

**CARMEL COLLEGE OF ARTS, SCIENCE & COMMERCE FOR WOMEN,  
NUVEM-GOA  
SEMESTER END EXAMINATION, JANUARY 2022**

<b>Semester: V</b>	<b>Course name &amp; Code: PSC107 Positive Psychology</b>	
<b>Total marks: 80</b>	<b>Date:</b>	<b>Duration: 2 Hrs</b>
		<b>Total No of pages: 1</b>

**Instructions:** : 1. All questions are compulsory  
2. Figures to the right indicate marks

- Q1. Write short notes on **ANY 4** of the following- (4 x 4 = 16 mks)
1. Disease model of psychology.
  2. Goals of psychology
  3. The Paradox of affluence
  4. Key features of the broaden and build theory.
  5. Seligman's three components of happiness.
  6. Differences between 'flow' and 'savoring' of life experiences.
- Q2. . Write short notes on **ANY 4** of the following- (4 x 4 = 16 mks)
1. Any 1 theory of self –control.
  2. Wisdom as a fundamental virtue.
  3. Factors that promote successful aging.
  4. Characteristics of gainful employment.
  5. The role of self- efficacy in life arenas.
  6. The dark side of using human capital.
- Q3. A. Compare and contrast between the eastern and western Perspectives. (12 mks)
- OR**
- Q3. B. What is trauma? Discuss the effects of trauma. (12 mks)
- Q4. A. Discuss the contours of a positive life. (12 mks)
- OR**
- Q4. B. Define resilience. Discuss the sources of resilience in children. (12 mks)
- Q5. A. What is optimism? Discuss the benefits of optimism in detail. (12 mks)
- OR**
- Q5. B. Analyze the SOC model of effective life management. (12 mks)
- Q6. A. Analyze the various styles of religious coping. (12 mks)
- OR**
- Q6. B. Examine the work factors that produce a sense of gainful employment.