c) Type-C (d) Type-D





## SECTION-B

15. Jaspreet, a sports trainer in Gymnastics, everyday train children in the nearby sports complex. He not only train but himself first demonstrates each steps to every aspirants. Identify and define the Jaspreet's personality.
16. What are the common signs of stress?

**OR**

What are life skills?

17. 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.
18. Which is the structural unit of personality according to many behaviourists?
19. Aryan, a 5-year-old boy, feels a strong attachment to his mother and often wants her attention exclusively. He sometimes shows resentment toward his father, whom he sees as a rival for her affection. What is Oedipus Complex ?

## SECTION-C

20. 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.
21. 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?
22. Meera, a counselor, listens patiently to her client, who feels ashamed about past mistakes. She shows complete acceptance and avoids any judgment, creating a safe space for the client to express emotions freely. Explain unconditional positive regards for others in the context of counselling.

**OR**

Ravi's teacher uses behavior modification techniques by praising him for completing homework on time (positive reinforcement) and stopping extra assignments when he behaves well in class (negative reinforcement). Explain negative reinforcement and positive reinforcement for behaviour modification.

23. Explain yoga and meditation as Alternative Therapies.

**CLICK HERE TO INSTALL NODIA APP**



## SECTION-D

24. Rohit, a 10-year-old, faces challenges in learning and daily tasks compared to his peers. He struggles with problem-solving, adaptive skills, and social interactions, requiring special support to manage his activities. Define mental retardation. What are its features?

**OR**

Riya, known for her calm demeanor, manages stress effectively and understands the emotions of those around her. She resolves conflicts peacefully, motivates herself in tough times, and maintains healthy relationships. Rehana is always worried about her children's future. Due to family pressure to have a boy child, she became mother of six girls. Her in-laws always taunts her and don't treat her equally in the family. She remains in the great stress all day long. Explain the psychological meaning and process of stress.

25. Ravi is preparing for an aptitude test, which measures his cognitive abilities using standardized psychometric tools. At the same time, his teacher evaluates how he processes information, solves problems, and makes decisions during a class project. What do you understand by psychometric and information-processing approaches?
26. Explain Allport's Self-report measures in assessment of personality.

## SECTION-E

27. Describe attitudes and write about formation of attitudes.

**OR**

Identify the factors that affect the attitude formation.

28. Who discovered the process of groupthink? Also discuss about the process of groupthink.

**OR**

Explain the polarisation processes in groups. Why polarisation occur?

## SECTION-F

### CASE 1

**Read the case and answer the questions that follow.**

Gary is a 19-year-old who withdrew from college after experiencing a manic episode during which he was brought to the attention of the Campus Police. He had changed his stream from engineering to philosophy. He spends his nights on phone, talking to his friends about life and reality. He had been convinced about the importance of his ideas, stating frequently that he was more learned and advanced than all his professors.

Continue on next page.....

**CLICK HERE TO SEE ANSWERS**



He also increased a number of high-risk behaviours - drinking and engaging in sexual relations in a way that was unlike his previous history. At the present time, he has returned home and has been placed on a mood stabiliser (after a period of time on an antipsychotic), and his psychiatrist is requesting adjunctive psychotherapy for his disorder. The patient's parents are somewhat shocked by the diagnosis, but they acknowledge that Gary had early problems with anxiety during pre-adolescence, followed by some periods of withdrawal and depression during his adolescence. His parents are eager to be involved in treatment, if appropriate.

29. Identify the disorder with which Gary has been diagnosed.
30. What is Bipolar disorder? Mention few symptoms of it.

## CASE 2

**Read the case and answer the questions that follow.**

On the one hand are the gifted and creative persons. On the other hand, there are children who face enormous difficulty in learning even very simple skills. Those children who show intellectual deficiency are termed as 'intellectually disabled'. As a group, there is wide variation among the intellectually disabled. The American Association on Mental Deficiency (AAMD) views intellectual disability as "significantly sub-average general intellectual functioning existing concurrently with deficits in adaptive behaviour and manifested during the developmental period". Individuals who are categorised as having intellectual disability show significant variation in their abilities, ranging from those who can be taught to work and function with special attention, to those who cannot be trained and require institutional care throughout their lives.

