

## SEMESTER-II

### Core-III

#### PROCESSES OF HUMAN EMPOWERMENT

##### Fill in the blanks. (1 mark)

1. Intelligence is the ability to learn from \_\_\_\_\_, adapt to new situations, understand and handle abstract concepts, and use knowledge to manipulate one's environment.
2. The first modern intelligence test was developed by \_\_\_\_\_ and Simon in 1905.
3. Studies on \_\_\_\_\_ twins have shown that intelligence has a strong genetic component.
4. \_\_\_\_\_ intelligence refers to the ability to understand oneself and one's emotions.
5. \_\_\_\_\_ intelligence is the ability to deal with new and novel situations.
6. Gardner proposed \_\_\_\_\_ types of intelligence in his theory of multiple intelligences.
7. PASS stands for Planning, Attention-Arousal, Simultaneous, and \_\_\_\_\_ processing.
8. The PASS model emphasizes the \_\_\_\_\_ aspects of intelligence rather than the outcomes.
9. Simultaneous processing involves integrating multiple pieces of \_\_\_\_\_ at the same time.
10. Intelligence tests are tools designed to assess an individual's \_\_\_\_\_ ability.
11. \_\_\_\_\_ intelligence tests are administered to one person at a time and often involve direct interaction with the examiner.
12. Group intelligence tests are designed to be administered to \_\_\_\_\_ of people simultaneously.
13. The Stanford-Binet and \_\_\_\_\_ Scales are examples of widely used individual intelligence tests.
14. An IQ score of \_\_\_\_\_ is considered average based on the normal distribution of intelligence.
15. Test scores must be interpreted carefully, considering factors like cultural background and \_\_\_\_\_ conditions during testing.
16. The reliability of a test ensures consistent results, while \_\_\_\_\_ ensures the test measures what it is intended to measure.
17. Non-verbal tests, such as Raven's Progressive Matrices, aim to minimize \_\_\_\_\_ differences in testing.
18. According to Freud, the structure of personality consists of the \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
19. The \_\_\_\_\_ stage is the first stage in Freud's psychosexual development theory.
20. The \_\_\_\_\_ mechanism is used by the ego to reduce anxiety by distorting reality.
21. Carl Rogers emphasized the importance of \_\_\_\_\_ regard in personal growth.
22. In Rogers' theory, the discrepancy between the \_\_\_\_\_ self and the \_\_\_\_\_ self can lead to anxiety.
23. Carl Rogers believed that people have an inherent tendency towards \_\_\_\_\_. Answer: self-actualization

24. According to Bandura's social cognitive theory, \_\_\_\_\_ learning occurs by observing others.
25. The term \_\_\_\_\_ refers to the belief in one's ability to influence outcomes.
26. Social cognitive theory emphasizes the interaction between \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ in determining behaviour.
27. The \_\_\_\_\_ approach focuses on consistent patterns of behaviour, thought, and emotion across situations.
28. Cross-cultural research highlights the need for culturally \_\_\_\_\_ tools in assessing intelligence.
29. \_\_\_\_\_ are external rewards or stimuli that motivate behavior.
30. The end point of motivated behavior is the achievement of a \_\_\_\_\_.
31. \_\_\_\_\_ motives are biological needs such as hunger and thirst. Answer: Primary
32. The \_\_\_\_\_ theory of motivation states that people seek to maintain an optimal level of arousal.
33. According to the drive reduction theory, \_\_\_\_\_ is the state of equilibrium the body seeks to maintain.
34. \_\_\_\_\_ refers to the belief that effort will lead to performance. Answer: Expectancy
35. According to Vroom's theory, motivation is a product of \_\_\_\_\_, instrumentality, and valence.
36. \_\_\_\_\_ is the value an individual places on the expected reward or outcome. Answer: Valence
37. The \_\_\_\_\_ theory suggests that motivation arises from the desire to reduce internal tension caused by unmet needs.
38. \_\_\_\_\_ are complex psychological states that involve subjective experiences, physiological responses, and behavioral expressions.
39. The \_\_\_\_\_ is a psychometric tool used to assess the Big Five personality traits.
40. The \_\_\_\_\_ Personality Inventory is a widely used psychometric tool for assessing personality dimensions.

