



Reg. No.: .....

Name: .....

**University of Kerala**

W7196

Third Semester FYUGP Degree Examination, November 2025

Discipline Specific Elective

**PSYCHOLOGY**

**UK3DSEPSY200 - PSYCHOLOGICAL TECHNIQUES FOR ACADEMIC ACHIEVEMENT**

Academic Level: 200-299

2024 Admission

**Time: 2 Hours(120 Mins)**

**Max. Marks: 56**

**Part A.6 Marks:Time 5 Minutes.(Cognitive Level :Remember(RE)/Understand(UN)) Objective Type.1 mark each, Answer all questions**

Qn No.	Question	CL	CO
1	What is the key idea of the interference theory of forgetting?  Options : A)Information fades automatically over time B)Old or new learning disrupts recall of information C)Memory cannot be retrieved because it is lost forever D)Forgetting happens only due to brain injury	RE	2
2	Define goal setting in learning.  Options : A)Copying notes word for word B)Identifying what you want to achieve and planning to reach it C)Repeating information without understanding D)Avoiding distractions during study	RE	1
3	State the meaning of the Pareto Principle (80/20 rule).  Options : A)80% of work requires 20% effort B)80% of results come from 20% of efforts C)20% of time should be spent on rest D)Every task requires equal effort and time	UN	1
4	What is the Pomodoro Technique?  Options : A)Studying without breaks for long hours B)Working in short intervals with regular breaks C)Making visual mind maps for study D)Delegating tasks to others	UN	1
5	Recall which of the following is a mnemonic technique:	UN	2

Qn No.	Question	CL	CO
	Options : A)a) Mind mapping B)b) Acronyms C) c) Highlighting D)d) Rereading		
6	How do goals impact academic achievement?  Options : A)Positively if set properly B)Negatively if set properly C)No impact D)Only increase stress	UN	1

**Part B.10 Marks.Time:20 Minutes (Cognitive Level:Understand(UN)/Apply(AP))Two-three sentences.2 marks each.Answer all questions**

Qn No.	Question	CL	CO
7	Identify 2 types of learning styles.	UN	1
8	Describe how interference causes forgetting of learned information	UN	2
9	How can retrieval practice improve memory retention?	AP	2
10	Illustrate how mindfulness can be used to reduce examination anxiety.	AP	3
11	Apply the Pareto principle to prioritize daily academic tasks.	AP	3

**Part C.16 Marks.Time:35 Minutes.(Cognitive Level :Apply(AP)/Analyse(AN))Short Answer.4 marks each, Answer all 4 questions,choosing among options \* within each question**

Qn No.	Question	CL	CO
12	A)  Arun struggles to remember biological terms. Explain how mnemonics could help him retain the information.  OR B)  A college student is hesitant to ask for academic help and struggles alone. Which support network could he use, and how would it help him manage stress effectively?	AP	2, 4
13	A)  Discuss the importance of motivation in achieving academic goals.	AP	1, 1

Qn No.	Question	CL	CO
	OR B)  Implement the concept of SMART goals to create a weekly study plan for an academic project.		
14	A)  Compare cognitive-behavioral techniques and relaxation techniques in coping with academic stress  OR B)  Differentiate between short-term and long-term goals with suitable academic examples	AN	4, 4
15	A)  Analyse how self-regulation techniques contribute to overcoming procrastination.  OR B)  Analyze the impact of the two primary forms of Interference on managing common daily life challenges.	AN	3, 2

**Part D.24 Marks.Time: 60 Minutes.(Cognitive Level :Analyse(AN)/Evaluate(EV)/Create(CR)) Long Answer 6 Marks each.Answer all 4 questions choosing among options \* within each question**

Qn No.	Question	CL	CO
16	A)  Analyze how goal setting acts as a powerful strategy to overcome the feeling of overwhelm that causes students to procrastinate.  OR B)  Analyze some important strategies used to overcome procrastination and explain how self-regulation techniques help in managing distractions and maintaining focus.	AN	1, 4
17	A)  Evaluate the effectiveness of mindfulness and cognitive restructuring in reducing anxiety related to exams and performance pressure.  OR B)  Critically evaluate self-care practices such as sleep, diet, and exercise in maintaining mental well-being.	EV	4, 3

Qn No.	Question	CL	CO
18	<p>A) A student prefers cramming the night before an exam rather than using spaced study sessions. Evaluate the pros and cons of cramming v/s spaced repetition for long-term memory retention.</p> <p>OR</p> <p>B) Evaluate the different memory improvement techniques and their applications in daily study.</p>	EV	2, 2
19	<p>A) Design a personalized study plan using principles of memory improvement to prepare for an upcoming exam.</p> <p>OR</p> <p>B) Create a weekly planner applying the Eisenhower Matrix and Pareto Principle.</p>	CR	2, 5