31. What symptoms are associated with intellectual disability disorder?
32. Explain intellectual giftedness.

□□□□□□



# Sample Paper 08

## Class - 12th Exam - 2024 - 25

### Psychology (037)

**Time: 3 Hours**

**Max. Marks: 70**

**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. Rubeena is considered poor in studies and her sports activities are also low. However her parents has been told by the teachers that her success in life is not associated with \_\_\_\_\_.
  - (a) Personality
  - (b) High Test Score
  - (c) Intelligence Test Score
  - (d) Cognitive Performance Test
2. 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.

Options:

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

**CLICK HERE TO SEE ANSWERS**



3. Vinita has 9-5 job in a multi-national company and two children to take care of. She passionately does her job and also helps her kids in doing homework and practical. Now she feels and getting tired and planning to do work from home. Name the stimulus event that disturbs and exceeds a person's ability to cope.
- (a) Strength (b) Stress  
(c) Strain (d) Disorder
4. Which movement is given credit for the growth of a scientific attitude towards psychological disorders in the eighteenth century?
- (a) Psychological Movement (b) Reform Movement  
(c) Infrastructural Development (d) Industrial Development
5. 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 (b) Active Therapy  
(c) Integrative Therapy (d) Clinical Therapy
6. In the following question, a statement of Assertion (A) is followed by a statement of the Reason (R). Mark the correct choice.
- Assertion (A):** When you say, "I know who I am", the self is being described as a knower as well as something that can be known.
- Reason (R):** As a subject (actor) the self actively engages in the process of knowing itself. As an object (consequence) the self gets observed and comes to be known.
- 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. Which among the following provides us necessary information that may be used to change, modify, or strengthen certain aspects of self?
- (a) Self-instruction (b) Self-reinforcement  
(c) Observation of others' behaviour (d) Observation of own behaviour
8. Sumitra Devi, a 79 year old retired school teacher was facing several mental problems, such as she was not able to recognise her own relatives and at times longer silences. However she was reluctant to visit any psychiatrist out of shame, though after repeatedly insistence, she agreed to visit. Which among the following is a component of Therapeutic relationship?
- (a) Conditional positive regard (b) Unconditional positive regard  
(c) Both (a) and (b) (d) Permanent in nature



9. Which among the following is one of the end resultant effect through the addictive meal behaviour?
- (a) Hallucination (b) Obesity  
(c) Phobia (d) Low BMI
10. Nishikant has done his Masters Computer Science from IIT Kharagpur. Most of the time when people asks for any help he proudly describes about himself how intelligent and hard-working he is and also gives career guidance. What are the characteristics of personal identity?
- I. Multiple similarity  
II. Similar with others  
III. Performance attributes  
IV. Personal attributes
- Choose the correct option.
- (a) I and II (b) II and IV  
(c) I, II and III (d) I, II and IV
11. The feature which refers to the number of attributes within a broader attitude is
- (a) Valence (b) Multiplexity  
(c) Centrality (d) Extremeness
12. Priyanka is considered as a gifted child who shown early signs of intellectual superiority since childhood, she show larger attention span, good recognition memory, sensitivity to environmental changes, and early appearance of language skills. What type of traits a gifted child adhered with?
- I. Advanced logical thinking  
II. High level of intrinsic motivation  
III. Solitary academic activities  
IV. Passive generalisation
- Choose the correct option.
- (a) I and II (b) II and III  
(c) I, II and III (d) II and IV
13. The person may complain that an arm or a leg has become paralysed is sign of
- (a) Dissociative disorder (b) Panic disorder  
(c) Mood disorder (d) Conversion disorder
14. Identify the correct statement:
- (a) Social behaviour is essential for human life and involves more than just being in the company of others.  
(b) Social influences do not affect people's views, attitudes, or behavioural tendencies.  
(c) Social behaviour is purely about physical interactions and does not involve emotional or mental aspects.  
(d) Social influences and behaviour are completely independent phenomena.



## SECTION-B

15. Amit feels a sense of frustration because he has been unable to achieve the social recognition he desires, despite his efforts. Explain the term 'frustration'.
16. Karthik belongs to a merchant class family, who are basically into the export-import business. Karthik has decided to become a content creator and convinced his family that he is going to earn handsome money out of it. Identify the method through which his personality trait can be understood.

**OR**

Sheetal doesn't like to eat healthy and nutritious food in her early age. Though she forcibly eaten due to parental pressure but she also developed taste about many vegetables and milk product. Identify the behaviour of her.

17. Explain the Binet-Simon Intelligence Scale, developed by Binet and Simon.
18. Explain the Bandura's social learning theory.
19. Riya initially believed individual efforts couldn't impact climate change. After attending a workshop, her attitude shifted, and she started participating in environmental activities. What is attitude change?

