



Reg. No.:

Name:

University of Kerala

First Semester FYUGP Degree Examination, December 2025

Discipline Specific Core Course

PSYCHOLOGY

UK1DSCPSY102 - PSYCHOLOGY FOR PERSONAL GROWTH

Academic Level: 100-199

2024-Admission onwards

Time: 1 Hour 30 Minutes(90 Mins.)

Max. Marks: 42

Part A. 6 Marks.Time:6 Minutes.(Cognitive Level:Remember(RE)/Understand(UN)) Objective Type. 1 Mark
Each.Answer all questions

Qn No.	Question	CL	CO
1	The VIA survey is used to measure: Options : A)Emotional intelligence B)Character strengths C)IQ D)Attitude	RE	1
2	What can be defined as a person's ability to effectively manage and respond to an emotional experience Options : A)Emotional Numbness B)Emotional Strength C)Emotional Regulation D)Emotional Selfishness	RE	3
3	Identify the virtue that is linked to the character strength of perseverance. Options : A)Courage B)Justice C)Wisdom D)Transcendence	UN	1
4	Identify the esteem need. Options : A)Food B)Friendship C)Competence D)Job	UN	1
5	If Sarah constantly prioritizes others' feelings over her own, she may: Options : A)Build stronger relationships B)Lose her personal identity	UN	2

Qn No.	Question	CL	CO
	C)Gain more empathy D)Become selfish		
6	Which example best illustrates self-actualization? Options : A)Eating food when hungry B)Working on personal talents to grow C)Saving money for emergencies D)Following others' expectations	UN	1

Part B.8 Marks.Time:24 Minutes.(Cognitive Level:Understand(UN)/Apply(AP))Short Answer. 2 marks each.Answer all questions

Qn No.	Question	CL	CO
7	Describe Kristin Neff's self-compassion?	UN	2
8	Explain the concept of self-actualization according to Abraham Maslow.	UN	2
9	Identify a recent instance of self-criticism and apply the Soften-Soothe-Allow technique to reframe your emotional response to that situation.	AP	2
10	Apply the concept of post-traumatic growth to explain how a person might deal with adverse life situations.	AP	3

Part C. 28 Marks.Time:60 Minutes (Cognitive Level:Apply(AP)/Analyse(AN)/Evaluate(EV)/Create(CR)) Long Answer.7 marks each.Answer all 4 Questions choosing among options * within each question

Qn No.	Question	CL	CO
11	A) Write a feedback to your friend indicating his/ her strengths, strength under use, over use and optimal use? OR B) Illustrate the role of gratitude and forgiveness in enhancing personal growth of an individual	AP	2, 4
12	A) Criticize Maslow's Need Hierarchy theory OR B) Discuss how labeling emotions play in managing difficult emotional responses? How might it aid in achieving a state of acceptance?	AN	1, 3
13	A)	EV	1, 4

Qn No.	Question	CL	CO
	<p>Evaluate the validity of using signature strengths as a pathway to authenticity. Are there situations where this approach may not lead to an authentic experience? Why or why not?</p> <p>OR</p> <p>B)</p> <p>Convince the significance of focusing on positive emotions with the help of Fredrickson's Broaden and Build theory.</p>		
14	<p>A)</p> <p>Explain the Posttraumatic Growth theory of Tedeschi and Calhoun.</p> <p>OR</p> <p>B)</p> <p>Discuss the importance of flourishing and optimism in enhancing Personal Growth.</p>	CR	2, 4

Model QP