



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

2025-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	Growth Mindset was introduced by—  Options : A)Bandura B)Dweck C)Carl Rogers D)Skinner	RE	1
2	According to attachment theory, a secure attachment is characterized by:  Options : A)Fear of closeness B)Excessive dependency C)Comfort with intimacy and autonomy D)Avoidance of relationships	RE	3
3	A person who invests time in relationships, enjoyment, and meaning is applying which PERMA components?  Options : A)Engagement and Relationships B)Positive Emotion and Mastery C)Achievement and Stress D)Motivation and Self-esteem	UN	1
4	Identifying one's strengths is important because it helps individuals:  Options : A)Avoid all weaknesses B)Compare themselves with others C)Build a foundation for personal and professional growth D)Become dependent on external rewards	UN	2
5	Whenever I have an argument with someone later I would imagine myself in the other person's shoe and think from that person's viewpoint. This is an example of .....  Options : A)Perspective taking B)Empathy C)Sympathy D)Selflessness	UN	3

Qn No.	Question	CL	CO
6	<p>A person with secure attachment usually—</p> <p>Options :</p> <p>A)Fears closeness</p> <p>B)Avoids emotional connections</p> <p>C)Shows trust and comfort in relationship</p> <p>D)Depends excessively on others</p>	UN	4

**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	Explain how emotional hygiene practices can contribute to personal growth.	UN	1
8	Explain any two components of emotional competence.	UN	1
9	Use the idea of assertive communication to explain how you can say 'no' to peers who make unreasonable requests.	AP	3
10	Apply the concept of psychological well-being to a situation involving coping with life stressors.	AP	1

**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	<p>A)</p> <p>Demonstrate the ways in which individuals can use strengths-based strategies to improve relationships and interpersonal functioning.</p> <p>OR</p> <p>B)</p> <p>Apply the PERMA model to explain how engagement and meaning help students overcome academic burnout.</p>	AP	2, 1
12	<p>A)</p> <p>Analyse the advantage of PERMA model after explaining the model.</p> <p>OR</p> <p>B)</p> <p>Critically evaluate the ROAD-MAP model and the Recognize–Label–Affirm approach as methods for applying strengths in daily life — include strengths and limitations, and suggest improvements.</p>	AN	1, 1
13	A)	EV	4, 3

Qn No.	Question	CL	CO
	<p>Evaluate whether personal growth is influenced more by individual factors or environmental factors. Support your arguments.</p> <p>OR</p> <p>B)</p> <p>Evaluate the role and importance of self-compassion in developing autonomy and resilience.</p>		
14	<p>A)</p> <p>Design a self-compassion toolkit for young adults dealing with failure or self-criticism. Explain how each component of the toolkit supports emotional well-being.</p> <p>OR</p> <p>B)</p> <p>Design a personal growth plan for a first-year college student using any two theoretical models (Rogers, Ryff, PERMA, Growth Mindset). Explain the rationale behind your model choices.</p>	CR	2, 5