

QUICK DRILL · CBSE CLASS 11

Human Development

Psychology · Chapter 4 · 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 Human Development 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. Which term refers ONLY to the increase in physical size of the body and stops at a certain age?

- (A) Development (B) Growth
(C) Maturation (D) Evolution

PYQ 2023 · CBSE SQP · 1m · 30s

Q2. Changes that unfold automatically according to a genetically programmed timetable, independent of practice, are called:

- (A) Learning (B) Growth
(C) Maturation (D) Conditioning

PYQ 2022 · School Annual · 1m · 30s

Q3. Development differs from evolution because development refers to change in:

- (A) A whole species over many generations (B) A single individual across the life-span
(C) Only the physical body (D) Genes passed to offspring

PYQ 2021 · Pre-Board · 1m · 30s

Q4. The view that development continues from conception to death, with gains and losses at every age, is the:

- (A) Behaviourist view (B) Life-span perspective
(C) Psychoanalytic view (D) Structuralist view

PYQ 2023 · CBSE SQP · 1m · 30s

Q5. That development involves both GAIN and LOSS at the same time reflects which feature of the life-span perspective?

- (A) Plasticity (B) Multidirectionality
(C) Contextuality (D) Lifelong nature

PYQ 2022 · CBSE SQP · 1m · 45s

Q6. In the heredity-environment debate, the modern view is that:

- (A) Heredity alone decides development (B) Environment alone decides development
(C) Heredity and environment continuously interact (D) Neither plays any real role

PYQ 2020 · School Annual · 1m · 30s

Q7. In Bronfenbrenner's model, the immediate setting the child is directly part of (family, peers, school) is the:

- (A) Mesosystem (B) Exosystem
(C) Microsystem (D) Macrosystem

PYQ 2023 · CBSE SQP · 1m · 30s

Q8. A parent's WORKPLACE, which the child is not part of but which still affects the child, belongs to the:

- (A) Microsystem (B) Exosystem
(C) Macrosystem (D) Chronosystem

PYQ 2022 · Pre-Board · 1m · 45s

Q9. The dimension of TIME and historical change in Bronfenbrenner's model is the:

- (A) Macrosystem (B) Mesosystem
(C) Chronosystem (D) Microsystem

PYQ 2023 · School Annual · 1m · 30s

Q10. The stage of development that runs from conception to birth is:

- (A) Infancy (B) Prenatal stage
(C) Early childhood (D) Neonatal stage

PYQ 2021 · School Annual · 1m · 20s

Q11. According to Erikson, the central developmental task of ADOLESCENCE is:

- (A) Trust vs mistrust (B) Industry vs inferiority
(C) Identity vs role confusion (D) Integrity vs despair

PYQ 2023 · CBSE SQP · 1m · 30s

Q12. The strong emotional bond formed between an infant and the primary caregiver is called:

- (A) Identity (B) Attachment
(C) Generativity (D) Maturation

PYQ 2022 · Pre-Board · 1m · 30s

Q13. Which feature of the life-span perspective means development can be MODIFIED by experience and intervention?

- (A) Plasticity (B) Multidimensionality
(C) Contextuality (D) Multidirectionality

PYQ 2021 · Pre-Board · 1m · 30s

Q14. The connection BETWEEN a child's home and school (e.g. parent-teacher communication) is part of the:

- (A) Microsystem (B) Mesosystem
(C) Exosystem (D) Macrosystem

PYQ 2022 · School Annual · 1m · 45s

Q15. Heredity is best described as setting the ___ for development, which the environment then helps realise.

- (A) Final fixed outcome (B) Potential or range
(C) Cultural values (D) Historical period

PYQ 2020 · School Annual · 1m · 30s

ANSWER KEY & EXPLANATIONS

Q 1-15 · MARK YOUR SCORE

Q1. Answer: B

Growth is the quantitative increase in physical size (height, weight) and ends with physical maturity; development is wider and lifelong.

Q2. Answer: C

Maturation (e.g. walking, puberty) follows the body's biological timetable and does not depend on practice or training.

Q3. Answer: B

Development = one individual over one lifetime; evolution = a species across many generations.

Q4. Answer: B

The life-span perspective holds development is lifelong, multidimensional, multidirectional, plastic and contextual.

Q5. Answer: B

Multidirectionality means gain and loss can occur together (e.g. an older adult loses speed but gains wisdom).

Q6. Answer: C

Heredity sets the potential/range; environment decides how much is realised; the two interact continuously.

Q7. Answer: C

The microsystem is the setting the child is directly in; the exosystem affects the child without the child being in it.

Q8. Answer: B

The exosystem contains settings the child is not directly in (e.g. a parent's office) that still influence the child.

Q9. Answer: C

The chronosystem captures the patterning of life events and the historical period (e.g. growing up before vs after smartphones).

Q10. Answer: B

The prenatal stage runs from conception to birth and is the period of most rapid development.

Q11. Answer: C

Adolescence centres on identity vs role confusion — working out 'who am I?'. Trust belongs to infancy.

Q12. Answer: B

Attachment is the close emotional bond formed in infancy that shapes later social-emotional security.

Q13. Answer: A

Plasticity is the modifiability of development; an enriched environment or training can change developmental outcomes.

Q14. Answer: B

The mesosystem is the set of links between microsystems, such as the home-school relationship.

Q15. Answer: B

Heredity sets the potential or range (e.g. a genetic ceiling for height); environment decides how much is realised.