## SECTION-C

20. 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.
21. Arjun faced rejection during a job interview despite meeting all qualifications because of his ethnicity. This experience highlighted the challenges of being treated unfairly based on personal attributes. Write about 'Discrimination'.
22. What is meant by word abnormal? Explain approaches that have been used in distinguishing between normal and abnormal behaviours.

**OR**

What is autistic disorder? Also explain the difficulties faced by the children suffer with autistic disorder.

23. 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.



## SECTION-D

24. Meena has been struggling with anxiety due to her upcoming exams. She adopts techniques like setting achievable goals, maintaining a daily schedule, and practicing mindfulness, which help her manage her stress effectively and stay focused. Explain the self-regulation theory. How it helps in mental health?

**OR**

Ravi is always in a hurry, feels impatient in long queues, and constantly sets very high goals for himself. He gets easily frustrated when things don't go his way and tends to be highly competitive in every situation. What type of person traits possessed by Type-A person in psychology?

25. Simranjeet a professional kick boxer has represented various clubs across the world. However she has met with serious sports injuries during the match. Surprisingly she not only recovered but also started preparing for next boxing match. Her doctors, coach and parents were surprised by her resilience.  
What do you understand by resilience? Discuss.

26. Farhan's parents has enrolled him into the pre-board exams counselling and meditation course into the nearby locality, as they believed it will increase his emotional intelligence to cope up with exams. How emotional intelligence is useful?
27. Discuss cognitive dissonance component in attitude change process.

## SECTION-E

28. What is personality? Explain about cultural approach to personality.

**OR**

John often feel anxious, moody, touchy and restless. He quickly loses control. He went to Psychology clinic in order to diagnose his condition, psychologist performed a test. The result further showed that John has scored high on psychoticism dimension that tends to be hostile, egocentric, and antisocial. What does it mean? Which test did the psychologist performed to determine the psychoticism dimension?

29. What is the focus of group behaviour in psychology? Describe various conditions for the formation of group.

**OR**

Analyse in-group and out-group in social psychology.

**CLICK HERE TO SEE ANSWERS**





## SECTION-F

### CASE 1

**Read the case and answer the questions that follow.**

A general feature of most of the creativity tests is that they are open-ended. They permit the person to think of different answers to the questions or problems in terms of her/his experiences, whatever these may have been. These help the individual to go in different directions.

There are no specified answers to questions or problems in creativity tests. Therefore, there is freedom to use one's imagination and express it in original ways.

Creativity tests involve divergent thinking and assess such abilities as ability to produce a variety of ideas, i.e. ideas which are off-the-beaten track, ability to see new relationships between seemingly unrelated things, ability to guess causes and consequences, ability to put things in a new context, etc.

30. Why creative tests were introduced in psychological studies?
31. Does creativity tests measure Intelligence Quotient (IQ)?

### CASE 2

**Read the case and answer the questions that follow.**

Personality disorders are mental illnesses that share several unique qualities. They contain symptoms that are enduring and play a major role in most, sometimes all, aspects of the person's life. While many disorders vary in terms of symptom presence and intensity, personality disorders usually remain constant. The psychodynamic theory regards human behaviour to be determined by underlying psychological influences that usually are unconscious.

These influences (also called forces) are dynamic the relationship between them gives rise to behaviour. Abnormal symptoms are created when conflicts arise in this relationship. This theory states that all behaviour is determined by childhood events and past experience. Treatment then consists of psychoanalysis, which involves bringing into conscious awareness the traumatic childhood conflicts that have been repressed, and resulting in resolution.

32. Name the traits of behavioural model of Psychopathology has suggested about Phobias.
33. Explain maladaptive thoughts or behaviour.

□□□□□□



# Sample Paper 09

## Class - 12th Exam - 2024 - 25

### Psychology (037)

**Time: 3 Hours**

**Max. Marks: 70**

**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. Premasagar 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
2. Which of the following statements is true regarding methods of personality assessment?
  - i. Standardized tests provide objective measures of personality traits.
  - ii. Projective techniques explore unconscious aspects of personality.
  - iii. Observational methods focus on overt behavior in real-life situations.
  - iv. All methods of personality assessment require minimal training for administration.Options:
  - (a) i and ii
  - (b) i and iii
  - (c) ii and iii
  - (d) ii and iv

