

GOA BOARD OF SECONDARY AND HIGHER SECONDARY EDUCATION

ALTO BETIM GOA 403521

PSYCHOLOGY

SYLLABUS FOR THE ACADEMIC YEAR 2026-27

Chapter No		Marks
	First Internal Test - July	
1	Variations in Psychological Attributes	10
2	Self and Personality	10
	Total Marks	20
	Duration: 1 hour	
	I Terminal Exam - October	
1	Variations in Psychological Attributes	10
2	Self and Personality	20
3	Meeting Life Challenges	20
4	Psychological Disorders	20
5	Therapeutic Approaches	10
	Total Marks	80
	Duration: 3 hours	
	Final Exam - February (WILL BE CONDUCTED BY THE BOARD) Duration:3 hours	
1	Variations in Psychological Attributes	10
2	Self and Personality	20
3	Meeting Life Challenges	10
4	Psychological Disorders	10
5	Therapeutic Approaches	10
6	Attitude And Social Cognition	10
7	Social Influence and Group Processes	10
	TOTAL MARKS	80

	Practicals - Assignment (Innovative test)	
	• K.I.E.I • CASE STUDY-CREATIVE EXPRESSION • STROOP EFFECT • LEARNING THROUGH EXPERIMENTATION- EFFECTS OF ENVIRONMENTAL FACTORS ON TASK PERFORMANCE	05 05 05 05
	TOTAL MARKS	20
	THE PATTERN FOR THE FIRST INTERNAL/FORMATIVE TEST IS THE SAME AS THE PREVIOUS YEARS. SECTION A- VSA- 1×2=2MARKS SECTION B- SA-I 2×2=4 MARKS SECTION C - SA-II 3×2=6 MARKS SECTION D- LA 4×2=8 MARKS TOTAL 20 MARKS Internal choice of one question carrying 4 marks in section D. All other questions are compulsory. THE PATTERN FOR I TERMINAL EXAM WILL BE AS FOLLOWS: SECTION A- VSA-1x20=20 MARKS SECTION B SA-I-2x 7= 14 MARKS SECTION C SA II-3x6=18 MARKS SECTION D LA -4x7=28 MARKS TOTAL 80 MARKS Internal choice of two questions carrying 4 marks in section D. All other questions are compulsory.	

Mrs. Shaila Vishwajeet Kulkarni
Convenor

GOA BOARD OF SECONDARY AND HIGHER SECONDARY EDUCATION

(A corporate Statutory Body Constituted by an Act of State Legislature)

Alto Betim Goa 403 521

BLUE PRINT

Class: XII

I TERMINAL EXAM -2026

Maximum Marks:80

Subject: PSYCHOLOGY

Duration:3 hrs

Q. NO	OBJECTIVES	KNOWLEDGE				UNDERSTANDING				ANALYSIS				APPLICATION/ SKILL				TOTAL
	Form of Questions	VS A	SA- I	S A- II	L A	V S A	SA- I	SA- II	LA	V S A	SA- I	S A -II	LA	VS A	SA- I	SA- II	LA	
	Marks	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	
	CONTENT																	
1	Variations in Psychological Attributes	1A 2A											34D	3A 4A	21B			10
2	Self and Personality	5A 6A 7A	22B				23B	28C					35D	8A 9A			36D	20
3	Meeting Life Challenges	10A 11A 12A	24B					29C 30C 31C					37D	13A 14A				20
4	Psychological Disorders	15A 16A 17A					25B 26B	32C						18A, 19A			38D 39D	20
5	Therapeutic Approaches	20A						33C					40D		27B			10
		12	04				06	18					16	08	04		12	80

KNOWLEDGE:16

UNDERSTANDING:24

ANALYSIS:16

APPLICATION AND SKILL:24

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DESIGN OF THE FIRST TERMINAL EXAM QUESTION PAPER

2026

Class:XII

Time: 3 hours

Subject:Psychology

Max.Marks:80

The weightage or the distribution of marks over different dimensions of the question paper shall be as follows:

