

DKM COLLEGE FOR WOMEN (AUTONOMOUS),VELLORE-1.

DEPARTMENT OF PSYCHOLOGY

POSITIVE PSYCHOLOGY

UNIT – I

2 Marks Questions

1. Define positive psychology.
2. Define individualism.
3. Define collectivism.
4. Define fortitude.
5. Define gratitude.
6. Define transcendence.
7. Define temperance
8. Define nirvana.
9. Differentiate individualism and collectivism.
10. Differentiate western and eastern perspectives.
11. List out the eastern perspectives.
12. List out the western perspectives.

5 Marks Questions

1. Distinguish eastern and western perspectives with suitable examples.
2. Explain Judeo- Christianity in context of positive psychology.
3. Explain Athenism in context of positive psychology.
4. Brief the development of positive psychology.
5. Confucianism- explain.

10 Marks Questions

1. Discuss the eastern perspectives in detail.
2. Write an essay on western perspectives.
3. Enlist the 40 developmental assets and explain it.
4. Explain the via classification of strengths.
5. Write in detail about Gallup's Clifton strength finder.

UNIT – II

2 Marks Questions

1. What are the components of successful aging?
2. Define resilience.

3. Enlist the six tasks of adult development.
4. Write any four strategies for promoting resilience in elderly.
5. What are the protective factors for resilience in context with education?
6. What are the programs available for positive youth development?

5 Marks Questions

1. Elaborate the strategies for promoting resilience in children and youth
2. Write about resilience and the characteristics of a resilient person.
3. What is culture free positive psychology?
4. What is culture embedded positive psychology?
5. Differentiate culture free and culture embedded positive psychology.
6. What are the protective factors for resilience in children and youth in context with family relationship?
7. What are the protective factors for resilience in children and youth in context with Education?
8. What are the stages of life and its needed accomplishment?

10 Marks Questions

1. Write in detail about developing strengths.
2. Detail the concept 'living well in a cultural context'.
3. Write an essay on 'living well at every stage of life'.
4. Explain in detail about positive youth development.
5. What are the 9 positive outcomes of healthy development and discuss the programs that work on positive youth development?

UNIT -III

2 Marks Questions

1. Define positive affects.
2. Define affect.
3. What are the types of affects?
4. List down any four positive affects.
5. List down any four negative affects.
6. What are the basic principles of pleasure?
7. What are the components of pleasure?
8. Define emotion.
9. Define positive emotions.
10. What are the types of emotions?
11. What is the difference between primary emotions and secondary emotions?
12. List down any four primary emotions.

13. List down any four secondary emotions.
14. Define happiness.
15. Define well-being.
16. What are the types of well-being?
17. Define emotion focused coping.
18. What is emotional intelligence?
19. What are the characteristics of an emotionally intelligent person?
20. What are the uses of EI?
21. What is emotional story telling?
22. What are the strategies used in emotional story telling?
23. Define emotional contagion.

5 Marks Questions

1. Brief emotional story telling.
2. Write short note on happiness.
3. Brief emotional intelligence.
4. Write about positive affect.
5. Happiness and well-being show the difference.
6. Explain about positive emotions.
7. Differentiate positive affect and positive emotions.
8. Emotional focused coping- elaborate.
9. What is known as social emotional selectivity?

10 Marks Questions

1. Write about emotional intelligence in detail.

UNIT – IV

2 Marks Questions

1. Define self efficacy.
2. Write any four scales of self efficacy.
3. Define hope.
4. What are the components of hope?
5. Define wisdom.
6. What is known as learned optimism?
7. Define courage.
8. What are the types of courage?
9. Define mindfulness.
10. Define flow.
11. Define spirituality.

12. What are the types of spirituality?

5 Marks Questions

1. Components of hope- brief.
2. What are the characteristics of a person with wisdom?
3. Explain the mindfulness technique.
4. What are the components of self- brief.
5. What are the characteristics of flow?
6. What is the neurobiology of hope?
7. Explain learned optimism and its process.
8. What are the scales of self efficacy?

10 Marks Questions

1. Write in detail about the concept of self efficacy and its scales.
2. Write an essay on wisdom and courage.
3. What is mindfulness, what are the techniques of mindfulness detail.
4. What is a 'flow' experience , write in detail.
5. Spirituality- discuss in detail.

UNIT – V

2 Marks Questions

1. Define primary prevention.
2. Define secondary prevention.
3. Define balanced conceptualization.
4. Define primary enhancement.
5. Define secondary enhancement.

5 Marks Questions

1. Prevent the bad and enhance the good explain.
2. Balanced conceptualization brief.

10 Marks Questions

1. Detail primary and secondary prevention for children.
2. Detail primary and secondary prevention for elderly.
3. Write about primary and secondary enhancement for children.
4. Write about primary and secondary enhancement for elderly.