



*Sample Paper
&
Question Paper Pattern*

2022
2023

GOA BOARD

GOA BOARD OF SECONDARY AND HIGHER SECONDARY EDUCATION

ALTO BETIM GOA 403521

PSYCHOLOGY- STD XII

PORTION FOR THE ACADEMIC YEAR 2022 Onwards

Chapter No.		Marks
	First Internal Test - August	
1	Variations in Psychological Attributes	10
2	Self and Personality	10
	Total Marks	20
	Duration: 1 hour	
	Second Internal Test - October	
3	Meeting Life Challenges	10
4	Psychological Disorders	10
	Total Marks	20
	Duration: 1 hour	
	First Term Exam - Nov /Dec (Will be conducted by the Board)	
	Duration :90 minutes (MCQ type Questions)	
	50 % of the portion	
1	Variations in Psychological Attributes	10
2	Self and Personality	10
3	Meeting Life Challenges	10
4	Psychological Disorders	10
	Total Marks	40
	Third Internal Test- Second Term	
	• K. I .E I -An attempt to discover aspects of Self • Case Study- Creative expression and Observation • Stroop effect- Learning factors influencing Cognition • Learning through experimentation-Effects of Environmental factors on task performance.	05 05 05 05
	Total Marks	20
	SECOND TERM EXAM- April (Will be conducted by the Board)	
	DURATION-1½ HOUR	
	50% of the Portion	
	CHAPTERS	
5	Therapeutic Approaches	05
6	Attitude And Social Cognition	10
7	Social Influence and Group Processes	10
8	Psychology and Life	10
9	Developing Psychological Skills	05
	Total Marks	40
	(Chapter 5 and 9 - combined question)	

	THE PATTERN FOR THE FIRST AND SECOND INTERNAL/FORMATIVE TESTS IS THE SAME AS THE PREVIOUS YEARS. SECTION A- VSA- 1×2=2 MARKS SECTION B- SA-I 2×2=4 MARKS SECTION C - SA-II 3×2=6 MARKS SECTION D- LA 4×2=8 MARKS TOTAL 20 MARKS Internal choice of one question carrying 4 marks in section D. All other questions are compulsory.	

Mrs.Shaila Vishwajeet Kulkarni
(Convenor)

DESIGN OF THE QUESTION PAPER (FIRST TERM EXAM 2022 Onwards)**Class: XII****Duration: 90 MINUTES****Subject: PSYCHOLOGY****Max Marks:40**

The weightage or the distribution of marks over different dimensions of the question paper shall be as follows:

1. Weightage to Learning Outcomes

S. No.	Learning Outcomes	Marks	Percentage of Marks
1	KNOWLEDGE	08	20%
2	UNDERSTANDING	12	30%
3	APPLICATION	20	50%
	Total	40	100%

2. Weightage to Content/Subject Units

S. No.	Units	Marks
1	Variations in Psychological Attributes	10
2	Self and Personality	10
3	Meeting Life Challenges	10
4	Psychological Disorders	10
	TOTAL MARKS	40

3. Weightage to Forms of Questions

S. No	Forms of Questions	Marks for each question	Number of Questions	Total Marks
1	VSA	1	40	40

The expected time for different types of questions would be as follows:

S. No	Form of Questions	Approx. time for each question	Number of Questions	Approx. time for each form of questions in min(n x t)
1	VSA	2.2min	40	2.2 min×40=88minutes

4. **Scheme of Options:** None. All questions are compulsory.

