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D.K.M. COLLEGE FOR WOMEN (AUTONOMOUS), VELLORE – 1
SEMESTER EXAMINATIONS
APRIL – 2016 **NPS4A**
PSYCHOLOGY OF ADJUSTMENT - II

Time: 2 Hrs

Max. Marks: 50

SECTION – A (10 X 2 =20)

Answer ALL the questions.

1. List any four important considerations in choosing an occupation.
2. Write any five essential information about occupations, that people seek.
3. Write about Holland's model of career development.
4. What is job stress?
5. What are the health risks and determinants of obesity?
6. List out few drugs that harm human life.
7. What are the various types of stress?
8. What is frustration?
9. What is positive talk?
10. What is goal setting?

SECTION – B (3 X 10 =30)

Answer any THREE of the following questions.

11. How does personal characteristics and family influences in choosing an occupation?
12. Explain Work – related trends.
13. Write the effects of various drugs.
14. How do you respond to stress?
15. Explain various types of stress Management techniques.

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