



Psychology

Class - XII

Chapter Assignments

Chapter 1

VARIATIONS IN PSYCHOLOGICAL

1 & 2 Marks questions

1. Define the term 'intelligence' as given by the following:
 - (i)Wechsler
 - (ii)Binet
 - (iii)Sternberg

3 & 4 Marks questions

1. Define the term assessment. What are the two kinds of assessment? Explain with the help of examples
2. Explain the following theories of intelligence that follow information-processing approach:
 - (i)Theory of Multiple Intelligences
 - (ii)Triarchic Theory of Intelligence
 - (iii)PASS Model
3. Differentiate among:
 - (i)Verbal, non-verbal and performance tests of intelligence
 - (ii)Group and individual tests
 - (iii)Culture fair and culture biased tests
 - (iv)Creativity tests and intelligence tests
 - (v)Aptitude, intelligence and interest
4. Are there any cultural differences in the conceptualization of intelligence? Discuss.
5. Define the term 'emotional intelligence'. State the characteristics of an emotionally intelligent individual.
6. How is creativity and intelligence related?
7. Define the term 'mental retardation'. Explain the three characteristics of the definition.
8. How mental retardation is classified and what are the defining features of each category?
9. Describe the features of a gifted child.

6 Marks questions

1. Discuss in detail the various assessment methods.
2. Discuss the five theories of intelligence that follow psychometric approach.
3. 'Intelligence is the interplay between nature and nurture.' Discuss.
4. All persons do not have the same intellectual capacity. How do individuals vary in their intellectual ability? Explain.
5. Define the term 'aptitude'. What are aptitude tests and their types? Explain them with the help of examples.



Chapter 2

SELF AND PERSONALITY ATTRIBUTES

1 & 2 Marks questions

1. Discuss the concept of 'self'.
2. What is meant by 'personal identity' and 'social identity'? Explain with the help of example.
3. Define the following;
 - (i) Self-concept
 - (ii) Self-esteem
 - (iii) Self-efficacy
 - (iv) Self-regulation
 - (v) Self-control
 - (vi) Personality
 - (vii) Libido
 - (viii) Fixation
 - (ix) Regression
 - (x) Archetypes

3 & 4 Marks questions

1. How does self-esteem show a strong relationship with our
2. everyday behaviour?
3. What role does self-efficacy play in our day-to-day life?
4. What are the 3 techniques of self-control?
5. Give at least 3 differences between western and Indian concept of self.
6. Write short notes on:
 - (i) Levels of consciousness
 - (ii) Structure of personality
 - (iii) Analytical psychology
 - (iv) Individual psychology
 - (v) Erikson's theory of personality
 - (vi) Self-actualization
 - (vii) Self-report measures
 - (viii) Projective techniques
 - (ix) Nomination method

- (x) Situational stress test
7. Define the term 'defence mechanism'. Explain the different Defence mechanisms along with examples.
 8. Describe the following tests:
 - (i) MMPI
 - (ii) TAT
 - (iii) 16 PF
 - (iv) EPQ
 - (v) P-F Study
 - (vi) Rorschach Inkblot Test
 - (vii) Draw-a-person test
 9. Differentiate between type and trait approaches of personality.
 10. Trace the psychosexual development of human personality.
 11. Discuss Fromm's theory of personality.
 12. Critically evaluate psychodynamic theories.
 13. How does behavioural approach explain the development of personality?
 14. How does cultural approach explain the development of personality?
 15. How does humanistic approach explain the development of personality?
 16. What is an interview? Explain the two types of interview.
 17. How is the technique of 'behavioural observation' used to assess personality?
 18. Enumerate the limitations shared by observation and interview method.
 19. Discuss the main limitations of behavioural ratings method.
 20. What is the rationale of projective techniques?

6 Marks questions

1. What are the characteristic features of personality?
2. Enumerate and explain the various type approaches of personality.
3. Name and discuss the various trait approaches of personality
4. How would Horney's explanation of depression be different from that of Alfred Adler?

Chapter 3

MEETING LIFE CHALLENGES

1 & 2 Marks questions

1. What is stress?
2. What are stressors?
3. What is strain?
4. What are the two types of coping strategies as given by Lazarus and Folkman?