5. **Weightage to Difficulty level of questions:**

S. No	Estimated difficulty level of questions	Percentage
1	Easy	20%
2	Average	50%
3	Difficult	30%

Mrs. Shaila Vishwajeet Kulkarni
(Convenor)

GOA BOARD OF SECONDARY AND HIGHER SECONDARY EDUCATION

ALTO BETIM GOA 403521

DESIGN OF THE QUESTION PAPER (Second Term Exam 2022 Onwards)

Class:XII

Duration: 1½ Hour

Subject: Psychology

Max marks:40

The weightage or the distribution of marks over different dimensions of the question paper shall be as follows:

1. Weightage to Learning Outcomes

S. No.	Learning Outcomes	Marks	Percentage of Marks
1	Knowledge	08	20%
2	Understanding	12	30%
3	Analysis	08	20%
4	Application and Skill	12	30%
	Total	40	100

2. Weightage to Content/Subject Units

S. No.	Units	Marks
1	Therapeutic Approaches	05
2	Attitude and Social Cognition	10
3	Social Influence and Group Processes	10
4	Psychology and Life	10
5	Developing Psychological Skills	05
	Total Marks	40

3. Weightage to Forms of Questions

S. No	Form of Questions	Marks for each question	Number of Questions	Total Marks
1	Long Answer Type(LA)	04	04	16
2	Short Answer Type(SA-I)	02	04	08
3	Short Answer Type(SA-II)	03	04	12
4	Very Short Answer Type(VSA)	01	04	04
		10	16	40

The expected time for different types of questions would be as follows:

S. No	Form of Questions	Approx. time for each question	Number of Questions	Approx. time for each form of questions in min(n x t)
1	Long Answer Type	09	04	36
2	Short Answer Type(SA-I)	05	04	20
3	Short Answer Type(SA II)	07	04	28
4	Very Short Answer Type(VSA)	1.5	04	06
	Total		16	90

As the total time is calculated on the basis of the number of questions required to be answered and the length of their anticipated answers, it would therefore, be advisable for the candidate to budget their time properly by cutting out the superfluous words and be within the expected time limits.

4. Scheme of Options

(There will be no overall choice. However, there is an internal choice in 01 sub questions of 04 marks category)

5. Weightage to Difficulty level of questions:

S. No	Estimated difficulty level of questions	Percentage
1	Easy	20%
2	Average	50%
3	Difficult	30%

Mrs. Shaila Vishwajeet Kulkarni
(Convenor)

XII PSYCHOLOGY

First Term Exam Model Paper 2022 Onwards

BLUE PRINT					
Chapter no.	Name of the chapter	Knowledge	Understanding	Application	Total marks
1	VARIATIONS IN PSYCHOLOGICAL ATTRIBUTES	7,10	3,5,6,8	1,2,4,9	10
2	SELF AND PERSONALITY	16,18,20	11	12,13,14,15,17,19	10
3	MEETING LIFE CHALLENGES	29	23,25,26	21,22,24,27,28,30	10
4	PSYCHOLOGICAL DISORDERS	31,40	34,35,37,39	32,33,36,38	10
		08	12	20	40

Subject: PSYCHOLOGY

FIRST TERM MODEL PAPER (2022 Onwards)

STD: XII

MAX. TIME: 90 mins.

MAX. MARKS: 40

Total No. of Questions: 40

INSTRUCTIONS:

1. There are 40 multiple choice questions.
 2. Select only one alternative.
 3. Each question carries one mark.
 4. All questions are compulsory.
-
1. Reena read 'Wings of Fire' by Dr. A.P. J Abdul Kalam and was highly inspired by his life experiences. This analysis is an important part of the assessment method of-----.
 - A. Psychological test
 - B. Interview
 - C. Case Study
 - D. Observation

 2. Jane lives in a slum area with her parents. She hardly goes to school because she has to take care of her younger siblings at home. Therefore, her performance in school exams is low. This is an example of the influence of -----.
 - A. Heredity
 - B. Environment
 - C. Group
 - D. Friends

 3. Roshan lags behind his peers in language and motor skills. But he is trained in self- care skills and simple social and communication skills. The level of his Intellectual Disability is -----.
 - A. Moderate
 - B. Mild
 - C. Severe
 - D. Profound.

