

SECOND SEMESTER UG DEGREE EXAMINATION, APRIL 2026

(FYUGP)

(Regular/Supplementary/Improvement)

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 why is psychology considered an empirical science? [Level:2] [CO1]
2. Explain how does subjective well-being differ from objective well-being? [Level:2] [CO1]
3. Explain how does psychology contribute to building positive relationships? [Level:2] [CO1]
4. Explain how does Type B personality differ from Type A personality? [Level:2] [CO3]
5. Explain how can understanding non-verbal messages improve interpersonal communication? [Level:2] [CO4]
6. Discuss between 'Hidden Self' and 'Open Self' in the Johari Window. [Level:2] [CO2]
7. Explain how does the Mindfulness Self-Assessment Scale help in emotional regulation? [Level:2] [CO2]
8. Explain why is self-esteem important for mental well-being? [Level:2] [CO2]
9. Explain how does a growth mindset help in persisting despite setbacks? [Level:2] [CO3]
10. Explain the importance of managing interpersonal conflicts in maintaining healthy relationships. [Level:2] [CO4]

(Ceiling: 16 Marks)**Part B** (Paragraph questions/Problem)Answer *all* questions. Each question carries 6 marks.

11. 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]

12. Explain the role of fear in hindering personal growth and suggest techniques to overcome fear and build confidence. [Level:2] [CO3]
13. Describe Freud's psychosexual stages of development and their role in shaping personality. [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 six major branches of psychology and discuss the focus of each branch with relevant examples. [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)
