

# **BRAIN INTERNATIONAL SCHOOL**

**SUBJECT: PSYCHOLOGY**

**CLASS: XII**

**JUNE'21**

## **CHAPTER 3: MEETING LIFE CHALLENGES**

1. How can biofeedback work as a stress management technique?
2. How do Lazarus and Folkman explain the concept of coping?
3. Differentiate between adaptation and adjustment.
4. Describe any three techniques of stress management.
5. With the help of examples, explain the different types of stress.

## **CHAPTER 4: PSYCHOLOGICAL DISORDERS**

1. Describe the symptoms of obsessive-compulsive disorder.
2. Describe the somatic symptom and related disorders.
3. Write a short note on autism spectrum disorders.
4. What all skills can people with mental retardation be trained into at different levels of severity.
5. Describe the various depressive and bipolar related disorders and the risks associative with them.