



U7582

Reg. No.:

Name:.....



University of Kerala
First Semester Degree Examination, November 2024
Four Year Under Graduate Programme
Discipline Specific Core Course
PSYCHOLOGY
UK1DSCPSY102- PSYCHOLOGY FOR PERSONAL GROWTH
Academic Level: 100-199

Time: 1½ hours

Max.Marks: 42

Part A.

Answer All Questions, Objective Type. 1 Mark Each.
(Cognitive Level: Remember/Understand) 6 Marks. Time: 6 Minutes

Qn.No.	Question	Cognitive Level	Course Outcome (CO)
1.	Select the option that correctly represents the elements of self-compassion (a) Self-appreciation, Common humanity, Mindfulness (b) Self-kindness, Gratitude, Mindfulness (c) Self-kindness, Common humanity, Mindfulness (d) Self-appreciation, Common humanity, Gratitude	Remember	CO-3
2.	Name the theorist who is associated with the concept of 'individuation'	Remember	CO-1
3.	Identify the virtue that is linked to the character strength of perseverance. (a) Courage (b) Justice (c) Wisdom (d) Transcendence	Understand	
4.	Give the term which refers to the positive psychological change that some individuals experience after a highly challenging or traumatic event.	Understand	CO-1
5.	Identify the instance of underusing the character strength of creativity in an academic setting. (a) Trying new project ideas (b) Always following the same presentation style (c) Discussing ideas with classmates (d) Exploring new study techniques	Understand	
6.	<i>Indicate whether the following statement is true or false.</i> Flow can be achieved by multitasking and dividing our attention among many activities.	Understand	CO-1

Part B.

Answer All Questions, Two-Three sentences. 2 Marks Each.
(Cognitive Level: Understand/Apply) 8 Marks. Time: 24 Minutes

Qn.No.	Question	Cognitive Level	Course Outcome (CO)
7.	Distinguish between empathy and perspective-taking.	Understand	
8.	Discuss Bandura's idea of the agentic self.	Understand	CO-1
9.	Identify your top two character strengths and describe how you can use them in a group project to enhance teamwork.	Apply	
10.	Choose two specific activities or practices that contribute to your happiness, and explain how you will incorporate them into your routine.	Apply	

Part C

Answer all 4 questions, choosing among options within each. Long Answer. 7 Marks Each.
(Cognitive Level: Apply/Analyze/Evaluate/Create) 28Marks. Time: 60 Minutes

Qn.No.	Question	Cognitive Level	Course Outcome (CO)
11.	a. Illustrate using examples how practicing gratitude in interpersonal relationships helps a person grow. OR b. A person wants to enhance their character strengths in the context of their workplace. Explain how the ROAD MAP framework can help them to achieve this goal.	Apply	
12.	a. Compare the concepts of flow and posttraumatic growth, in relation to their significance in an individual's personal growth. OR b. Examine the role of self-compassion in dealing with difficult emotions such as anger, sadness, or fear.	Analyze	CO-1
13.	a. Evaluate how important self-actualization is for personal growth in today's society. OR b. Assess the effectiveness of strengths-based approaches in improving relationship dynamics.	Evaluate	CO-1
14.	a. Design a simple game or activity that helps students practice empathy in their daily lives. OR b. Imagine you are giving a talk to a group of students about overcoming self-criticism. Prepare the outline for the talk introducing the concept of self-compassion and detailing tips to practice self-compassion in their daily lives.	Create	