

TH241245MDC

Reg.No.....

**FYUG PROGRAMME EXAMINATIONS, NOVEMBER 2024**

**(2024 Admission Regular)**

**SEMESTER I – MDC (PSYCHOLOGY)**

**PS1MDC01B24- PSYCHOLOGY OF HAPPINESS AND WELLBEING**

**Time: 1 Hour**

**Maximum Mark: 35**

**PART A**

**I. Answer any ten questions. Each question carries 2 marks**

<b>Q.No:</b>	<b>QUESTIONS</b>	<b>CO</b>	<b>LEVEL</b>
1.	Describe the ethical dilemma of Privacy vs Transparency.	4	R
2.	Compare and contrast between Eudaimonic and Hedonic happiness.	1	U
3.	Identify and briefly explain the various components of health triangle.	3	R
4.	Explore practicability of the virtues Wisdom and Compassion.	4	Ap
5.	Define mindset in psychology and its types.	3	R
6.	Outline primary sources of building self efficacy.	1	U
7.	List out the major values held by the moral exemplar – Mother Theresa.	4	U
8.	Differentiate between mindfulness and grounding.	1	U
9.	Clarify the connection between positive emotions and resilience.	2	An
10.	Provide a brief review of solitude.	3	U
11.	Describe how an Optimist perceives the world.	1	Ap
12.	Briefly explain the importance of positive emotions.	2	Ap

(10x2=20)

## PART B

**II. Answer any three questions in one paragraph. Each question carries 5 marks.**

Q.No:	QUESTIONS	CO	LEVEL
13.	Explain the various steps in decision making.	4	U
14.	Elaborate on the key components of 'the minding theory of relationships.'	3	U
15.	Elucidate on the importance of practicing 'Mindfulness' in everyday life.	1	U
16.	Explain the Plutchik's wheel of emotion and its uses.	2	Ap

(3x5=15)

CO : Course Outcomes Level : R – Remember, U – Understand, Ap- Apply, An- Analyze,  
E- Evaluate, C- Create