

20U567A

(Pages: 2)

Name:

Reg.No:

FIFTH SEMESTER UG DEGREE EXAMINATION, NOVEMBER 2022

(CBCSS - UG)

(Regular/Supplementary/Improvement)

CC19U PSY5 D01 - PSYCHOLOGY AND PERSONAL GROWTH

(Psychology - Open Course)

(2019 Admission onwards)

Time : 2.00 Hours

Maximum : 60 Marks

Credit : 3

Part A (Short answer questions)

Answer *all* questions. Each question carries 2 marks.

1. Describe the main goals of psychology.
2. Explain the applications of psychology in social life.
3. Explain different goals of positive psychology.
4. Define mindfulness.
5. Define affect.
6. Describe the effects of happiness.
7. Explain the changes in happiness across different stages of life.
8. Describe distress and eustress.
9. Describe the method to reduce stress.
10. List different yoga techniques for enhancing personal effectiveness.
11. Explain the risk of resilience.
12. Discuss different models of resilience.

(Ceiling: 20 Marks)

Part B (Short essay questions - Paragraph)

Answer *all* questions. Each question carries 5 marks.

13. Discuss the field of psychology.
14. Elaborate the pillars of positive psychology.
15. Discuss western perspective of well being.
16. Explain optimism.

17. Discuss culture and happiness.
18. Describe the effect of close relationship on happiness.
19. Show the effect of stress on an individual.

(Ceiling: 30 Marks)

Part C (Essay questions)

Answer any *one* question. The question carries 10 marks.

20. Discuss different branches of psychology.
21. Discuss well-being.

(1 × 10 = 10 Marks)