**CLICK HERE TO SEE ANSWERS**



3. Although Yamini does quite fair in her studies and extra curriculum activities, but she try to learn from others especially from her teachers and instructors. Learning by observing others is known as \_\_\_\_\_.
- (a) Reciprocal inhibition (b) Vicarious learning  
(c) Systematic desensitisation (d) Imitational recreation
4. Identify the type of Intelligence Ruby possesses.
- (a) Practical (b) Componential  
(c) Linguistic (d) Experimental Intelligence
5. Reebika is experiencing stress due to noisy surroundings, commuting, quarrelsome neighbours, electricity and water storage.  
These sources of stress are \_\_\_\_\_.
- (a) life events (b) hassle  
(c) traumatic events (d) environmental events
6. In the following question, a statement of Assertion (A) is followed by a statement of the Reason (R). Mark the correct choice.  
**Assertion (A):** Researchers have found that both high and low level of creativity can be found in highly intelligent children and also children of average intelligence.  
**Reason (R):** Creativity tests came into existence to assess variations in terms of the potential for creativity in contrast to intelligence.  
**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. How can we measure the level of positivity or negativity in attitude?
- (a) Extremeness (b) Simplicity  
(c) Centrality (d) Valence
8. Saumya, a brilliant student in her class who consistently perform well in almost every field. Saumya has a score of 5 in her behaviour attitude scale. Find out among the following, what her behaviour shall be called?
- (a) Extreme  
(b) Cooperative or Uncooperative  
(c) Both (a) and (b)  
(d) Always Moderate



9. When the human body is placed under physical or psychological stress, it is called \_\_\_\_\_.  
(a) Emotional effects (b) Physiological effects  
(c) Cognitive effects (d) Behavioural effects
10. Find out the pathogens of stresses person in the given pairs.  
I. Poor nutritional habits  
II. Smoking and alcohol abuse  
III. Longer durational sleep  
IV. Hallucination  
Choose the correct option.  
(a) I and II (b) II and III  
(c) I, II and III (d) II and IV
11. Which of the following is true about Gestalt therapy in psychological studies?  
(a) Gestalt is a German word which means whole.  
(b) This therapy was given by Freiderick (Fritz) Penis together with his wife Laura Perls.  
(c) The goal of this therapy is to increase an individual's self-awareness and self-acceptance.  
(d) All of these
12. Rakshita has secured first rank in the CAT Exams. She was throughout her career, a meritorious fellow. Her parents being into the Central Government services also helped Rakshita's career. Find out the attributes of her creativity.  
I. Heredity  
II. Environment  
III. Friends  
IV. Sound Intelligence  
Choose the correct option.  
(a) I and II (b) II and III  
(c) I, II and III (d) II and IV
13. Which of the following is also experienced during the phallic stage?  
(a) Adonis complex (b) Oedipus complex  
(c) Electra complex (d) Cinderella complex
14. Manish is very hard working and intelligent worker in the Multi National Company based in Gurgaon. He not only performs well in his professional life but also helps a lot in day to day work to his mother. Which of the following traits Manish has?  
(a) Creative and Cooperative  
(b) Creative and Intelligence  
(c) Smartness and Intelligence  
(d) Hardwork and Creativity



## 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.

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## 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.

**OR**

Ranjana, a mother of two children is a senior Anganwadi worker. Many young women takes 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

**Read the case and answer the questions that follow.**

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.

**CLICK HERE TO SEE ANSWERS**



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

**Read the case and answer the questions that follow.**

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 determined by the factors like heredity and environment.
33. Do adoptive and biologically related families affect intellectual development?

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# Sample Paper 10

## Class - 12th Exam - 2024 - 25

### Psychology (037)

**Time: 3 Hours**

**Max. Marks: 70**

**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

**CLICK HERE TO SEE ANSWERS**





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 Kamraj possess.
- (a) Type-C Personality (b) Type A-B Personality  
(c) Type-A Personality (d) Type-B Personality
6. In the following question, a statement of Assertion (A) is followed by a statement of the Reason (R). Mark the correct option.  
**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.  
**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. 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. Rahul, who has been battling severe depression and not responding to medications, undergoes Electro-Convulsive Therapy (ECT) under medical supervision. The treatment involves brief electrical stimulation to his brain while he is under anesthesia, helping alleviate his symptoms. How Electro-Convulsive Therapy (ECT) is used in biomedical therapy?

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.

**CLICK HERE TO SEE ANSWERS**



## SECTION-F

### CASE 1

**Read the case and answer the questions that follow.**

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

**Read the case and answer the questions that follow.**

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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