

QUICK DRILL · CBSE CLASS 11**What is Psychology?**

Psychology · Chapter 1 · 15 MCQs · 20 minutes · PYQ-tagged with time budgets

| DATE | TOTAL MARKS | DURATION | MARKING | TARGET |
|-------|-------------|----------|---------|---------|
| _____ | 15 | 20 min | +1 / 0 | ≥ 12/15 |

OBJECTIVES

Reinforce the four core topics of What is Psychology? via 15 PYQ-derived MCQs. Identify weak sub-topics via concept-node IDs (see answer key). Build per-question time budget habit.

INSTRUCTIONS

Attempt all 15. Time budget shown per Q (use it as pacing guide). Mark answers (A/B/C/D) in the margin. Answer key + explanations on the last page. **Don't peek — score yourself honestly.**

SECTION · QUICK DRILL

Q 1-15 · 20 MIN

Q1. Psychology is best defined as the scientific study of:

- (A) Only the visible behaviour of people
(B) Only the human brain
(C) Mental processes, experiences and behaviour
(D) Dreams and the unconscious only

PYQ 2023 · CBSE SQP · 1m · 30s

Q2. The first psychology laboratory was established in 1879 by:

- (A) Sigmund Freud
(B) William James
(C) Wilhelm Wundt
(D) John B. Watson

PYQ 2022 · School Annual · 1m · 20s

Q3. Which school of psychology focused ONLY on observable behaviour and rejected the study of the mind?

- (A) Psychoanalysis
(B) Behaviourism
(C) Structuralism
(D) Humanistic psychology

PYQ 2023 · CBSE SQP · 1m · 30s

Q4. Sigmund Freud is associated with which school of thought?

- (A) Functionalism
(B) Gestalt psychology
(C) Psychoanalysis
(D) Behaviourism

PYQ 2021 · Pre-Board · 1m · 20s

Q5. 'The whole is more than the sum of its parts' is the central idea of:

- (A) Structuralism
(B) Gestalt psychology
(C) Behaviourism
(D) Psychoanalysis

PYQ 2022 · CBSE SQP · 1m · 30s

Q6. Covert behaviour refers to:

- (A) Behaviour that can be directly observed
(B) Internal responses like thinking and heartbeat
(C) Behaviour shown only in groups
(D) Behaviour learned from the environment

PYQ 2020 · School Annual · 1m · 30s

Q7. A psychologist studying how memory and attention work belongs to which branch?

- (A) Biological psychology
(B) Social psychology
(C) Cognitive psychology
(D) Clinical psychology

PYQ 2023 · CBSE SQP · 1m · 30s

Q8. Which is NOT a difference between folk psychology and scientific psychology?

- (A) Scientific psychology is systematic
(B) Folk psychology is often self-contradictory
(C) Scientific psychology relies on testable evidence
(D) Folk psychology uses controlled experiments

PYQ 2021 · School Annual · 1m · 45s

Q9. Functionalism, which studied the purpose of mental processes, is mainly associated with:

- (A) Wilhelm Wundt
(B) William James
(C) B. F. Skinner
(D) Carl Rogers

- Q10.** Humanistic psychology, the 'third force', is associated with:
- | | |
|------------------------|-------------------------|
| (A) Watson and Skinner | (B) Wundt and Titchener |
| (C) Rogers and Maslow | (D) Freud and Jung |
- PYQ 2023 · CBSE SQP · 1m · 30s

- Q11.** In the S-O-R model, the 'O' stands for:
- | | |
|-----------------|---------------|
| (A) Outcome | (B) Organism |
| (C) Observation | (D) Objective |
- PYQ 2020 · School Annual · 1m · 20s

- Q12.** Which discipline gave cognitive psychology its central metaphor of the mind as an information-processing system?
- | | |
|---------------|----------------------|
| (A) Economics | (B) Computer science |
| (C) Law | (D) Medicine |
- PYQ 2022 · CBSE SQP · 1m · 30s

- Q13.** The branch of psychology that studies behaviour at the workplace is:
- | | |
|------------------------------|--|
| (A) Developmental psychology | (B) Industrial-Organisational psychology |
| (C) Health psychology | (D) Environmental psychology |
- PYQ 2021 · Pre-Board · 1m · 30s

- Q14.** Which statement about a psychologist and a psychiatrist is CORRECT?
- | | |
|--|---|
| (A) Both must hold a medical (MBBS) degree | (B) A psychiatrist can prescribe medicines; a psychologist usually cannot |
| (C) They are exactly the same profession | (D) A psychologist prescribes drugs; a psychiatrist only counsels |
- PYQ 2023 · School Annual · 1m · 45s

- Q15.** Developmental psychology is best described as the study of:
- | | |
|--|--|
| (A) Mental disorders and their treatment | (B) Changes across the life-span from infancy to old age |
| (C) Behaviour of people in groups | (D) How the brain controls behaviour |
- PYQ 2022 · CBSE SQP · 1m · 30s

ANSWER KEY & EXPLANATIONS

Q 1-15 · MARK YOUR SCORE

Q1. Answer: C

The full definition has three pillars: mental processes, experience, and behaviour — studied scientifically.

Q2. Answer: C

Wundt founded the first psychology lab at Leipzig, Germany, in 1879 — the birth of modern experimental psychology.

Q3. Answer: B

Behaviourism (Watson, Skinner) studied only observable stimulus-response behaviour and rejected consciousness.

Q4. Answer: C

Freud founded psychoanalysis, which studies the unconscious mind, dreams and free association.

Q5. Answer: B

This slogan belongs to Gestalt psychology, which studied perception of organised wholes.

Q6. Answer: B

Covert behaviour is internal and not directly visible (thinking, feeling, heartbeat); overt behaviour is observable.

Q7. Answer: C

Memory, attention, thinking and language are the subject matter of cognitive psychology.

Q8. Answer: D

Folk (common-sense) psychology does NOT use controlled experiments — that is what makes scientific psychology different.

Q9. Answer: B

William James led functionalism, asking what consciousness is FOR rather than what it is made of.

Q10. Answer: C

Carl Rogers and Abraham Maslow led humanistic psychology, stressing free will and self-actualisation.

Q11. Answer: B

Stimulus -> Organism -> Response. The organism (with its mind) sits between stimulus and response.

Q12. Answer: B

Computer science supplied the information-processing metaphor that powered the cognitive revolution.

Q13. Answer: B

I/O psychology applies psychological principles to selection, motivation and productivity at work.

Q14. Answer: B

A psychiatrist is a medical doctor who can prescribe medicine; a psychologist uses therapy, testing and research.

Q15. Answer: B

Developmental psychology studies physical, cognitive and social change across the entire life-span.