

**CARMEL COLLEGE OF ARTS, SCIENCE & COMMERCE FOR WOMEN,
NUVEM-GOA**

SEMESTER END EXAMINATION, JUNE 2022

Semester: II OF BA

Course Title: Psychology and Life Adjustment Course Code: PSS102

Total marks: 80 Date: Duration: 2 hours Total No of pages: 02

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

Q. 1 A. Write short notes on ANY TWO (2x5=10 marks)

- 1) Factors not very important for happiness
- 2) SWOT analysis
- 3) Accurate perception of reality

Q.1 B. Answer ANY ONE (1x10=10 marks)

- 1) Highlight the different ways to enhance self-esteem
- 2) Elucidate Gail Sheehy 10 Hallmarks of well-being

Q. 2 A. Write short notes on ANY TWO (2x5=10 marks)

- 1) Gender stereotypes
- 2) Mindfulness
- 3) Listening and speaking as art of communication

Q.2 B. Answer ANY ONE (1x10=10 marks)

- 1) Discuss your views on individual differences with respect to sexuality?
- 2) Elucidate with examples the consequences of divorce?

Q.3 A. Write short notes on ANY TWO (2x5=10 marks)

- 1) Three elements of emotions
- 2) Complex emotions
- 3) Facial-feedback theory

Q. 3 B. Answer ANY ONE

(1x10=10 marks)

- 1) Compare the Cannon-Bard theory with James-Lange theory of emotions?
- 2) Elaborate the process of 'Death and Dying' with the help of Elisabeth Kubler-Ross?

Q.4 A. Write short notes on ANY TWO

(2x5=10 marks)

- 1) Sharing responsibilities
- 2) Specific emotions
- 3) Exposure therapy

Q. 4 B. Answer ANY ONE

(1x10=10 marks)

- 1) Examine and discuss the personal characteristics and family influence when it comes to choosing a career?
- 2) What are some of the sources of career information? Highlight some of the important information one should know before choosing an occupation?