



# B.K. BIRLA CENTRE FOR EDUCATION

SARALA BIRLA GROUP OF SCHOOLS  
A CBSE DAY-CUM-BOYS' RESIDENTIAL SCHOOL



MID-APRIL TEST 2025-26

PSYCHOLOGY

Class: XII

Marking Scheme

Time: 1hr

Date: 17.04.25

Max Marks: 25

Admission no:

Roll no:

## SECTION A

1. Rohan, who is usually introverted and reserved, is seen confidently leading a group discussion during an important business meeting. This behavior aligns most closely with the concept of situationism, which suggests that: 1

- a) Personality traits remain stable across all situations, and Rohan's behavior is an anomaly.
- b) The environment and immediate circumstances play a significant role in influencing behavior, even more than stable personality traits.**
- c) Individual behavior is entirely determined by genetic predispositions, regardless of situational factors.
- d) People's behaviors are always inconsistent and unpredictable, making personality assessments unreliable.

2. Which of the following best explains why intelligence is considered a dynamic and evolving construct rather than a fixed trait? 1

- a) Intelligence is entirely determined by genetic inheritance.
- b) Intelligence can be enhanced through experiences, learning, and environmental influences.**
- c) Intelligence remains stable across different life stages.
- d) Intelligence is only measured through IQ tests.

3. According to Robert Sternberg's Triarchic Theory of Intelligence, an individual who excels in adapting to new situations, finding creative solutions, and thinking divergently is demonstrating which type of intelligence? 1

- a) Analytical Intelligence
- b) Practical Intelligence
- c) Creative Intelligence**
- d) Fluid Intelligence

4. Individuals with high self-efficacy are more likely to: 1

- a) Avoid challenging tasks to reduce failure risks.
- b) Set difficult goals and persist despite obstacles.**
- c) Rely solely on external validation to gauge their abilities.
- d) Dismiss feedback as irrelevant to their abilities.

5. Which of the following best describes the term "disposition" in personality psychology? 1

- a) A temporary mood state that changes frequently
- b) A stable internal tendency to respond in a characteristic way across situations**
- c) A consciously learned behavior pattern that can be unlearned easily
- d) A situational reaction driven solely by external influences

## **SECTION B**

### **6. What are four key traits that define an emotionally intelligent person? 2**

A: An emotionally intelligent person exhibits self-awareness, empathy, emotional regulation, and social skills—understanding their emotions, recognizing others' emotions, managing emotions effectively, and using emotions to build positive relationships and make informed decisions.

### **7. What are three psychological techniques that help in developing self-control? 2**

A: Three psychological techniques for developing self-control include self-observation (analyzing one's behavior for improvement), self-instruction (guiding oneself through internal commands), and self-reinforcement (rewarding positive behaviors to encourage repetition).

## **SECTION C**

### **8. How does the triarchic theory of intelligence explain human intelligence? 3**

A: Sternberg's Triarchic Theory of Intelligence explains human intelligence as the ability to adapt, shape, and select environments to achieve goals. It includes Componential Intelligence (analytical thinking and problem-solving), Experiential Intelligence (creative use of past experiences for novel solutions), and Contextual Intelligence (practical skills to handle everyday challenges). This theory follows an information-processing approach to understanding intelligence.

### **9. What are three type approaches to personality, explain in detail? 3**

A: Psychologists explain personality through three approaches:

1. Type Approach: Identifies broad behavioral patterns, categorizing individuals based on shared traits.
2. Trait Approach: Focuses on specific psychological attributes, assessing personality based on stable differences like shyness or friendliness.
3. Interactional Approach: Emphasizes situational influences, suggesting behavior depends more on external factors like rewards or threats than inherent traits.

## **SECTION D**

### **10. What are four assessment methods, and how can each be explained in detail? 4**

A: Psychologists use various methods for psychological assessment:

1. Psychological Tests— These are standardized and objective tools used to measure mental and behavioural attributes like intelligence and aptitude. They are commonly used in clinical diagnosis, career guidance, and personnel selection.
2. Interviews— A one-on-one interaction where information is gathered directly from an individual. It is widely used in counselling, job recruitment, journalism, and surveys to understand opinions, behaviours, and experiences.
3. Case Studies— An in-depth analysis of an individual's psychological attributes, history, and environment. Clinical psychologists use case studies to understand behaviours and personalities, often integrating data from interviews, tests, and observations.
4. Observation— A systematic method of studying behaviour in real-time. It is useful for analysing interactions, such as parent-child relationships, though it may be influenced by subjective interpretations.

## **SECTION E**

### **11. How does the theory of multiple intelligences explain human abilities in detail? 6**

A: Howard Gardner's Theory of Multiple Intelligences (1983) challenges the traditional notion of intelligence as a single entity. Gardner proposed that intelligence comprises several distinct types, each associated with different domains of human life. He identified eight types of intelligence:

1. Linguistic Intelligence: The ability to use language effectively, as seen in writers, poets, and speakers.
2. Logical-Mathematical Intelligence: The capacity for reasoning and solving mathematical and logical problems, common in scientists and mathematicians.
3. Spatial Intelligence: The ability to visualize and manipulate objects, relevant to architects, artists, and surgeons.
4. Musical Intelligence: Sensitivity to rhythm, pitch, and sound, exhibited by musicians and composers.
5. Bodily-Kinaesthetic Intelligence: Skill in using the body for expression or problem-solving, seen in athletes, dancers, and surgeons.
6. Interpersonal Intelligence: The ability to understand and interact with others, useful for counselors, social workers, and teachers.
7. Intrapersonal Intelligence: Self-awareness and understanding of one's own emotions, strengths, and motivations, often seen in philosophers and spiritual leaders.
8. Naturalistic Intelligence: The ability to understand and appreciate the natural world, found in botanists, zoologists, and environmentalists.

Gardner's theory suggests that individuals possess a combination of these intelligences in varying degrees, and it highlights the diversity of cognitive strengths.

\*\*\*\*\*All the best\*\*\*\*\*