

Reg. No.:



Name:

University of Kerala

U9005

Second Semester FYUGP Degree Examination, April 2025

Discipline Specific Core Course

PSYCHOLOGY

UK2DSCPSY113 - POSITIVE PSYCHOLOGY

Academic Level: 100-199

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	Who is considered the founder of positive psychology? Options : A)Martin Seligman B)Christopher Peterson C)George Vaillant D)Snyder	RE	1
2	Activities that lead to flow experiences are said to be ----- Options : A)Autotelic B)Exotelic C)Heterotelic D)Hedonic	RE	1
3	Which theory explains how positive emotions increase personal resources? Options : A)Psychoanalytic B)Broaden C)Behavioral D)Cognitive	UN	1
4	Which of the following motives may drive prosocial behavior? Options : A)Only selfless motives B)Only selfish motives C)Both selfless and selfish motives D)No motive at all	UN	1
5	Which approach in positive psychology focuses on individual potential and growth?	UN	1

Qn No.	Question	CL	CO
	Illustrate how flow experiences can be applied to improve professional and academic performance, using real-life examples to illustrate the potential benefits and challenges.		
12	A) Analyze the role of neuroscience in the development of positive psychology. How have findings from neuroscience informed our understanding of positive emotions, well-being, and resilience? OR B) Compare and contrast the Eastern and Western perspectives in positive psychology	AN	2, 2
13	A) Judge the effectiveness of Snyder's hope theory in guiding individuals toward goal achievement. OR B) Can a growth mindset in the context of positive psychology be applied to overcoming significant life challenges, such as trauma or loss, and if so, how? Evaluate.	EV	5, 3
14	A) Create a 6-week program to help individuals re-attribute their failures and setbacks to more optimistic and realistic causes. What specific strategies, such as cognitive restructuring or re-framing, will you include, and how will you measure the program's effectiveness? OR B) Create a self-care plan for you incorporating the principle of subjective well-being.	CR	5, 5