

**St. Mary's School, Dwarka**  
**Holiday Homework**  
**Class XII**  
**Subject: Psychology**

**Note: Answer the following in your respective notebook**

Q1. Prepare a Case Study File using any one of the following assessment tools. **30**

1. MAP – T
2. SCAT
3. CFIT

Q2. Define hardiness. What are the personality traits of hardiness? **2**

Q3. Enumerate the different stress management techniques. Explain any one. **2**

Q4. What is self control? Briefly explain some psychological techniques of self control. **4**

Q5. Draw a flow chart to explain Triarchic theory? **4**

Q6. What are the different dimensions of personality assessed by MAP-T? **4**

Q7. Differentiate between Type approach and trait approach. **6**

Q8. Discuss the diathesis-stress model that explains abnormal behavior. **6**

Q9. Make a project on Self – Actualization / Any one phobia. **6**

Q10. Who developed Thematic appreciation test? Ask your subject to tell a **6**

story describing the situation in the image. What led up to the situation, what is happening in the



situation and what will happen in future.