



U7575

Reg. No.:

Name:.....

**University of Kerala**

First Semester Degree Examination, November 2024

Four Year Under Graduate Programme

Discipline Specific Core Course

PSYCHOLOGY

UK1DSCPSY100- FOUNDATIONS AND METHODS OF PSYCHOLOGY

Academic Level: 100-199

Time: 1½ hours

Max.Marks: 42

Part A.

Answer All Questions, Objective Type. 1 Mark Each.

(Cognitive Level: Remember/Understand) 6 Marks. Time: 6 Minutes

Qn.No.	Question	Cognitive Level	Course Outcome (CO)
1.	Select the option that best summarizes the empiricist approach. a. Knowledge comes from reason and innate ideas b. Mind and body are separate entities c. The mind shapes reality but also acknowledges an independent realm d. Knowledge comes from experience and observation	Remember	CO-1
2.	Which principle requires researchers to minimize harm to participants? a. Beneficence b. Autonomy c. Non-maleficence d. Justice	Remember	CO-1
3.	Identify the Psychological method ideal for studying a person with a rare neurological disorder a. Quasi Experiment b. Observational Method c. Case Study d. Survey Method	Understand	CO-1
4.	_____are conditions that are altered or varied by the experimenter a. Extraneous Variables b. Dependent Variables c. Confound Variables d. Independent Variables	Understand	CO-1
5.	Who is credited with establishing the first Psychology laboratory? a. Wilhelm Wundt b. William James c. Sigmund Freud d. B. F. Skinner	Understand	CO-1
6.	Recognize the phenomenon that occurs when people give high credibility to general descriptions that could apply to anyone. a. Forer Effect	Understand	CO-1

	b. Barnum Effect c. Halo Effect d. Confirmation Bias		
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Part B.

Answer All Questions, Two-Three sentences. 2 Marks Each.
(Cognitive Level: Understand/Apply) 8 Marks. Time: 24 Minutes

Qn.No.	Question	Cognitive Level	Course Outcome (CO)
7.	Differentiate deception and debriefing in research ethics.	Understand	CO-2
8.	Explain the cognitive approach to psychology.	Understand	CO-1
9.	Outline the key differences between Clinical Psychology and Counseling Psychology in addressing mental health concerns.	Apply	CO-3
10.	Explain the impact of placebo effect and availability heuristics in distorting psychological research findings.	Apply	CO-2

Part C

Answer all 4 questions, choosing among options within each.
Long Answer. 7 Marks Each.
(Cognitive Level: Apply/Analyze/Evaluate/Create) 28 Marks. Time: 60 Minutes

Qn.No.	Question	Cognitive Level	Course Outcome (CO)
11	a. Propose a set of ethical guidelines for a new psychological research study that involves sensitive topics. OR b. What are the 'levels of explanation' in psychology? Try to explain a person's trait of extraversion at different levels. Demonstrate a reductionist explanation of this trait and discuss the limitations of that explanation.	Apply	CO4 &1
12	a. Critically examine any three popular pseudopsychologies and debunk each of them. Explain their popular acceptance. Suggest ways to overcome their ill effects. OR b. Discuss the unifying themes of Psychology.	Analyze	CO4&1
13	a. Evaluate the significance of cultural heritage in shaping individual behavior, particularly in the context of collectivistic versus individualistic cultures. OR b. Evaluate the role of critical thinking in improving psychological outcomes and ethical practices.	Evaluate	CO3,2&5
14	a. Evaluate the various non-experimental methods used in psychological research and provide examples. OR b. Explain how family, society, and culture can influence individual behavior. Provide examples to illustrate your points.	Evaluate	CO2 &3



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PSYCHOLOGY

UK1DSCPSY101- FUNDAMENTALS OF PSYCHOLOGY

Academic Level: 100-199

Time: 1½ hours

Max.Marks: 42

Part A.

Answer All Questions, Objective Type. 1 Mark Each.