**Answer within 2-3 sentences. (1.5 marks)**

1. What is intelligence?
2. How does heredity influence intelligence?
3. Define intelligence with an example.
4. How does the environment shape intelligence?
5. How many intelligences did Gardner propose?
6. Name two intelligences from Gardner's theory.
7. What are the three intelligences in Sternberg's theory?
8. What are the three components of Freud's personality structure?
9. What does Freud mean by "defence mechanisms"?
10. What is Carl Rogers' concept of "self-actualization"?
11. What are the key conditions for growth according to Carl Rogers?
12. Who proposed the social cognitive theory?
13. What does PASS stand for?
14. Who developed the PASS model?
15. What is the main purpose of an intelligence test?
16. Name two types of intelligence tests.

17. What is a group intelligence test?
18. What does the interpretation of test scores help in?
19. Name any one individual intelligence test.
20. What does the term “test validity” refer to?
21. Give an example of a group intelligence test.
22. What is meant by cultural bias in intelligence testing?
23. What are the ethical concerns in administering intelligence tests?
24. Define motivation.
25. What is a drive in motivation?
26. Explain the difference between needs and incentives.
27. What role do goals play in motivation?
28. What are emotions?
29. How do emotions differ from feelings?
30. What is the role of emotions in survival?
31. How are emotions linked to physiological changes?
32. What part of the nervous system regulates bodily changes in emotions?

**Answer within 75 words. (2 marks)**

1. What is the significance of intelligence in daily life?
2. How does intelligence differ from creativity?
3. Explain the role of heredity in determining intelligence.
4. How does a stimulating environment influence intelligence?
5. Why is Gardner’s theory of multiple intelligences important in education?
6. How does Sternberg’s Triarchic Theory apply to real-world success?
7. What are the key components of the PASS model, and why are they important?
8. How does the PASS model differ from traditional IQ theories?
9. Describe the key features of an individual intelligence test with an example.
10. What is the significance of the “id” in Freud’s theory?
11. Explain the concept of repression in Freud’s defence mechanisms.
12. What are the key features of the phallic stage in Freud’s psychosexual development?
13. What is unconditional positive regard, and why is it important?
14. How does Carl Rogers view the “actualizing tendency”?
15. Explain the difference between congruence and incongruence in Rogers’ theory.
16. What is the significance of modelling in Bandura’s theory?
17. What is the relationship between needs, drives, and incentives in motivation?
18. How do goals impact motivation?
19. Differentiate between biological and social motives with examples.
20. What is the significance of intrinsic motivation?
21. Explain drive reduction theory with an example.
22. What does the arousal theory suggest about individual preferences for arousal levels?
23. Differentiate between James-Lange and Cannon-Bard theories of emotion.
24. What is a psychometric test?
25. What are two examples of psychometric assessments?

