

TB253753C

Reg. No :

Name :

BACHELOR'S DEGREE EXAMINATION, OCTOBER 2025
2024 ADMISSIONS REGULAR
SEMESTER III - MINOR - (HOME SCIENCE)
HS3DSCB101B24 - Mental Wellbeing of Adolescents

Time : 1.5 Hours

Maximum Marks : 50

Part A

Answer all questions. Each question carries 1 mark.

(1x10=10)

1. Define emotional intelligence. [CO1,Remember]
2. State the meaning of cognition. [CO1,Remember]
3. List any four emotions that are strongly expressed during adolescence. [CO1,Remember]
4. Recall juvenile delinquency. [CO2,Remember]
5. List the complications of teenage pregnancy. [CO2,Remember]
6. Recognize how peer pressure contributes to the emotional impact of obesity. [CO2,Remember]
7. List the common adjustment and behavior problems seen among adolescents. [CO3,Remember]
8. Quote what is blue campaign. [CO3,Remember]
9. Enumerate on different academic and social stress. [CO3,Remember]
10. Suggest one way to build self-esteem in daily life [CO4,Apply]

Part B

Answer any 2 questions from the bunch of CO1. Each question carries 5 mark.

(5x2=10)

11. Explain meaning of cognitive development in adolescence. [CO1,Understand]
12. Describe the physical changes that occur during early adolescence. [CO1,Remember]
13. Illustrate with examples how adolescents express their emotions in daily life. [CO1,Understand]

Part B

Answer any 2 questions from the bunch of CO2. Each question carries 5 mark.

(5x2=10)

14. Summarize juvenile justice act (2015) of India. [CO2,Understand]
15. Discuss the social and economic impact of teenage pregnancy. [CO2,Understand]
16. Report the health risks of teenage pregnancy. [CO2,Understand]

Part B

Answer any 2 questions from the bunch of CO3. Each question carries 5 mark.

(5x2=10)

17. Explain what tips can be given to teens and parents when there is communication breakdown, jealousy and possessiveness. [CO3,Apply]
18. Interpret the different sources of academic pressure. [CO3,Apply]
19. Examine antisocial behavior of adolescents. [CO3,Apply]

Part C

Answer any 1 question from the bunch of CO4. Each question carries 10 mark.

(10x1=10)

20. Explain how music therapy and art therapy help individuals cope with emotional stress. [CO4,Understand]

21. Prepare Cornell notes from a short lecture topic.

[CO4,Apply]