

**BOARD-PATTERN PRACTICE PAPER · CBSE CLASS 12****Meeting Life Challenges**

Psychology · Chapter 3 · Matches current CBSE blueprint · Each question PYQ-sourced where indicated

DATE	TOTAL MARKS	DURATION	MARKING	TARGET
_____	<b>26</b>	<b>52 min</b>	<b>As per board</b>	<b>≥ 20/26</b>

**GENERAL INSTRUCTIONS**

1. All compulsory.
2. Theorist names + key concepts mandatory.
3. GAS stages must be in correct order (alarm → resistance → exhaustion).
4. Coping answers must name the theorists and distinguish the two taxonomies.
5. Use specific examples when discussing types of stress + coping.

**Section A — VSA (1 mark × 4)****4 MARKS · 8 MIN**

- Q1.** Name the three stages of Selye's General Adaptation Syndrome in order. [PYQ 2018 Delhi] **[1 mark]**
- Q2.** What is the difference between eustress and distress? [PYQ 2019 All India] **[1 mark]**
- Q3.** Name the two types of coping identified by Lazarus and Folkman. [PYQ 2022 Delhi] **[1 mark]**
- Q4.** What does psychoneuroimmunology study? [PYQ 2024 Delhi] **[1 mark]**

**Section B — SA-I (3 marks × 2)****6 MARKS · 12 MIN**

- Q5.** Explain the types and sources of stress. [PYQ 2020 All India] **[3 marks]**
- Q6.** What are life skills? How do they help in meeting life challenges? [PYQ 2022 Delhi] **[3 marks]**

**Section C — SA-II (5 marks × 2)****10 MARKS · 20 MIN**

- Q7.** Explain Selye's General Adaptation Syndrome with its three stages. [PYQ 2023 Delhi] **[5 marks]**
- Q8.** Describe the strategies and styles of coping with stress. [PYQ 2020 Delhi] **[5 marks]**

**Section D — LA (6 marks × 1)****6 MARKS · 12 MIN**

- Q9.** Explain any five techniques of stress management. [PYQ 2024 All India] **[6 marks]**

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