**Answer within 500 words. (6 marks)**

1. Define the concept of intelligence. Explain its main perspectives.
2. Discuss the role of heredity and environment in the development of intelligence.
3. Explain Howard Gardner's theory of multiple intelligences and its educational implications.
4. Discuss Sternberg's Triarchic Theory of Intelligence and its significance.
5. Explain the PASS Model of Intelligence and its relevance in education.
6. Explain the concept of intelligence and its multidimensional nature.
7. Explain Freud's structure of personality, focusing on the id, ego, and superego, and their interactions in shaping behaviour.
8. Discuss the psychosexual stages of development proposed by Freud and their significance in personality development.
9. How do defence mechanisms function in Freud's theory of personality? Illustrate your answer with examples.
10. Describe Carl Rogers' concept of self-actualization and its role in human personality development.
11. Discuss the role of self-efficacy in Bandura's Social Cognitive Theory of personality.
12. How do observational learning and modelling contribute to personality, according to Social Cognitive Theory?
13. Discuss Eysenck's theory of personality traits, focusing on the dimensions of extraversion-introversion and neuroticism-stability.
14. Explain the role of needs, drives, incentives, and goals in motivation.
15. Differentiate between primary and secondary motives, and discuss their importance in motivation.
16. Compare and contrast Drive Reduction Theory and Arousal Theory of motivation.
17. Discuss the components of Vroom's Expectancy Theory and its application in understanding workplace motivation.
18. Explain the relationship between intrinsic and extrinsic motivation, with examples.
19. Discuss the role of social motives in shaping human behavior, with examples.
20. Describe the Yerkes-Dodson law and its implications for performance.

**Core IV**

**BASIC DEVELOPMENTAL PROCESSES**

**Fill in the blanks. (1 mark)**

1. Development refers to the \_\_\_\_\_ changes that occur in an individual over time.
2. The two main types of development are \_\_\_\_\_ development and \_\_\_\_\_ development.
3. \_\_\_\_\_ development refers to the acquisition of skills and behaviors necessary for effective social interaction.
4. Development is a \_\_\_\_\_ process that continues from conception to old age.
5. The principle of \_\_\_\_\_ states that each person develops at their own unique pace.

6. Development is influenced by the interaction of \_\_\_\_\_ and \_\_\_\_\_.
7. \_\_\_\_\_ play a significant role in shaping an individual's developmental trajectory.
8. \_\_\_\_\_ can impact access to resources and opportunities that support healthy development.
9. The psychoanalytic perspective, founded by Sigmund \_\_\_\_\_, emphasizes the role of unconscious thoughts and feelings in shaping behavior.
10. According to this perspective, human behavior is influenced by the interaction between the \_\_\_\_\_ ego, and superego.
11. The mechanistic perspective views human behavior as the result of external \_\_\_\_\_ and conditioning.
12. This perspective emphasizes the role of \_\_\_\_\_ in shaping behavior.
13. The organismic perspective, associated with theorists like Jean \_\_\_\_\_, views human behavior as the result of an individual's inherent tendencies and potential.
14. This perspective emphasizes the importance of \_\_\_\_\_ in human development.
15. The humanistic perspective, represented by theorists like Carl \_\_\_\_\_, emphasizes the inherent value and dignity of individuals.
16. This perspective focuses on promoting \_\_\_\_\_ (self-actualization) and personal growth.
17. The process by which a sperm unites with an egg is called \_\_\_\_\_.
18. The sex of a child is determined by the presence of \_\_\_\_\_ chromosomes.
19. The formation of more than one embryo during fertilization can result in \_\_\_\_\_.
20. The first two weeks of prenatal development are known as the \_\_\_\_\_ stage.
21. During the \_\_\_\_\_ stage, the major organs and body systems begin to form.
22. The final stage of prenatal development, from the ninth week until birth, is called the \_\_\_\_\_ stage.
23. The use of \_\_\_\_\_ substances during pregnancy can harm fetal development.
24. A mother's \_\_\_\_\_ during pregnancy can impact fetal growth and development.
25. Exposure to \_\_\_\_\_ during pregnancy can affect fetal development.
26. The development of self-awareness and self-acceptance is known as \_\_\_\_\_.
27. Physical growth and development during childhood are influenced by \_\_\_\_\_.
28. The development of self-awareness and self-acceptance is known as \_\_\_\_\_.

**Answer within 2-3 sentences. (1.5 marks)**

1. What is development?
2. What are the types of development?
3. What does the principle of development being predictable mean?
4. What are genetic factors in development?
5. What is the Psychoanalytic perspective of development?
6. How do environmental factors influence development?
7. What does the Organismic perspective suggest about development?
8. What is the Humanistic perspective of development?
9. What is fertilization?
10. What is a multiple birth?