3 & 4 Marks questions

1. What are the signs and symptoms of stress?
2. What are the types of stress?
3. What are the sources of stress?
4. Discuss the factors that lead to positive health and well-being.
5. How does stress affect the immune system?
6. Explain the effect of stress on psychological functioning
7. Explain three coping strategies.
8. What are life skills? Why are they important in managing stress?
9. What are the different types of support system? Explain.

6 Marks questions

1. Explain and elaborate the Cognitive Theory of Stress.
2. What are the effects of stress on psychological functioning and health?
3. Name the different stress- management techniques. Explain them.

Chapter 4
PSYCHOLOGICAL DISORDERS

1 & 2 Marks questions

1. Explain the concept of 4 Ds.
2. What are the two views on abnormality?
3. What is meant by the term 'abnormal psychology'?
4. Give the full forms of:
 - (i) DSM IV
 - (ii) ICD 10
 - (iii) GABA
 - (iv) PTSD
 - (v) OCD
 - (vi) ADHD
 - (vii) ODD
 - (viii) SAD
5. What is diathesis-stress model?

3 & 4 Marks questions

1. Name the neurotransmitters responsible for the following Disorders-
 - (i) Anxiety disorders
 - (ii) Schizophrenia
 - (iii) Depression

6 Marks questions

1. Discuss the factors underlying abnormal behaviour.

Chapter 5

THERAPEUTIC APPROACHES

1 & 2 Marks questions

1. Explain the process of psychotherapy.
2. Discuss the following behaviour therapies:
 - (1) Negative reinforcement
 - (2) Aversive conditioning
 - (3) Positive reinforcement
 - (4) Token economy
 - (5) Principle of reciprocal inhibition

3 & 4 Marks questions

1. Define the term 'psychotherapy'. Explain its goals.
2. What are the different parameters on which psychotherapies are classified?
3. Explain the methods of eliciting the nature of intrapsychic conflicts in psychoanalysis.
4. Discuss the modality of treatment in psychoanalysis.
5. Write short notes on the following cognitive therapies:
 - (1) Rational emotive therapy
 - (2) Cognitive therapy by Beck
 - (3) Cognitive Behaviour therapy
6. Write short notes on Humanistic-Existential Therapy:
 - i. Existential therapy
 - ii. Client-centered therapy
 - iii. Gestalt therapy
7. What are the factors contributing to healing in psychotherapy?
8. What are the techniques used in rehabilitation of mentally ill?

Chapter 6

ATTITUDE AND SOCIAL COGNITION

1 & 2 Marks questions

1. Define the following terms:
 - (i) Attitudes
 - (ii) Attribution
 - (iii) Impression formation
 - (iv) Social cognition
 - (v) Schemas
 - (vi) Social facilitation
 - (vii) Pro-social behavior
 - (viii) Social inhibition
2. What is the purpose served by an attitude?
3. Are attitudes acquired or innate?
4. Explain the following:
 - (i) Primacy effect
 - (ii) Recency effect
 - (iii) Halo effect
 - (iv) Fundamental attribution error
 - (v) Actor-observer effect
 - (vi) Evaluation apprehension
 - (vii) Co-action
 - (viii) Social loafing
 - (ix) Prototypes
 - (x) Scapegoating
 - (xi) Kernel of truth
 - (xii) Self-fulfilling prophecy
 - (xiii) Congruent and incongruent attitudes

3 & 4 Marks questions

1. Discuss the components of attitude with the help of relevant examples.
2. How are attitudes different from values and beliefs?
3. Explain the features of attitudes along with relevant examples.
4. How are attitudes formed? Discuss the process of attitude formation.
5. Enumerate and explain the factors that influence attitude formation.
6. Discuss the following theories with respect to the process of attitude change:

(i)Balance theory

(ii)Cognitive dissonance theory

(iii)Two-step concept theory

7. Is behaviour always reflection of one's attitude? Explain with the help of relevant example.
8. Differentiate between prejudice and stereotype.
9. Highlight the importance of schemas in social cognition.
10. What are prejudices? Explain their components with the help of examples
11. What is social facilitation? Explain the causes of social facilitation.
12. Explain the concept of pro-social behaviour. (NCERT)
13. What are some of the strategies for handling prejudices?
14. Prejudice can exist without discrimination and vice-versa. Comment.
15. Describe the important factors that influence impression formation.
16. Explain how the attribution made by an 'actor' would be different from that of an 'observer'.
17. What is attribution? What are the factors that influence the process of attribution?

