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Psychology

Psychology

XII

Application, value based, Hots and multidisciplinary question

Chapter - I

Intelligence and aptitude

- Q All person do not have the same intellectual capacity How do individuals vary in their intellectual capacity ? Explain.
- Q Any intellectual activity involves the independent functioning of three neurological systems, Explain with reference to PASS model.
- Q Is Creativity related to intelligence? Explain with relevant examples and distinguish between creative and intelligence tests.
- Q How is Indian view of intelligence more relevant in today's society?

Chapter - 2 Self and Personality

- Q Suggest different psychological techniques of self regulation that you would use while preparing for your board examination.
- Q Indian perspective of self and western perspective of self differ in their visualization Bring out the differences.
- Q Evaluate Psycho- analytical theory of personality critically.
- Q Give reasons for basic anxiety to take place according to Karen Horney.
- Q Analyze the main propositions of Humanistic approach with reference to Carl Roger and Abraham Maslow.

Q Explain Erikson's concept of identity crises .

Chapter - 3

Human strengths and meeting life challenges

- Q Explain the effect of stress on psychological functioning .
- Q How does the present day lifestyle affect the individual ?
- Q Why do stress - resilient personality cope up with stress better.
- Q Enumerate the different ways of coping with stress while suggesting to your friends how they can deal with stress in their everyday lives

Q Reflect on the environmental factors that have (a) Positive impact (b) negative impact on the being.

Chapter – 4-5

(Psychological disorder)- (Therapeutic technique)

Q Physicians make diagnosis looking at person's physical symptoms . How are psychological disorders diagnosed

Q Can a distorted body image lead to eating disorders? Classify the various forms of it

Q Shika is terribly afraid of climbing stairs. This has an impact on her professional life. With the help of examples discuss behavioural techniques that the therapist would use to help her get rid of her fear.

Q Anxiety has been called the butterflies in the stomach feeling .At what stage does anxiety become a disorder ? Discuss types of anxiety.

Q Why are children predisposed to develop behavioural disorders ? Describe the behavioural disorders where children display disruptive behavior .

Q While speaking in public a patient changes topics frequently Is this a positive or a negative symptoms of schizophrenia . discuss the symptoms..

Q Elaborate the techniques used for ^{rehabilitating} ~~retaliating~~ the mentally ill.

Q Which therapy encourages the client to seek personal growth and ^{actualize} ~~activities~~ their potential write about the therapies which are based on this principle.

Q A therapist asks the client to reveal all her/his thoughts including early childhood experiences. Describe the type and technique used

Chapter – 6

Social cognition and Attitude

Q You have been given the responsibility of changing the attitude of your school mates towards keeping the school surrounding litter free. Identify any process or factor that you would use to bring in this attitude change and explain with one example.

Q Appraise the characteristics of a pro social person. Which are the factors that help or contribute towards this behavior .

Q Why are values important ? Are they based on beliefs and attitude? Explain.

Q Many societies reflect prejudices . Suggest few strategies to handle such prejudices .

Q Explain any two conditions which lead to learning of attitude

Q Prejudice can exist without -+discrimination and vice versa comment .

Q Is behavior always a reflection of one's attitude? Explain with a relevant example (chinese couple)

Chapter - 7

Social Influences and Group Processes

Q How does Tuckman's stage model help you to understand the formation of groups.

Q Think of any two incidents of social loading in school . How did you overcome it.

Q People conform because of two type i.e informational and normative influence .Explain.

Q Do Intergroup conflict lead to human price? Discuss the consequences and strategies to overcome these conflicts.

Q Cooperation is important in reaching goals. Discuss the determination of cooperation and competition.

Chapter -- 8

Environmental and social concerns.

Q Antyodaya programs' help in lifting the last person in society explain the concept of Antyodaya.

Q Sustaining peace in the society is the highest challenge for the modern world.Discuss.

