

**National Institute of Open Schooling**  
**Senior Secondary**  
**Lesson 01 – Psychology: Understanding Self and Others**  
**Worksheet-01**

- 1) “People hold a variety of expectations from the study of Psychology. Many of them are because of ignorance but some are true also”. In your opinion, what are the ignorant and true expectations? Explain.
- 2) Rajam has given his exams for class 10<sup>th</sup>. He is concerned about his choice regarding subject psychology in class 11<sup>th</sup>. Help Rajam by explaining the scope and role of psychology in the contemporary world.
- 3) Today psychology is referred to as a science. Explain the processes behind the recognition of psychology as a science.
- 4) Compare the roles of academic and applied psychologists. Explain whether academic or applied psychology is important for the development of the field of psychology.
- 5) Answer the following questions:
  - a. Psychology in the western world has various approaches for the understanding of behavior. Enlist and explain the different approaches of western psychology.
  - b. Explain how psychology paved its way in modern India.
- 6) The subject of study under psychology is often the human mind. Explain how a human mind can lead to influences in a research study.
- 7) As there are multiple factors that influence the study of mind and behavior, there also has been development of different perspectives and approaches. Prepare a report explaining the different approaches/perspectives of psychology.
- 8) Identify the field of the following psychologists:
  - a. Zeenat is conducting a study on the brain functions and their localization.  
\_\_\_\_\_
  - b. Rahul is assigned tasks such as observing different tribes, their culture, habits and behaviour. \_\_\_\_\_
  - c. Kirat has been hired by a school to develop a teacher training programme so as to work upon the motivation of students, effective classroom behavior etc. \_\_\_\_\_
  - d. Ratan tries to understand the impact of the government policies on different sections of society. \_\_\_\_\_

- 9)** Identify the research interest of the given psychologists and explain their roles. Do any eight.
- a. Physiological and comparative psychologist
  - b. Cognitive psychologist
  - c. Developmental psychologist
  - d. Clinical psychologist
  - e. Industrial/organizational psychologist
  - f. Environmental psychologist
  - g. Social psychologist
  - h. Engineering psychologist
  - i. Health psychologist
  - j. Counselling psychologist
- 10)** Psychology is developing at a faster pace than ever. What are the current trends in this broad field? Explain.