6 Marks questions

1. Discuss the major factors that influence attitude change.
2. Define the term 'prejudice'. What are the sources of prejudices?
3. What is impression formation? What are the factors that influence impression formation?
Discuss the aspects of impression formation.
4. What are the various causes that lead to differences in attributions?
5. What are the factors that influence pro-social behaviour?

Chapter 7

SOCIAL INFLUENCES AND GROUP PROCESSES

1 & 2 Marks questions

1. Define the term 'group'. Give its characteristics.
2. What are teams? How are they different from groups?
3. Explain these: crowd, audience and mob.
4. What are the reasons for group formation?
5. What are the stages of group formation?
6. What is social identity?
7. Define the following:
 - (1) Groupthink
 - (2) Group structure
 - (3) Group polarization
 - (4) Cohesiveness
 - (5) Audience

3 & 4 Marks questions

1. What are the determinants of cooperation and competition?
2. Differentiate between primary and secondary group.
3. Differentiate between formal and informal group.
4. Differentiate between ingroup and outgroup.
5. What is social loafing? Give some reasons for it.
6. How can social loafing be reduced?
7. What is group polarization? Explain with the help of examples.
8. What is conformity? Explain with the help of examples.
9. What is compliance? Explain with the help of examples.
10. What is obedience? Explain with the help of examples.
11. What are the determinants of conformity?
12. What are the techniques of compliance?
13. Why do people obey even when they know that their behaviour is harming others?
14. How cooperative group is different from competitive group?
15. What are consequences of intergroup conflict?
16. What are the benefits of cooperation?

6 Marks questions

1. What are stages of group formation? Describe the four important elements of group structure.
2. Discuss some of the conflict resolution strategies.
3. Explain the concept of intergroup conflict. State the reasons also.



Chapter 8

PSYCHOLOGY AND LIFE

1 & 2 Marks questions

1. What is environmental psychology?
2. What are the 2 kinds of environments?
3. Fill in the blanks:
 1. The environment usually involves the concept of environmental design.
 2. The three perspectives on the human-environment relationship are _____, _____ and _____.
 3. The traditional Indian view about the environment supports the _____ perspective.
 4. The three characteristics of noise are _____, _____ and _____.
 5. The comfortable physical space one generally likes to maintain around oneself is called _____.
 6. _____ explained four kinds of interpersonal physical distance.
 7. Earthquakes, tsunamis, floods, cyclones, and volcanic eruptions are examples of _____.
 8. Frustration-aggression theory was given by _____.

3 & 4 Marks questions

1. What are the psychological features of environmental design?
2. What are the different views of the human-environment relationships?
3. What are the environmental effects on human behaviour?

Chapter 9

DEVELOPING PSYCHOLOGICAL SKILLS

1 & 2 Marks questions

1. What are the generic skills needed by all psychologists?
2. What is paraphrasing?
3. Which technique involves analysing the counsellor's and client's behaviour?
4. What do you understand by Bipolar Questions?
5. What do you mean by Mirror questions?
6. What are the things that should be kept in mind while using psychological tests?
7. What do you mean by congruency?

3 & 4 Marks questions

1. What competencies are required for becoming an effective psychologist?
2. Define communication. Which component of the communication process is most important? Justify your answer with relevant examples.
4. Describe the set of competencies that must be kept in mind while administering a psychological test.
5. What do you understand by the term counselling? Explain the characteristics of an effective counsellor.
6. To be an effective counsellor, it is mandatory that s/he undergoes professional training. Do you agree with this statement? Give reasons in support of your arguments.
7. What are the ethical considerations in client-counsellor relationships?
8. What are the Advantages and Disadvantages of Observation?
9. The academic success, employment achievement, and personal happiness, to a large extent, depend upon the ability to listen effectively. How one can improve listening skills?