4. Trisha is answering an intelligence test which is simultaneously answered by many of her friends. The test administrator is not friendly and sensitive to their feelings and moods. The test she is answering is - -----.
- A. Non-verbal test
 - B. Individual test
 - C. Group test
 - D. Performance test
5. Shanon wants to start a new business. He is highly committed, has lots of patience and is hard working. The competence he is showing is-----.
- A. Cognitive capacity
 - B. Social competence
 - C. Emotional competence
 - D. Entrepreneurial competence
6. Anish prefers to complete his school project by himself. He has high level of original & creative thinking. These qualities show that he has-----.
- A. Talent
 - B. Giftedness
 - C. Concentration
 - D. Curiosity
7. The Structure of Intellect Model was proposed by-----.
- A. Alfred Binet
 - B. Charles Spearman
 - C. J. P. Guilford
 - D. Theodore Simon
8. David's Mental age is 10 and his chronological age is 8. His IQ is -----
- A. 115
 - B. 80
 - C. 125
 - D. 95
9. Farha is 10 years old and sings well. Her family & teachers feel that she will become an excellent singer if she joins singing classes. It shows that she has-----
- A. Intelligence
 - B. Values
 - C. Aptitude
 - D. Interest

10. The ability to monitor one's own & other's emotions, to discriminate among them is called -----.
- A. Emotional intelligence
 - B. Buddhi
 - C. Intelligence
 - D. Interpersonal intelligence
11. Rahul is fat, soft and round. By temperament he is relaxed and sociable. He is an -----.
- A. Ectomorph
 - B. Mesomorph
 - C. Endomorph
 - D. Octomorph
12. 72year old Tulsi Gouda was awarded the Padma Shri for her immense contribution towards the conservation of trees. She is regarded as an 'encyclopedia of forests' as she has spent her entire life planting more than 30,000 saplings. The traits seen in her are-----.
- A. Cardinal traits.
 - B. Central traits
 - C. Secondary traits
 - D. Source traits
13. Rihan becomes very aggressive if he doesn't get what he wants. He tries to get it under any circumstance even when his parents tell him to be patient and relax. The element of personality working in him is-----.
- A. Ego
 - B. Superego
 - C. Id
 - D. Libido
14. Rosy did not get admission into her dream college because of low grades. She says that she is happy with the new one because it is closer to her home and is more welcoming to students like her. She is using the defence mechanism of -----.
- A. Repression
 - B. Projection
 - C. Rationalization
 - D. Reaction Formation

15. Norbert is hostile towards his father, loves his mother & is frightened of being punished by his father. He is experiencing-----.
- A. Fixation
 - B. Regression
 - C. Oedipus complex
 - D. Electra complex
16. The Rorschach Ink Blot Test consists of-----.
- A. One phase
 - B. Two phases
 - C. Three phases
 - D. Four phases
17. Disha is asked to decorate the room for her sister's birthday celebrations. None of the family members will help her out. The basis for her behavioural analysis is-----.
- A. Interview
 - B. Nomination
 - C. Behavioural ratings
 - D. Situational tests
18. The way we perceive ourselves and the ideas we hold about our competencies and attributes is called-----.
- A. Self - esteem
 - B. Self - efficacy
 - C. Self - concept
 - D. Self – regulation
19. When Nihal's parents bring his new born little sister home from the hospital, he feels insecure & starts bedwetting again. He is showing signs of -----.
- A. Fixation
 - B. Regression.
 - C. Optimism
 - D. Pessimism
20. The Number of statements in the MMPI are-----.
- A. 587
 - B. 597
 - C. 547
 - D. 567

21. When Tina's friend requests her to complete her journal for her, Tina politely tells her that she will not do it for her and she has to complete her own work. The life skill Tina has developed is-----.
- A. Self- Care
 - B. Rational thinking
 - C. Assertiveness
 - D. Improving relationships
22. Suresh was over stressed. He could not take proper decisions. As a result, he suffered great financial loss & ultimately lost his job. The effects of stress seen in Suresh are-----.
- A. Cognitive
 - B. Physiological
 - C. Emotional
 - D. Behavioural
23. Mr. Kamat has been working continuously for the past three days without any break. He is now experiencing physical, emotional, & psychological exhaustion. This state is known as-----.
- A. Stress
 - B. Strain
 - C. Burnout
 - D. Pressure
24. Pooja decides to be positive about the difficult project she has to complete. She tries to maintain hope and control her anxiety. The coping strategy she is using is-----.
- A. Task oriented strategy
 - B. Emotion oriented strategy
 - C. Avoidance oriented strategy
 - D. Problem focused strategy
25. Krish is extremely stressed out. He adopts a stress management technique which involves such a thorough concentration that he becomes unaware of any outside stimulation. The technique he uses is -----.
- A. Relaxation technique
 - B. Biofeedback
 - C. Creative visualization
 - D. Exercise