11. What is the embryonic stage of prenatal development?
12. What happens during the germinal stage of prenatal development?
13. What environmental factors can influence prenatal development?
14. What is motor development in early childhood?
15. How does social development occur in early childhood?
16. What is emotional development during childhood?
17. What is physical development during childhood?
18. What is physical development during adolescence?
19. How does social development manifest during adolescence?
20. What is Piaget's formal operational stage of cognitive development?
21. How does concrete operational thinking differ from formal operational thinking according to Piaget?
22. What are emotional changes during adolescence?
23. What is the pre-conventional level of Kohlberg's moral development?
24. What is the conventional level in Kohlberg's stages of moral development?
25. What is Kohlberg's post-conventional level of moral development?

**Answer within 75 words. (2 marks)**

1. What are the major types of development and their significance?
2. What is development, and how does it differ from growth?
3. Explain the principle of development being multidimensional.
4. What does the principle of development being influenced by both heredity and environment mean?
5. How do cultural factors influence development?
6. What role does socio-economic status (SES) play in development?
7. How does the Mechanistic perspective explain development?
8. Describe the Humanistic perspective of development.
9. How is the sex of a baby determined during fertilization?
10. What are multiple births, and what are the different types?
11. Explain the germinal stage of prenatal development.
12. What significant developments occur during the fetal stage?
13. How does maternal health impact prenatal development?
14. What are gross motor skills, and how do they develop in childhood?
15. What is emotional development in childhood, and why is it important?
16. How do children develop social skills during early childhood?
17. What are the key features of physical development during adolescence?
18. How does social development unfold during adolescence?
19. What are the emotional changes that adolescents experience?
20. Explain Piaget's formal operational stage of cognitive development.
21. How does Piaget differentiate between concrete and formal operational stages?
22. Describe Kohlberg's pre-conventional level of moral development.
23. What is the conventional level in Kohlberg's stages of moral development?
24. What defines Kohlberg's post-conventional level of moral development?

**Answer within 500 words. (6 marks)**

1. Explain the meaning of development and discuss the major types of development across the lifespan.
2. Discuss the main principles of human development and explain their significance in understanding growth.
3. Explain how various factors—genetic, environmental, and cultural—interact to influence human development.
4. Discuss the major perspectives of development—Psychoanalytic, Mechanistic, Organismic, and Humanistic—and explain how each contributes to our understanding of human growth.
5. Explain the principle of "development is influenced by both heredity and environment" and provide examples to illustrate this interaction.
6. Describe the role of socioeconomic status (SES) in human development, highlighting its impact on physical, cognitive, and emotional growth.
7. Explain the process of fertilization, the determination of sex, and the occurrence of multiple births.
8. Describe the three stages of prenatal development: germinal, embryonic, and fetal stages.
9. Discuss the factors that influence prenatal development and how they can affect the outcome of pregnancy.
10. Explain the stages of prenatal development and their importance in fetal growth
11. Explain the physical and motor development milestones in early childhood
12. Describe the social and emotional development during childhood, highlighting the role of family, peers, and culture.
13. Explain the major milestones of physical and motor development in early childhood (ages 2-6).
14. Explain the key aspects of physical, social, and emotional development during adolescence.
15. Describe Piaget's formal operational stage and explain its significance in adolescent cognitive development.
16. Explain Kohlberg's theory of moral development, with particular emphasis on the three levels and their relevance during adolescence.
17. Discuss the impact of puberty on physical, social, and emotional development during adolescence.
18. Explain Piaget's concept of "decentration" and how it relates to cognitive development during adolescence.
19. Examine Kohlberg's theory of moral development and its application to adolescence.
20. Discuss the role of abstract thinking in the formal operational stage and its implications for moral development in adolescents.