(Cognitive Level: Remember/Understand) 6 Marks. Time: 6 Minutes

Qn.No.	Question	Cognitive Level	Course Outcome (CO)
1.	Which of the following demonstrates that psychology is not simply common sense? a) The use of intuition in making decisions b) The reliance on empirical research and systematic observation c) Relying on personal anecdotes as evidence d) Making assumptions based on cultural beliefs	Remember	CO-1
2.	Which of the following statements best describes the difference between correlation and causation? a) Correlation means one variable causes the other, while causation means they are related. b) Correlation shows a relationship between variables, but causation implies one variable causes the other. c) Correlation and causation are essentially the same. d) Causation can only be determined by correlation.	Remember	CO-1
3.	An industrial/organizational psychologist would most likely work in: a) Clinical settings b) Educational institutions c) Corporate environments d) Sports organizations	Understand	CO-1
4.	Subjectivity of experience in psychology refers to: a) The use of personal bias in scientific research b) How individuals perceive and interpret experiences uniquely c) Ignoring empirical evidence d) Accepting information at face value	Understand	CO-1
5.	Psychology's primary focus is on: a) Societal change b) Predicting future events	Understand	CO-1

	c) Understanding and explaining behavior d) Physical health		
6.	The Gestalt approach to psychology focuses on: a) Understanding human culture b) Treating mental illness c) Perceiving objects as whole patterns d) Reducing complex behavior into simpler parts	Understand	CO-1

Part B.

Answer All Questions, Two-Three sentences. 2 Marks Each.
(Cognitive Level: Understand/Apply) 8 Marks. Time: 24 Minutes

Qn.No.	Question	Cognitive Level	Course Outcome (CO)
7.	Describe the goals of psychology.	Understand	CO-1
8.	Recall two common sources of bias in an experiment.	Understand	CO-1
9.	Explain how do pseudo psychologies affect vulnerable populations.	Apply	CO-5
10.	Define developmental psychology and give an example of its research focus.	Apply	CO-5

Part C

Answer all 4 questions, choosing among options within each.
Long Answer. 7 Marks Each.

(Cognitive Level: Apply/Analyze/Evaluate/Create) 28 Marks. Time: 60 Minutes

Qn.No.	Question	Cognitive Level	Course Outcome (CO)
11	(a) What is the scientific method, and why is it essential in psychological research? Describe the main steps involved in conducting a scientific investigation. OR	Apply	CO-1
	(b) Explain how researchers use correlation technique to study relationship between two or more variables	Apply	CO-3
12	(a) Analyze the themes related to psychology as a field of study. OR	Analyze	CO-3
	(b) Explain the characteristics of the experimental method in psychology, including variables, control groups, and biases. Why is control important in an experiment?	Analyze	CO-3
13	(a) Explain the characteristics of the experimental method in psychology, including variables, control groups, and biases. Why is control important in an experiment? OR	Evaluate	CO-5
	(b) Explain the importance of critical thinking in psychological practice. Discuss guidelines for developing critical thinking skills in psychology.	Evaluate	CO-5
14	(a) Appraise the interdisciplinary nature of psychology OR	Evaluate	CO-3
	(b) Describe the basic psychological processes of behavior, emotion, and cognition. Provide examples to illustrate each process.	Evaluate	CO-4



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UK1DSCPSY101- FUNDAMENTALS OF PSYCHOLOGY
Academic Level: 100-199

Time: 1½ hours

Max.Marks: 42

Part A.

Answer All Questions, Objective Type. 1 Mark Each.
(Cognitive Level: Remember/Understand) 6 Marks. Time: 6 Minutes

Qn. No.	Question	Cognitive Level	Course Outcome (CO)
1.	Which of the following is a key characteristic of scientific inquiry in psychology? A) Reliance on intuition B) Subjectivity C) Empirical evidence D) Philosophical speculation	Remember	CO1
2.	Which psychological approach emphasizes observable behaviors? A) Psychoanalysis B) Cognitive psychology C) Behaviorism D) Humanistic approach	Remember	CO1
3.	The humanistic approach emphasizes which of the following? A) Conditioning and reinforcement B) Unconscious conflicts C) Self-actualization and personal growth D) Information processing	Remember	CO1
4.	The ethical principle of ____ ensures that participants are fully informed about the study's purpose and procedures.	Remember	CO4
5.	The theory that emphasizes understanding how people perceive whole forms rather than just the sum of their parts is called	Remember	CO1
6. psychology primarily focuses on processes such as thinking, memory, and problem-solving.	Remember	CO1

Part B.

