



PRINCE ACADEMY

OF HIGHER EDUCATION

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BOARD SAMPLE PAPER-I (2025-26)

CLASS - XII

Time : 03 : 00 Hours

SUBJECT - PSYCHOLOGY (037)

MM : 70

General instructions

- All questions are compulsory except where internal choice has been given.
- Question Nos. 1 -14 in Section A carry 1 mark each. You are expected to answer them as directed.
- Question Nos. 15-19 in Section B are very short answer type-I questions carrying 2 marks each. Answer to each question should not exceed 30 words.
- Question Nos. 20-23 in Section C are short answer type-II questions carrying 3 marks each. Answer to each question should not exceed 60 words.
- Question Nos. 24 - 27 in Section D are long answer type-I questions carrying 4 marks each. Answer to each question should not exceed 120 words.
- Question Nos. 28-29 in Section E are long answer type - II questions carrying 6 marks each. Answer to each question should not exceed 200 words.
- Question Nos. 30 – 33 in Section F are based on two cases given. Answer to each 1 mark question should not exceed 20 words. Answer to each 2 marks question should not exceed 30 words.

SECTION - A

1. The adrenal gland releases large amount of into the blood stream.
(a) Epinephrine (b) Norepinephrine
(c) Both (a) & (b) (d) None of the above
2. effects of stress are seen in disturbed sleep patterns, increased absenteeism and reduced work performance.
(a) Emotional (b) Physiological (c) Cognitive (d) Behavioural
3. _____ is the term used to describe the level of stress that is good for a person as it enhances performance.
(a) Distress (b) Eustress (c) Social Stress (d) Strain
4. Which of the following statements best describes the “Cohesiveness” element of group structure ?
(a) It includes the socially defined expectations that individuals in a given situation are expected to fulfill.
(b) It refers to the togetherness, binding or mutual attraction among group members.
(c) It represent shared ways of viewing the world
(d) It refers to the relative social position given to group members by others.

Reason (R) : People adopt an ego defense mechanism called projection in which they attribute their own traits to others.

- (a) Both A and R are true, and R is the correct explanation of A.
- (b) Both A & R are true but R is not the correct explanation of A.
- (c) A is true, but R is false.
- (d) A is false, but R is true.

SECTION- B

- 15. What is integration in humanistic existential therapy?
- 16. Discuss how attitudes are learnt through exposure to information?
- 17. What is 'Cohesiveness' ?
- 18. What is the term 'Frustration'?
- 19. What is self-regulation?

OR

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

SECTION- C

- 20. What are the characteristics of a group?
- 21. Explain the effect of stress on psychological functioning ?
- 22. How is Rational Emotive Therapy (RET) used in treating Psychological disorders ?

OR

Explain the nature of the therapeutic relationship between the client and the therapist in different psychotherapies.

- 23. Can distorted body image lead to eating disorders? Classify the various forms of it.

SECTION-D

- 24. Define abnormal behaviour ? Describe Disruptive, Impulse-Control and Conduct Disorders.
- 25. Discuss the hallucinations as a symptom of schizophrenia.
- 26. What are the three components of the triarchic theory of intelligence?

OR

Explain the knowledge base in PASS model of Intelligence.

- 27. What are the sources of emergence of prejudice.

SECTION- E

- 28. The cultural environment provides a context for intelligence to develop. How does the role of culture influence our understanding of intelligence ? Explain.

OR

Write the basic characteristics of types of Intelligence tests on the basis of administration procedure.

- 29. What are defence mechanisms ? Explain with examples.

OR

Discuss the cognitive aspects of self. Explain how they are assessed.

SECTION - F

Read the case given below and answer the questions that follow :

Jerry's naturalist interests were immediately apparent in the first week of school. He chose a classroom book on insects as an independent reading choice and excitedly shared the contents with

classmates and Mrs. J. As the teacher pre-assessed Jerry by questioning him, the depth of his knowledge was evident. Jerry had an extensive knowledge about butterflies in particular, knowing their structures, species, and survival needs. Whenever a "bug" arrived at school, Jerry either knew the name or looked it up to inform the class. He would find the other animals of the food web that interacted with the animal. On formal assessment, it was concluded that Jerry is gifted.

30. State the 3Cs of giftedness.
31. State the characteristics of gifted children.

Read the case given below and answer the questions that follow :

Because of social influences, people form views, opinions or attitudes about people, and about different issues in life, that exist in the form of behavioural tendencies. How important are these opinions to you? The topics of some of these opinions may be only moderately important to you; they are simply ways of thinking, and it does not matter much to you that others agree or disagree with your views. On the other hand, you may find that some other topics are extremely important to you. If someone opposes or challenges your views about these topics, you get emotional. 'You may have made some of these views part of your behaviour. In other words, if your views are not merely thoughts, but also have emotional and action components, then these views are more than 'opinions'; they are examples of attitudes. Attitudes have to be distinguished from beliefs and values.

32. Define beliefs.
33. Describe the ABC components of attitude.