Q Discuss the psychological impact of television viewing on human behavior? How can it be made valuable and it's adverse consequence be reduced ? Explain.

Q How can Pro-environment behavior be useful in maintaining the environment

Chapter - 9

Developing psychological skills

Q To be an effective counselor , it is mandatory the s/he undergoes professional training do you agree with this statement? Give reasons in support of your arguments and justify them

Q Identify an aspect of your friend's personal life that s/he wants to change as a student of psychology, think of specific ways in which you can device a programme to help your friend modify or solve her/his problem.

Q Appraise why it is important to differentiate between pseudo psychologists from a real psychologist.

Q Evaluate listening as an effective component of communication. Page -3

Miscellaneous *Important questions*

Q Intelligence is not a single entity rather has multiple dimensions. Discuss. (Howard Gardner)

Q Defense mechanisms are ways of dealing with problem, when do they become harmful explain a few defense mechanisms.

Q Discuss behavioural ratings to assess personality. Critically analyze these ratings

Q Explain the factors that lead to positive health and well being.

Q Social support is positively related to psychological well being . Discuss

Q How stress and life style are related to each other

Q What is positive psychology ? How positive psychologist have identified virtues and strength of human being?

Q Should Electro- convulsive therapy be used in the treatment of mental disorder . Justify with suitable examples

Q Positive regard and empathy are important process of psychotherapy. Discuss.

Q What is your understanding of internet phobia?

Q Analyze the environment effects on Human behaviour and discuss the Human influence on the environment

Q Discuss the various strategies to reduce aggression and violence

Q Explain the need to be aware of environmental pollution. Highlight some of its impact on psychological functioning

Q Discuss the measurers that should be taken for poverty alleviation and how can we break the poverty cycle.

Board Questions.

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- what is a psychological test?
- Explain contextual intelligence defined by Sternberg.
- what is meant by technological intelligence.
- Differentiate between psychometric and information processing approach to intelligence.
- Define giftedness and characteristics of giftedness
- what is emotional intelligence? Give two characteristics of emotionally intelligent persons.
- Explain componential intelligence using examples.
- Explain Gardner's Multiple intelligence theory with suitable examples.
- what is the meaning of assessment? Describe the key features of any two methods used for psychological assessment.

q2: what is meant by Self actualization

- Explain regression by giving example.
 - what are defense mechanism?
 - Explain the interactional approach to Personality
 - Give two limitations of behavioural ratings.
 - State the techniques of assessing personality.
 - explain briefly any 2 projective technique with example.
 - what do you understand by personality? Explain assessment using behaviour analysis.
- 3
- Describe any four life skills that can help you deal with the demands & challenges of everyday life.
 - Describe briefly four factors which facilitate development of positive health.
 - Explain concept of stress.

q3: what is substance abuse? Discuss substance use disorders.

- Explain the term anorexia nervosa.
- what is bipolar mood disorder.
- State the three components of diathesis stress model of abnormal behaviour.

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Distinguish between obsessive and compulsive behaviours giving examples.

Explain post traumatic stress disorder using example.

Describe the role of biological factors in abnormal disorder

Explain the term dissociation. Discuss the various forms of dissociation.

Explain Somatoform disorders. Describe the various types of ~~somatoform disorder~~

Q5- State the techniques used in behaviour therapy

Explain the therapy used to deal with irrational fears.

• Discuss the factors which contribute to the healing in psychotherapy.

• Highlight the importance of therapeutic relationship in psychotherapy. State the ethical standards in psychotherapy.

Explain cognitive behaviour therapy.

Q6- 6. What is social loafing? How can it be reduced?

• What is attitude? Explain the ABC components of attitude.

• Discuss the cognitive dissonance component in attitude change process.

• Describe the process of impression formation.

• What is actor observer effect of attribution?

• What is attribution? What is fundamental attribution error. Explain with an example.

• Explain the various factors that influence pro social behaviours.

• Describe the characteristics of prejudice.