26. Bob is committed to his work, has a complete control over his life and sees changes in life as normal & positive. He is displaying the traits of -----.
- A. Assertiveness
 - B. Positive attitude
 - C. Self- Care
 - D. Hardiness
27. Kiran has lost her father recently. She is feeling helpless & hopeless. Her friends assure her that they are with her and they love and care for her. They are offering-----.
- A. Informational support
 - B. Emotional support
 - C. Perceived support
 - D. Tangible support
28. Mrs. Sharma is worked up because there is no electricity for the past 6 hours. As a result, there is no water supply too. In addition, the other members in the house are least bothered about all this. The source of stress for Mrs. Sharma is-----.
- A. Life events
 - B. Resilience
 - C. Hassles
 - D. Traumatic events
29. The pattern of responses an organism makes to stimulus events that disturb the equilibrium and exceeds a person's ability to cope is described as-----.
- A. Stress
 - B. Strain
 - C. Eustress
 - D. Distress
30. Ram is travelling in an overcrowded bus. It is extremely hot and people are standing sticking to one another since there is no choice. Ram is extremely angry and agitated. The type of stress he is experiencing is-----.
- A. Physical
 - B. Environmental
 - C. Psychological
 - D. Social

31. The neurotransmitter associated with schizophrenic disorders is-----.
- A. Dopamine
 - B. Serotonin
 - C. Epinephrine
 - D. GABA
32. Kartik cannot control his immediate reactions. He cannot follow instructions, is disorganized, extremely fidgety and runs around the room aimlessly. The disorder he is suffering from is-----.
- A. ADHD
 - B. Autistic disorder
 - C. PTSD.
 - D. Generalised anxiety disorder.
33. Mr. Albert does not remember who he is nor where he lives. He has also travelled to a place away from his home. The symptoms he is experiencing are of-----.
- A. Dissociative amnesia
 - B. Dissociative fugue
 - C. Dissociative identity
 - D. Multiple personality
34. Monica has suddenly gained a lot of weight, spends sleepless nights, is forever tired, unable to think clearly and has suicidal thoughts. She is suffering from-----.
- A. Impulsivity
 - B. Hyperactivity
 - C. Major depressive disorder
 - D. Depersonalization
35. Ahmed believes that his feelings, thoughts and actions are controlled by others. He is experiencing the delusion of-----.
- A. Persecution
 - B. Control
 - C. Reference
 - D. Grandeur
36. Shivam is an alcoholic and cannot live without alcohol. Even after his family and friends convince him he uses more and more of it to get the same effect. He is experiencing-----.
- A. Withdrawal
 - B. Fixation
 - C. Tolerance
 - D. Depression

37. Sarah suffers from Schizophrenia and experiences reduction in speech and speech content. She is showing-----.
- A. Flat affect
 - B. Blunted affect
 - C. Alogia
 - D. Avolition
38. Mr. Jeffrey is suffering from headaches and stomach aches and complains of acidity. However, there is no organic cause for his problems. He is suffering from -----.
- A. Hypochondriasis
 - B. Somatisation
 - C. Conversion
 - D. Pain disorders
39. Renuka suddenly becomes euphoric, extremely active, excessively talkative and easily distractible. She is showing symptoms of-----
- A. Mania
 - B. Depression
 - C. Hallucination
 - D. Catatonia
40. In a tribal community a person has to kill himself if he gets defeated by the enemy. This important risk factor that predicts the likelihood of a suicide refers to -----
- A. Cultural attitudes
 - B. Aggression
 - C. Dependence
 - D. Inattention

