

National Institute of Open Schooling
Secondary
Lesson 1 – An Introduction to Psychology
Worksheet-1

1. Observe one family member and explain the different aspects of their behavior using the definition of psychology.
2. “As human beings our curiosity drives us to know the reason behind various events happening around us.” According to you what makes psychology different from the layman's understanding of behavior?
3. Explain the origin of the term Psychology and trace the historical background of psychology in western world as well as Indian system.
4. “Psychology studies all the shades of experiences, mental processes and behaviors”. Justify the statement using examples from daily life.
5. A friend of yours is studying biology and they ask you if and how biology is useful in psychology and vice-versa. What will be your response? Support your answer with suitable examples.
6. “Psychology not only studies human beings but also tries to explore mental processes and potentials in order to facilitate achieving a better quality of life.” Comment on the statement.
7. You want to study and understand the behavior of your friend as they are not behaving as they normally would. What are the basic psychological processes which can be used to study and understand a particular behavior? Support your answer with relevant examples.
8. In your opinion are abnormal and clinical psychology the same?
 - a) If yes, support your answer with reasons
 - b) If not, differentiate between both of them with suitable examples from daily life.
9. In the light of guidance and counselling as a field of psychology, answer the following questions:
 - a) For a psychologist, what attributes of an individual can be of use to provide guidance and counselling for personal or professional matters.
 - b) Observe any one from your family or friends and suggest the areas where counselling and guidance can be of help to them and mention the attributes that can be used to provide guidance to them.

10. Suppose you are a psychologist. Mention and explain any five contributions that you as a psychologist want to make in the field of education.