



# ACADEMIC WORLD SCHOOL™

BEMETARA

## SUMMER VACATION ASSIGNMENT

Session 2020-21

Class: XII

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### SUBJECT- PSYCHOLOGY

#### General Instructions

- (i) All questions are compulsory.
- (ii) Students are expected to solve questions based on their understanding of the chapters.
- (iii) Questions are designed based on Chapters 1 and 3 of your Psychology class 12 text book.
- (iv) Students are requested to write the holiday assignment in their Psychology notebook only.
- (v) Student's self developed answers would be appreciated, your own understanding and knowledge for solving the questions would be more than welcoming (help from text book will be considered).
- (vi) Questions 1 to 10 are very short answer type (holds 1 mark each).
- (vii) Questions 11 to 16 are short answer type - I (holds 3 marks each) word limit 50.
- (viii) Questions 17 to 19 are short answer type – II (holds 4 marks each) word limit 100.
- (ix) Questions 20 to 30 are long answer type (holds 6 marks each) word limit more than 200.
- (x) Above given marks are for the understanding of words limit.

#### ASSIGNMENT QUESTIONS

1. Find out the IQ of a 14-year-old child with a mental age of 16. Explain information-processing approach to understand intelligence.
2. \_\_\_\_\_ was defined by Binet and Simon as being two mental age years below the chronological age.
3. What is Cognitive Assessment System (CAS)?
4. Triarchic theory of intelligence was proposed by \_\_\_\_\_.
5. As per psychology what is individual differences?
6. When the behavior is influenced more by situational factors it is called as \_\_\_\_\_.
7. \_\_\_\_\_ is the term used to describe the level of stress that is good for you.
8. Define Stress.

9. The strategy which involves denying or minimizing the seriousness of the situation while coping with stress is called \_\_\_\_\_.
- (a) Task-oriented strategy                      (b) Emotion-oriented strategy  
(c) Avoidance-oriented strategy              (d) Assertiveness
10. The \_\_\_\_\_ approach considers intelligence as an aggregate of abilities.
11. What is emotional intelligence?
12. Explain the role of social support in promoting positive health and well-being.
13. Explain linguistic intelligence.
14. Elucidate any TWO characteristics of emotionally intelligent individual.
15. What is meant by self-actualization?
16. What is biofeedback?
17. Explain social stress as a type of stress.
18. Explain the relationship between creativity and intelligence.
19. What are the important assessment attributes for Psychologist?
20. What are the Assessment Methods used by Psychologist?
21. Explain briefly the multiple intelligences identified by Gardner.
22. How do psychologists characterize and define intelligence?
23. How does the triarchic theory help us to understand intelligence?
24. Discuss Life events and Hassles as sources of stress.
25. Describe the three types of social support which are related to psychological well-being.
26. Describe the sources of psychological stress.
27. Describe life skills which you think will help you in meeting the challenges in life.

OR

Describe any FOUR life skills which you think will help you in meeting the challenges of school life.

28. Analyze the role of the following techniques to manage stress :
- (a) Creative visualization  
(b) Exercise
29. What is Intelligence Quotient (IQ)? How do psychologists classify people on the basis of their IQ scores?
30. Explain the nature of stress giving examples. Discuss avoidance-oriented strategy of coping.