1. Weightage to Learning Outcomes

S. No.	Learning Outcomes	Marks	Percentage of Marks
1	Knowledge	16	20%
2	Understanding	24	30%
3	Analysis	16	20%
4	Application &Skill	24	30%
	Total	80	100%

2. Weightage to Content/Subject Units

S. No.	Units	Marks
1	Variations in Psychological Attributes	10
2	Self & Personality	20
3	Meeting Life Challenges	20
4	Psychological Disorders	20
5	Therapeutic Approaches	10
	Total	80

3. Weightage to Forms of Questions

S. No	Forms of Questions	Mark for each question	Number of Questions	Total Marks
1.	VSA	01	20	20
2.	SA-I	02	07	14
3.	SA-II	03	06	18
4.	LA	04	07	28
			40	80

4.The expected time for different types of questions would be as follows:

S. No	Form of Questions	Approx. time for each question	Number of Questions	Approx. time for each form of questions in min(n x t)
1.	VSA	2	20	40
2.	SA-I	5	07	35
3.	SA-II	7	06	42
4.	LA	9	07	63
			40	180

As the total time is calculated on the basis of the number of questions required to be answered and the length of their anticipated answers, it would, therefore be advisable for the candidate to budget their time properly by cutting out the superfluous words and be within the expected time limits

4. Scheme of Options

(There will be no overall choice. However, there is an internal choice in 02 sub questions of 04 marks category----sub question of----marks category----sub question of---- marks category.)

5. Weightage to Difficulty level of questions:

S. No	Estimated difficulty level of questions	Percentage
1	Easy	20%
2	Average	50%
3	Difficult	30%

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Convenor

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ALTO BETIM GOA 403521

DESIGN OF THE QUESTION PAPER -2027

Class: XII

Time: 3 hours

Subject: Psychology

Max.Marks:80

The weightage or the distribution of marks over different dimensions of the question paper shall be as follows:

6. Weightage to Learning Outcomes

S. No.	Learning Outcomes	Marks	Percentage of Marks
1	Knowledge	16	20%
2	Understanding	24	30%
3	Analysis	16	20%
4	Application & Skill	24	30%
	Total	80	100%

7. Weightage to Content/Subject Units

S. No.	Units	Marks
1	Variations in Psychological Attributes	10
2	Self & Personality	20
3	Meeting Life Challenges	10
4	Psychological Disorders	10
5	Therapeutic Approaches	10
6	Attitude & Social Cognition	10
7	Social Influence & Group Processes	10
	Total	80

8. Weightage to Forms of Questions

S. No	Forms of Questions	Mark for each question	Number of Questions	Total Marks
1.	VSA	01	20	20
2.	SA-I	02	07	14
3.	SA-II	03	06	18
4.	LA	04	07	28
			40	80

4.The expected time for different types of questions would be as follows:

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3.	SA-II	7	06	42
4.	LA	9	07	63
			40	180

As the total time is calculated on the basis of the number of questions required to be answered and the length of their anticipated answers, it would, therefore be advisable for the candidate to budget their time properly by cutting out the superfluous words and be within the expected time limits.

9. Scheme of Options

(There will be no overall choice. However, there is an internal choice in 02 sub questions of 04 marks category----subquestion of----marks category----subquestion of---- marks category.)

