

Name : _____

P 1017

Reg. No. _____



LOYOLA COLLEGE OF SOCIAL SCIENCES
(AUTONOMOUS)
(ESTD-1963)

Affiliated to University of Kerala
Accredited with A++ by NAAC
Sreekariyam, Thiruvananthapuram, Kerala.

FIRST SEMESTER M.Sc. COUNSELLING PSYCHOLOGY (REGULAR)
EXAMINATION, JANUARY 2025
(2024 Admissions)

CP 513: POSITIVE PSYCHOLOGY

Time 3 hours

Max: 75 Marks

Nos.	Part A: Answer ANY TEN out of the FOURTEEN questions in not less than 50 words.	Course Outcome	Blooms Level	Marks
Q1	The Psychology of Me	CO1	Understand	2
Q2	Life task of adulthood	CO2	Remember	2
Q3	The VIA Classification of Strengths	CO1	Understand	2
Q4	Concept of 'Tao'	CO1	Remember	2
Q5	Nirvana	CO1	Understand	2
Q6	Social capital	CO4	Understand	2
Q7	Gainful employment	CO1	Remember	2
Q8	Workaholic person	CO3	Analyse	2
Q9	Collectivism	CO1	Understand	2
Q10	Learned optimism	CO3	Remember	2
Q11	Autotelic Personality	CO3	Understand	2
Q12	Subjective wellbeing	CO3	Remember	2
Q13	Neurobiology of Hope	CO3	Understand	2
Q14	Career consolidation	CO1	Remember	2
	Part B : Answer ANY FIVE out of the EIGHT questions in not less than 300 words	Course Outcome	Blooms Level	Marks
Q15	'Individual and environmental attributes enhance resilience and positive adaptation under threatening conditions'. Validate	CO2	Evaluate	5
Q16	Explain the five-component model of minding relationships.	CO3	Understand	5
Q17	Appraise positive school climate as a strategy to improve student engagement and behavior in a classroom setting	CO4	Apply	5

Q18	Explain how do the major western perspectives on positive psychology emphasize intrapsychic optimal functioning.	CO1	Understand	5
Q19	Apply the concept of ‘family strengths’ from family-centered positive psychology to support a family in navigating and overcoming a challenging life event.	CO4	Apply	5
Q20	Evaluate the popular beliefs about older adults.	CO2	Evaluate	5
Q21	Explain how can individuals live well at every stages of life.	CO3	Understand	5
Q22	What is the need for positive psychology in workplaces? Explain the initiatives to create positive workplaces.	CO4	Apply	5
	Part C: Answer ANY TWO out of the FOUR questions in not less than 850 words	Course Outcome	Blooms Level	Marks
Q23	Elaborate Mindfulness. How can it be cultivated? What are the advantages of being mindful	CO1	Understand	15
Q24	“Hope is a prime positive psychological capital in enhancing employee performance and job satisfaction”. Evaluate.	CO4	Evaluate	15
Q25	Explain the causes and correlates of positive affectivity. Clarify the importance of positive affectivity in psychological and physical well-being.	CO3	Understand	15
Q26	Discuss how developmental antecedents and neurobiological factors interact to shape a person’s self-efficacy.	CO2	Apply	15