

**BOARD-PATTERN PRACTICE PAPER · CBSE CLASS 11**

# What is Psychology?

Psychology · Chapter 1 · Matches current CBSE blueprint · Each question PYQ-sourced where indicated

DATE	TOTAL MARKS	DURATION	MARKING	TARGET
_____	<b>30</b>	<b>60 min</b>	<b>As per board</b>	<b>≥ 24/30</b>

**GENERAL INSTRUCTIONS**

- All questions are compulsory.
- Section A: 4 one-mark very-short-answer questions. Section B: 3 two-mark short-answer questions. Section C: 3 three-mark questions. Section D: 2 case-study / long-answer questions (5 and 6 marks).
- Answer to the point; for definition questions, include all key terms.
- For school-annual pattern, write the leading psychologist's name wherever a school of thought is asked.
- Read the case studies in Section D carefully before answering each part.

**Section A — Very Short Answer (1 mark each, 4 Qs)**

4 MARKS · 8 MIN

- Q1.** Who is regarded as the father of modern (experimental) psychology, and in which year did he set up the first laboratory? [PYQ 2022 School Annual] **[1 mark]**
- Q2.** Define covert behaviour with one example. [PYQ 2020 School Annual] **[1 mark]**
- Q3.** Name the school of thought founded by Sigmund Freud. [PYQ 2021 Pre-Board] **[1 mark]**
- Q4.** Expand the S-O-R model used to understand behaviour. [PYQ 2023 CBSE SQP] **[1 mark]**

**Section B — Short Answer I (2 marks each, 3 Qs)**

6 MARKS · 12 MIN

- Q5.** Differentiate between behaviourism and psychoanalysis. [PYQ 2023 CBSE SQP] **[2 marks]**
- Q6.** How is scientific psychology different from folk (common-sense) psychology? Give two points. [PYQ 2021 School Annual] **[2 marks]**
- Q7.** State any two branches of psychology and write one line on what each studies. [PYQ 2022 Pre-Board] **[2 marks]**

**Section C — Short Answer II (3 marks each, 3 Qs)**

9 MARKS · 20 MIN

- Q8.** Define psychology and explain its three pillars. [PYQ 2023 CBSE SQP] **[3 marks]**
- Q9.** Briefly describe structuralism, functionalism and Gestalt psychology, naming their key figures. [PYQ 2022 School Annual] **[3 marks]**
- Q10.** Explain how psychology is related to any three of the following disciplines: philosophy, medicine, economics, computer science, law. [PYQ 2022 CBSE SQP] **[3 marks]**

**Section D — Case Study / Long Answer (5 and 6 marks, 2 Qs)**

11 MARKS · 20 MIN

- Q11.** Trace the evolution of psychology from a branch of philosophy to a modern science. In your answer, mention the founding milestone and at least four schools of thought with their leading figures, and end with the cognitive revolution. [PYQ 2023 CBSE SQP] **[5 marks]**
- Q12.** Read the passage and answer the parts that follow. Aarav, a Class 11 student, has been forgetting things easily and finds it hard to concentrate while studying. His school counsellor suggests he is under exam stress and helps him plan his time and manage worry. Aarav's elder sister works in a company, where a psychologist was recently hired to improve employee motivation and select new staff. (a) Name the branch of psychology concerned with Aarav's forgetting and poor concentration, and justify your choice. (b) Which type of psychologist (clinical or counselling) is helping Aarav with exam stress and adjustment, and why? (c) Name the branch of psychology that the company psychologist belongs to. (d) State the difference between a psychologist and a psychiatrist. (e) Mention any one skill that a good psychologist needs. [PYQ 2024 CBSE SQP] **[6 marks]**

**Marking scheme & model answers** — see companion Answer Key PDF · all PYQs traceable to actual CBSE papers · readyforboards.com · +91 70330 05444