TB251202X

Reg. No :.....

Name :.....

BACHELOR'S DEGREE EXAMINATION, OCTOBER 2025

2025 ADMISSIONS REGULAR

SEMESTER I - MULTI-DISCIPLINARY COURSES (MDC) (PSYCHOLOGY)

PS1MDC01B24 - Psychology of Happiness and Wellbeing

Time : 1 Hours

Maximum Marks : 35

Part A

Answer any 3 questions from the bunch of CO1. Each question carries 2 mark. (2x3=6)

1. Define Hope. [CO1,Understand]
2. Differentiate between mindfulness and grounding. [CO1,Remember]
3. Define relationships in PERMA Model. [CO1,Remember]
4. Name the factors influencing quality of life. [CO1,Remember]

Part A

Answer any 3 questions from the bunch of CO2. Each question carries 2 mark. (2x3=6)

5. Differentiate between emotion and problem focused coping. [CO2,Remember]
6. List the six virtues in VIA project. [CO2,Remember]
7. Briefly explain the relationship between Positive emotions & Resilience. [CO2,Analyse]
8. Expand the various components under Emotional Intelligence. [CO2,Understand]

Part A

Answer any 4 questions from the bunch of CO3. Each question carries 2 mark. (2x4=8)

9. Explain courage as a key virtue. [CO3,Understand]
10. Explore practicability of the virtues Wisdom and Compassion. [CO3,Understand]
11. Provide a brief review of solitude. [CO3,Remember]
12. List out the major values held by the moral exemplar -- Mother Theresa. [CO3,Understand]
13. Describe the ethical dilemma of Privacy vs Transparency. [CO3,Understand]

Part B

Answer any 1 question from the bunch of CO1. Each question carries 5 mark. (5x1=5)

14. Describe how an Optimist perceives the world according to Seligman's Theory. [CO1,Understand]
15. Elaborate on the various ways to build hope in life. [CO1,Understand]

Part B

Answer any 1 question from the bunch of CO2. Each question carries 5 mark. (5x1=5)

16. Elaborate on the thought action strategies of managing emotions. [CO2,Analyse]
17. Explain the Broaden-and-Build Theory of Positive Emotions. [CO2,Understand]

Part B

Answer any 1 question from the bunch of CO3. Each question carries 5 mark. (5x1=5)

18. Explain the various steps in decision making. [CO3,Understand]
19. Explain the various decision-making biases. [CO3,Remember]