10. Weightage to Difficulty level of questions:

S. No	Estimated difficulty level of questions	Percentage
1	Easy	20%
2	Average	50%
3	Difficult	30%

Mrs. Shaila Vishwajeet Kulkarni

Convenor

XII PSYCHOLOGY
MODEL QUESTION PAPER -2027

DURATION: 3 Hours

Total No of Questions:40
Maximum Marks:80

INSTRUCTIONS:

1. The Question Paper consists of 40 questions.
 2. Figures to the right indicate full marks.
 3. Answer each Part on a new page.
 4. All questions are compulsory. Internal choice is clearly indicated.
 5. PART A questions 1-20 are MCQ type questions. PART B questions 21-27 should be answered in about 30 words each. PART C questions 28-33 should be answered in about 60 words each and PART D questions 34-40 should be answered in about 100 words each.
-

PART A-

1. An individual's underlying potential for acquiring skills is called _____. **1**
 - Interest
 - Aptitude
 - Personality
 - Values
2. Riddhima lags behind her peers in language and motor skills. However, she can perform her everyday tasks under supervision. The level of Intellectual disability that Riddhima belongs to is _____. **1**
 - Profound
 - Mild
 - Moderate
 - Severe
3. When a person is asked to arrange the wooden blocks to produce a given design within a time period, he/she is answering _____. **1**
 - Creativity test
 - Verbal test
 - Performance test
 - Non verbal test

4. According to Alfred Adler, for optimal personality development, it is essential to overcome_____. 1
- Identity crisis
 - Basic anxiety
 - Inferiority complex
 - Superiority complex
5. Rohit sucks his thumb and bites his nails. He also has a bitter impression about the world. According to Freud, Rohit had difficulty and developed fixation during the stage of Personality development called_____. 1
- Anal stage
 - Phallic stage
 - Genital stage
 - Oral stage
6. A person who believes that he has the ability required in a particular situation demonstrates----- 1
- Social identity
 - Self -efficacy
 - Self -regulation
 - Personal identity
7. According to Allport, highly generalised dispositions are referred to as----- 1
- Cardinal traits
 - Central traits
 - Secondary traits
 - Surface traits
8. The reaction to external stressors is called _____. 1
- Strain
 - Eustress
 - Distress
 - Burn out
9. Putting off what we know we need to do is referred to as _____. 1
- Avoidance
 - Procrastination
 - Perfectionism
 - Resilience

- 10 Kevin started obtaining information about the project assigned to him, and kept some alternative courses of action ready. The kind of coping strategy used by him is_____.
- Avoidance -oriented strategy
 - Task-oriented strategy
 - Emotion- oriented strategy
 - Hardiness
- 11 Frequent episodes of out -of -control eating is referred to as _____
- Anorexia Nervosa
 - Bulimia
 - Binge eating
 - Starvation
12. Dev 's parents are worried as his speech development is delayed. Dev shows a resistance to any change in routine and has stereotyped body movements. The doctor told them that Dev shows symptoms of a disorder. The doctor was referring to the disorder called_____.
- Autism
 - ADHD
 - Anorexia Nervosa
 - OCD
- 13 When Suman was depressed, the psychiatrist prescribed medicines to regulate the levels of the neurotransmitter as there was a low activity of the same. He referred to the neurotransmitter_____.
- Serotonin
 - Dopamine
 - Gamma Amino Butyric Acid
 - Thyroxin
- 14 Harshita took her medicines regularly but continued to suffer from symptoms which affected her daily routine. The kind of therapy used by the psychiatrist to treat Harshita as medicines were not effective in treating her is_____.
- Cognitive Therapy
 - Gestalt Therapy
 - Electro-Convulsive Therapy
 - Behaviour Therapy

- 15 The cluster of ideas regarding the characteristics of members belonging to a specific group is called_____. 1
- Prototype
 - Stereotype
 - Attitude
 - Values
16. Rohit, the CEO of a large company provided food and clothes to the victims of an earthquake but refused to help students who were drug addicts. The norm that influenced Rohit's prosocial behaviour was_____. 1
- Norm of Reciprocity
 - Norm of Equity
 - Norm of Equality
 - Norm of Responsibility
- 17 A collection of people who have assembled for a special purpose is referred to as _____. 1
- Mob
 - Audience
 - Team
 - Network
18. Riya values the membership of the group and shows loyalty to group decisions. The element of group structure which influenced Riya is_____. 1
- Roles
 - Cohesiveness
 - Norms
 - Status
19. The stage of group formation in which the members discuss about the hierarchy of leadership is-----_. 1
- Adjourning
 - Forming
 - Storming
 - Performing
20. When the third party gives the decision after hearing both parties, it is called -----_. 1
- Negotiation
 - Arbitration
 - Mediation
 - Superordinate goal

