

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

# Human Development

Psychology · Chapter 4 · 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 Bronfenbrenner questions, name the system AND state what it contains.
- 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.** Define maturation in one sentence. [PYQ 2022 School Annual] **[1 mark]**
- Q2.** Name the developmental task of adolescence according to Erikson. [PYQ 2023 CBSE SQP] **[1 mark]**
- Q3.** Which system of Bronfenbrenner's model represents the dimension of time and historical change? [PYQ 2022 Pre-Board] **[1 mark]**
- Q4.** In one line, what does heredity contribute to development? [PYQ 2020 School Annual] **[1 mark]**

**Section B — Short Answer I (2 marks each, 3 Qs)**
**6 MARKS · 12 MIN**

- Q5.** Distinguish between growth and development. [PYQ 2023 CBSE SQP] **[2 marks]**
- Q6.** How do heredity and environment together influence development? Give two points. [PYQ 2021 School Annual] **[2 marks]**
- Q7.** Differentiate between the microsystem and the exosystem in Bronfenbrenner's model. [PYQ 2022 Pre-Board] **[2 marks]**

**Section C — Short Answer II (3 marks each, 3 Qs)**
**9 MARKS · 20 MIN**

- Q8.** Define development and distinguish it from maturation and evolution. [PYQ 2023 CBSE SQP] **[3 marks]**
- Q9.** Explain any three features of the life-span perspective on development. [PYQ 2022 School Annual] **[3 marks]**
- Q10.** Name and briefly explain any three systems of Bronfenbrenner's ecological model. [PYQ 2022 CBSE SQP] **[3 marks]**

**Section D — Case Study / Long Answer (5 and 6 marks, 2 Qs)**
**11 MARKS · 20 MIN**

- Q11.** Describe the stages of human development from the prenatal period to old age, mentioning at least one developmental task or key feature of each stage. [PYQ 2023 CBSE SQP] **[5 marks]**
- Q12.** Read the passage and answer the parts that follow. Sneha, aged 15, has recently grown taller and gone through the physical changes of puberty. She spends a lot of time with her friends, often questions her parents' values, and worries about what career to choose and 'who she really is'. Her father has started working long night shifts at a factory, which has changed the routine at home. Sneha is also growing up in a time when most of her social life happens on smartphones. (a) Name the stage of development Sneha is in, and state its central developmental task. (b) The physical changes of puberty are an example of which process — growth, maturation or learning? Justify. (c) Identify the Bronfenbrenner system to which her father's factory workplace belongs, and explain why. (d) Which Bronfenbrenner system is reflected in her growing up in the 'smartphone era'? (e) State one way heredity and environment together shape Sneha's development. [PYQ 2024 CBSE SQP] **[6 marks]**

**Marking scheme & model answers** — see companion Answer Key PDF · all PYQs traceable to actual CBSE papers · [readyforboards.com](http://readyforboards.com) · +91 70330 05444