

## HOLIDAY HOMEWORK

Summer – Time for some fun and some work!

Your holiday homework has all the elements of a blockbuster – some intrigue, some fun, some new & exciting stuff, and some work!

### Course Work (NCERT)

Read up on human intelligence and its variations

List down names of ten people known world over for their high IQ

Have you met anyone with low IQ or wondered why someone took a little while longer to comprehend what was being shared? If yes, write down your observations of them on their behaviors, social skills communication skills and emotional skills

## PSYCHOLOGY CLASS XII 2021-2022

### INTERSHIPS INFORMATION

These internships are open to all students who have just started Class XII. Do sign up and learn lots of new and exciting things about the fascinating world of Psychology!

Website: [www.expressionsindia.org](http://www.expressionsindia.org)

Contact Numbers for the program:  
9310086792, 9999564366, 9999660117



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[www.internshala.com/internships/psychology-internship](http://www.internshala.com/internships/psychology-internship)

Information about many more internship programs available here. Click on the link to learn more.

### Watch the following videos on variations in human intelligence

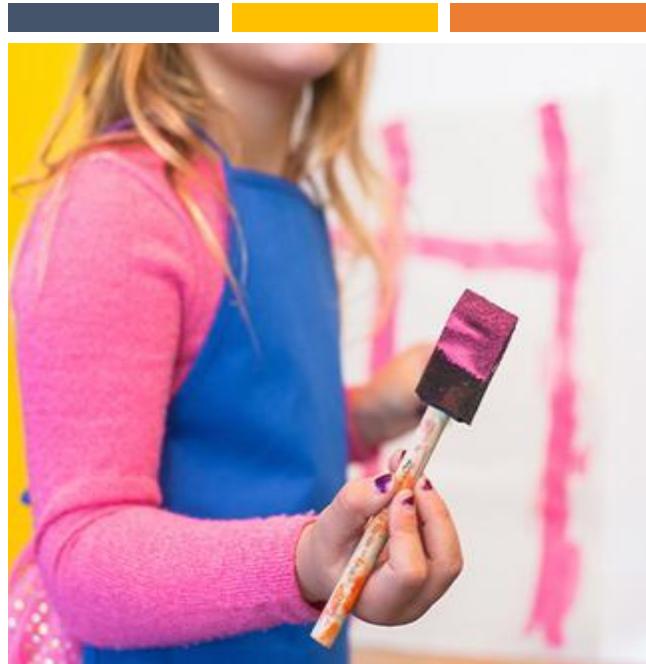
[Jordan Peterson: Do the poor have lower IQs? - YouTube](#)

[Heredity and Environment in Intelligence - YouTube](#)

[Twin studies and adoption studies | Behavior | MCAT | Khan Academy - YouTube](#)

[THEORIES OF INTELLIGENCE - YouTube](#)

[PSYCHOLOGY XII CH1 EP1: Variations in Psychological Attributes - YouTube](#)



### BRAND AMBASSADORS OF MENTAL HEALTH

Dear Students

Take the pledge to become brand ambassadors of mental health

Be mindful of your friends and family who show sudden and inexplicable changes in sleeping, eating or behavioral patterns.

Talk to them about it

Get in touch with helpline numbers or tell us about it



## PROJECT - Case Profile

All students must present a case profile for your Class XII Practical exam. Let us do some groundwork for this.

Identify any one member of your family or one person from your friends/relatives' group

Study them for their communication patterns, emotional stability, major personality characteristics, ability to handle anxiety and their ability to manage their emotions.

Make detailed notes on each of these areas. Later when we do the Psychometric tests, we will match the test results with your notes to see how observant you are as a person

**“you know too much psychology when you understand everyone’s reasons for doing everything!”**

### NOTES RELATED

Please check your email for notes on Chapter 1 and assignments related to the chapter.

Please write all of this in a register

Be diligent and organized about making and writing notes! This is one habit that will help you prepare well for all your exams!

### Online Resources

[www.fmri.in/services/mental-health-behavioral-sciences](http://www.fmri.in/services/mental-health-behavioral-sciences)

There is a wealth of interesting information available on this page.

Read up and come back with your curiosity all tickled to study more!







**Collect pictures of the following Psychologists & list down their contributions**

**Alfred Binet**

**Charles Spearman**

**William Stern**

**Howard Gardner**

**Louis Thurstone**

**JP Guilford**



### **Multiple Intelligences**

You know a lot of people by now – friends, family, peers, neighbors, teachers and many more.

Select at least 20 people you know well, write down their names and against their name indicate their intelligences, according to MI theory



**And here are some tips to stay sane, sensible, safe, and happy!**

**Double mask always**

**Do not ask to go out until the situation improves**

**Talk to elders and siblings – being connected with friends and family is vital to our mental health and emotional well being**

**If you do feel low, write about it, talk about it to someone, cry if you feel like it. Don't keep it all bottled up!**

**Catharsis is crucial!**

**Rest, read, exercise, eat well, take care of your parents, and keep in touch with us!**