

| **University of Kerala** | | |
| --- | --- | --- |
| Discipline: Psychology |  | Time: 1 Hour 30 Minutes (90 Mins.) |
| Course Code: UK1DSCPSY102 |  | Total Marks: 42 |
| Course Title: Psychology for Personal Growth |  |  |
| Type of Course: DSC |  |  |
| Semester: 1 |  |  |
| Academic Level: 100-199 |  |  |
| Total Credit: 4, Theory: 3 Credit |  |  |

Part A. 6 Marks. Time: 6 Minutes Objective Type. 1 Mark Each. Answer All Questions

(Cognitive Level: Remember/Understand)

| **Qn.**  **No.** | **Question** | **Cognitive**  **Level** | **Course**  **Outcome (CO)** |
| --- | --- | --- | --- |
| 1. | Turning points in life can serve as opportunities for psychological growth, leading to \_\_\_\_\_\_\_\_\_\_ and optimism. | Remember | CO-1 |
| 2. | What does the “Yang” of self-compassion emphasize?  A) Ignoring difficult emotions  B) The fierce, protective, and boundary-setting side of self-compassion  C) Emotional detachment  D) Self-denial | Remember | CO-2 |
| 3. | What is the purpose of the VIA Strength Survey?  A. To assess intellectual capabilities  B. To evaluate job performance  C. To identify an individual’s character strengths  D. To measure physical endurance | Understand | CO-1 |
| 4. | Carl Jung’s concept of individuation refers to:  A) The development of a person's social identity  B) The process of becoming more connected to society  C) The integration of different aspects of the self into a unified whole  D) The avoidance of interpersonal relationships | Understand | CO-1 |
| 5. | What is a possible consequence of not practicing gratitude in relationships?  A) Strengthened emotional bonds  B) Reduced appreciation and possible feelings of neglect  C) Increased empathy  D) Improved conflict resolution | Understand | CO-1 |
| 6. | Which of the following is true about turning points in life according to the self-compassion framework?  A) They only lead to negative outcomes  B) They are opportunities for psychological growth, flourishing, and optimism  C) They should be avoided for personal well-being  D) They always result in emotional distress | Understand | CO-4 |

Part B. 8 Marks. Time: 24 Minutes

Short Answer. 2 Marks Each. Answer All Questions (Cognitive Level: Understand/Apply)

| **Qn.**  **No.** | **Question** | **Cognitive**  **Level** | **Course**  **Outcome (CO)** |
| --- | --- | --- | --- |
| 7. | How does practicing empathy improve communication in relationships? | Understand | CO-3 |
| 8. | How can individuals align their character strengths with daily activities to enhance personal growth? | Understand | CO-1 |
| 9. | Consider a relationship where anger has impacted your interactions. Apply the principles of self-compassion to develop a strategy for addressing and managing that anger. | Apply | CO-3 |
| 10. | Discuss a time when you realized you were overusing a character strength. Explain how you recognized this and what changes you made to restore balance. | Apply | CO-1 |

Part C. 28 Marks. Time: 60 Minutes

Long Answer. 7 marks each. Answer all 4 Questions, choosing among options within each question.

(Cognitive Level: Apply/Analyse/Evaluate/Create)

| **Qn.**  **No.** | **Question** | **Cognitive**  **Level** | **Course**  **Outcome (CO)** |
| --- | --- | --- | --- |
| 11 | 1. Write a letter to a friend expressing gratitude for their support during a challenging time. Highlight specific strengths they exhibited that contributed to your well-being.   OR   1. Reflect on a personal experience where you pursued self-actualization. Describe the steps you took and the outcomes you achieved. | Apply | CO-1 |
|
| 12. | 1. Evaluate the concept of 'flow' as described by Mihaly Csikszentmihalyi. How does experiencing flow contribute to personal growth, and what conditions are necessary to achieve it?   OR   1. Critique the concept of turning points as opportunities for psychological growth. How can individuals effectively evaluate their turning points for maximal growth? | Analyze | CO-1 |
|
| 13. | 1. Evaluate the significance of forgiveness in personal growth. To what extent does the process of forgiveness contribute to emotional health and relationship dynamics?   OR   1. Assess the stages of self-compassion and their application in real-life emotional challenges. Which stage do you find most essential for fostering resilience, and why? | Evaluate | CO-2 |
|
| 14. | 1. 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?   OR   1. What role does labeling emotions play in managing difficult emotional responses? How might it aid in achieving a state of acceptance? | Evaluate/Analyze | CO-1  CO-3 |
|

| **Course**  **Outcomes** | **Marks** | **Percentage** |
| --- | --- | --- |
| CO1 | 2 | 4.76 |
| CO2 | 8 | 19.04 |
| CO3 | 14 | 33.33 |
| CO4 | 7 | 16.66 |
| CO5 | 11 | 26.19 |
| **TOTAL** | **42** | **100** |

| **Cognitive**  **Level** | **Marks** | **Percentage** |
| --- | --- | --- |
| Remember | 2 | 4.8 |
| Understand | 8 | 19.0 |
| Apply | 11 | 26.2 |
| Analyse | 14 | 16.7 |
| Evaluate | 7 | 16.7 |
| **TOTAL** | **42** | **100** |