PART B

- | | | |
|-----|---|---|
| 21 | Describe Linguistic Intelligence as a type of Intelligence. | 2 |
| 22. | Draw a neat labelled diagram of the Normal Distribution Curve. | 2 |
| 23 | Differentiate between Endomorphs and Ectomorphs. | 2 |
| 24. | After examination, the Counsellor recommended Gestalt therapy for Sunidhi. Examine the features of Gestalt therapy. | 2 |
| 25 | Which are the two paradigms studied in the experiment on Stroop Effect? | 2 |
| 26 | How does the Nature of task determine Social facilitation? | 2 |
| 27 | Differentiate between teams and groups. | 2 |

PART C

- | | | |
|-----|---|---|
| 28. | Explain the features of Creativity tests. | 3 |
| 29 | Explain Erikson's approach to Personality. | 3 |
| 30 | How is Self -esteem related to everyday behaviour? | 3 |
| 31. | Describe the Behavioural effects of Stress. | 3 |
| 32 | Describe the features of three Dissociative disorders. | 3 |
| 33 | Describe three characteristics of Psychotherapeutic approaches. | 3 |

PART D

- | | | |
|-----|---|---|
| 34 | Analyse Rorschach Inkblot Test as an important Projective Technique. | 4 |
| 35. | Rihanna escaped humiliation and disappointment by using defence mechanisms. Examine Rationalisation and Projection as Defence mechanisms. | |
| 36. | Analyse Creative Visualisation and Bio-feedback as Stress Management techniques. | 4 |

OR

Analyse Assertiveness and Time management as Life skills.

- | | | |
|-----|--|---|
| 37. | Rubina thinks that her friends are plotting against her. She is extremely suspicious and her behaviour is bizarre. The Psychiatrist said that she is experiencing delusions. Examine the types of Delusions. | 4 |
|-----|--|---|

38. Naina was unable to express her resentment towards her oppressive Aunt in the past. The Psychodynamic therapist used the method of transference to help Naina deal with her intra psychic conflicts. Examine Transference as a modality of treatment. 4
39. Analyse the following sources of Prejudice: 4
- a. Self -fulfilling prophecy
 - b. Scapegoating
40. Analyse four reasons which make people want to join groups. 4
- OR
- Analyse two strategies which help to resolve inter group conflicts.

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BLUE PRINT 2027

Class: XII

Maximum Marks:**80**

Subject: PSYCHOLOGY (Effective from 2025 onwards)

Duration:**3 hrs**

Q. NO	OBJECTIVES	KNOWLEDGE				UNDERSTANDING				ANALYSIS				APPLICATION/ SKILL				TOTAL
	Form of Questions	VS A	SA- I	SA- II	L A	V S A	SA- I	SA- II	LA	V S A	SA- I	S A -II	LA	VS A	SA- I	SA- II	LA	
	Marks	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	
	CONTENT																	
1	Variations in Psychological Attributes	1A				3A	21B	28C						2A	22B			10
2	Self and Personality	4A 6A 7A		29C			23B	30C					34D	5A			35D	20
3	Meeting Life Challenges	8A 9A						31C					36D	10A				10
4	Psychological Disorders	11A						32C						12A, 13A			37D	10
5	Therapeutic Approaches							33 C						14A	24B		38D	10
6	Attitude & Social Cognition	15A	25B				26B						39D	16A				10
7	Social Influence & Group Processes	17A 19A 20A					27B						40D	18A				10
		11	02	03		01	08	15					16	08	04		12	80
		KNOWLEDGE:16				UNDERSTANDING:24				ANALYSIS:16				APPLICATION AND SKILL:24				