**PSYCHOLOGY
XII STANDARD**

**MODEL QUESTION PAPER (SECOND TERM EXAM 2022-2023
ONWARDS)**

DURATION: 1½ Hour
MAXIMUM MARKS: 40

Total No of Questions:16

INSTRUCTIONS:

1. The Question Paper consists of 16 questions.
2. Figures to the right indicate full marks.
3. Answer each Part on a new page.
4. All questions are compulsory. Internal choice is clearly indicated.
5. PART A questions should be answered in one sentence. PART B questions should be answered in about 30 words each. PART C questions should be answered in about 60 words each and PART D questions should be answered in about 100 words each.

PART A

- | | | |
|----|--|---|
| 1. | What kind of therapy can the psychiatrist use when the medicines are not effective in treating patients? | 1 |
| 2 | A large company provided food and clothes to the victims of an earthquake but refused to help students who were drug addicts. Identify the norm in the context of prosocial behaviour. | 1 |
| 3. | Riya values the membership of the group and shows loyalty to group decisions. Identify the element of group structure which influences Riya. | 1 |
| 4. | What is 'Instrumental aggression'? | 1 |

PART B

- | | | |
|----|--|---|
| 5. | Draw a neat labelled diagram of the Basic Communication Process. | 2 |
| 6. | State two paradigms in the Stroop Effect Experiment. | 2 |
| 7. | Explain 'Altering perceptions' as a conflict resolution strategy. | 2 |
| 8. | Explain the 'Spiritual perspective' of the Human environment relationship. | 2 |

PART C

- | | | |
|-----|---|---|
| 9. | Describe the three levels of communication. | 3 |
| 10. | Explain the three sub- processes of impression formation. | 3 |
| 11. | Discuss the consequences of intergroup conflicts identified by Deutsch. | 3 |
| 12. | 'Be the change you want to see'. Explain the three promotive actions to protect the environment & to promote a healthy environment. | 3 |

PART D

13. Shriya joined the Rehabilitation centre for the Mentally ill as a Psychiatrist. She told her team about the methods they could use to rehabilitate the patients. Which are those methods she is referring to? Elaborate. 4
14. Analyse how attitudes are learned by ' Association' and by' being Rewarded or punished'. 4
15. You are a member of different groups Analyse three reasons for joining these groups. 4
- 16 'Vijay works in an automobile company. His workplace is always filled with sounds of banging. How will noise affect Vijay's task performance? 4

OR

Amey conducted a survey on poverty and deprivation which are the growing problems of our society. He found that they had an adverse effect on motivation & personality. What could be the effects of poverty and deprivation on motivation and personality.

GOA BOARD OF SECONDARY AND HIGHER SECONDARY EDUCATION

(A corporate Statutory Body Constituted by an Act of State Legislature)

Alto Betim Goa 403 521

BLUE PRINT

Class: XII

Maximum Marks:40

Subject: PSYCHOLOGY (SECOND TERM EXAM 2022-2023 onwards)

Duration:1½ hour

Ch N O	OBJECTIVES	KNOWLEDGE				UNDERSTANDING				ANALYSIS				APPLICATION/SKILL				TOTAL
	Form of Questions	VSA	SA-I	SA-II	LA	VSA	SA-I	SA-II	LA	VSA	SA-I	SA-II	LA	VSA	SA-I	SA-II	LA	
	Marks	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	
	CONTENT																	
5	Therapeutic Approaches	1(A)			13(D)													5
9	Developing Psychological Skills							9(C)							5(B)			5
6	Attitude and Social Cognition		6(B)					10(C)	14(D)					2(A)				10
7	Social Influence and Group Processes										7(B)	11(C)		3(A)			15 (D)	10
8	Psychology and Life	4(A)					8(B)					12(C)					16(D)	10
	Total	2	2		4		2	6	4		2	6		2	2		8	40

KNOWLEDGE: 08 UNDERSTANDING :12

ANALYSIS :08 APPLICATION / SKILL : 12