

24U270

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Name :

Reg. No :

SECOND SEMESTER UG DEGREE EXAMINATION, APRIL 2025

(FYUGP)

CC24UPSY2FM106(4) - PSYCHOLOGY AND PERSONAL GROWTH

(Psychology - MDC)

(2024 Admission onwards)

Time: 1.5 Hours

Maximum : 50 Marks

Credit: 3

Part A (Short answer questions)

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

1. Explain how can psychological principles improve learning and memory? [Level:2] [CO1]
2. Explain how does subjective well-being differ from objective well-being? [Level:2] [CO1]
3. Explain why is psychology considered an empirical science? [Level:2] [CO1]
4. Discuss between extraversion and introversion in the Five-Factor Model. [Level:2] [CO3]
5. Explain the importance of managing interpersonal conflicts in maintaining healthy relationships. [Level:2] [CO4]
6. Discuss between self-efficacy and self-esteem. [Level:2] [CO2]
7. Discuss between 'Hidden Self' and 'Open Self' in the Johari Window. [Level:2] [CO2]
8. Explain how can a Personal SWOT Analysis contribute to self-awareness? [Level:2] [CO2]
9. Explain does positive self-talk influence confidence and self-development? [Level:2] [CO3]
10. Explain the significance of expressing emotions in a healthy way for mental well-being. [Level:2] [CO4]

(Ceiling: 16 Marks)

Part B (Paragraph questions/Problem)

Answer *all* questions. Each question carries 6 marks.

11. Explain six major branches of psychology and discuss the focus of each branch with relevant examples. [Level:2] [CO1]
12. Explain how does Jean Piaget's theory of cognitive development relate to personality development? [Level:2] [CO3]
13. Explain how does anxiety act as a barrier to personality development, and what are effective strategies for managing it? [Level:2] [CO3]

14. Describe emotional regulation and discuss its significance in maintaining emotional balance. What are some strategies for effectively regulating emotions during stressful or difficult situations? [Level:2] [CO4]

15. Explain the concept of positive psychology and discuss how it differs from traditional psychology. How can the principles of positive psychology be applied to improve individual well-being and life satisfaction? Provide examples of techniques used in positive psychology to foster positive emotions, resilience, and personal strengths. [Level:2] [CO1]

(Ceiling: 24 Marks)

Part C (Essay questions)

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

16. Describe psychology and explain its significance in understanding human behavior. Also, discuss the primary goals of psychology (description, explanation, prediction, and control), explaining each goal in detail with relevant examples. [Level:2] [CO1]

17. Discuss how Fear is often a significant barrier to personality development. Discuss how fear of failure, rejection, or the unknown can prevent individuals from reaching their full potential. What techniques can be used to manage fear and embrace challenges for growth? [Level:2] [CO3]

(1 × 10 = 10 Marks)