Answer All Questions, Two-Three sentences. 2 Marks Each.
(Cognitive Level: Understand/Apply) 8 Marks. Time: 24 Minutes

Qn. No.	Question	Cognitive Level	Course Outcome (CO)
7.	Describe the basic psychological processes of behavior, emotion, and cognition.	Understand	CO2
8.	Describe how cultural heritage influences behavior and cognition, using the Michigan fish spotting experiment as an example.	Apply	CO1
9.	Explain the Barnum Effect with an example.	Apply	CO2
10.	Explain the role of ethics in psychological research.	Apply	CO4

Part C

Answer all 4 questions, choosing among options within each. Long Answer. 7 Marks Each.
(Cognitive Level: Apply/Analyze/Evaluate/Create)
28Marks. Time: 60 Minutes

Qn. No.	Question	Cognitive Level	Course Outcome (CO)
11.	<p>A) Illustrate the acceptance of pseudo-psychologies and explain the role of uncritical acceptance, positive instances, and the Barnum Effect.</p> <p style="text-align: center;">OR</p> <p>B) Explain the interdisciplinary nature of psychology, using examples from behavioral economics, artificial intelligence, and art and media.</p>	Apply	CO1
12.	<p>A) Explain the origins of psychology and discuss the major milestones in the development of modern psychology.</p> <p style="text-align: center;">OR</p> <p>B) Describe the major professional specialties in psychology and their roles in addressing different psychological needs.</p>	Apply	CO1
13	<p>A) Describe the ethical principles in psychological research and explain their importance in ensuring the well-being of participants.</p> <p style="text-align: center;">OR</p> <p>B) What are the 'levels of explanation' in psychology? Try to explain a person's trait of anxiety at different levels. Demonstrate a reductionist explanation of this trait and discuss the limitations of that explanation.</p>	Evaluate	CO4
14	<p>A) Distinguish between experimental and non-experimental methods in psychological research, giving examples.</p> <p style="text-align: center;">OR</p> <p>B) Explain the steps in scientific investigation and analyze their significance in psychological research.</p>	Evaluate	CO5



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PSYCHOLOGY

UK1DSCPSY102- PSYCHOLOGY FOR PERSONAL GROWTH

Academic Level: 100-199

Time: 1½ hours

Max.Marks: 42

Part A.

Answer All Questions, Objective Type. 1 Mark Each.

(Cognitive Level: Remember/Understand) 6 Marks. Time: 6 Minutes

Qn.No.	Question	Cognitive Level	Course Outcome (CO)
1.	The nurturing comforting and soothing aspect of self-compassion is called A. Yang B. Yin C. Flow D. Mindfulness	Remember	CO1
2.	Who recognized and named the concept of psychological flow A. Abraham Maslow B. Mihaly Csikzentmihalyi C. Albert Bandura. D. William Glasser	Remember	CO1
3.	Which aspect is central to personal growth? A. Material wealth and possessions B. Social status and influence C. Self-awareness and emotional intelligence D. Physical strength and endurance	Understand	CO2
4.	Feeling a connection with the person who is suffering is called A. Mindfulness B. Empathy C. Sympathy D. Self compassion	Understand	CO2
5.	Which of the following term refers to being aware of moment-to-moment experience in a clear and balanced manner? a. Flow b. Mindfulness c. Self-kindness d. Gratitude	Understand	CO1
6.	Identify the esteem need. A. Food B. Friendship C. Competence D. Job	Understand	CO1

Part B.

Answer All Questions, Two-Three sentences. 2 Marks Each.
(Cognitive Level: Understand/Apply) 8 Marks. Time: 24 Minutes

Qn. No.	Question	Cognitive Level	Course Outcome (CO)
7.	Discuss Glasser's choice theory.	Understand	CO2
8.	What are the core characteristics of FLOW state?	Understand	CO2
9.	"Humans are not mere input-output systems"- Support the statement with the help of the theory of Agentic Self.	Apply	CO3
10.	Prepare a note on Self-appreciation.	Apply	CO3

Part C

Answer all 4 questions, choosing among options within each. Long Answer. 7 Marks Each.
(Cognitive Level: Apply/Analyze/Evaluate/Create) 28Marks. Time: 60 Minutes

Qn. No.	Question	Cognitive Level	Course Outcome (CO)
11.	a. Describe the characteristic features of a fully functioning person. OR b. How to utilize strength-based approaches to enhance relationship?	Apply	CO3
12.	a. Describe Maslow's Need Hierarchy theory. OR b. Discuss the importance of flourishing and optimism in enhancing Personal Growth.	Analyze	CO4
13.	a. Define compassion. Discuss the six main components of compassion. OR b. Convince the significance of focusing on positive emotions with the help of Fredrickson's Broaden and Build theory.	Evaluate	CO4
14.	a. Describe the ROAD MAP framework to build character strength capacity. OR b. Explain the Posttraumatic Growth theory of Tedeschi and Calhoun.	Understand	CO2



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UK1DSCPSY102- PSYCHOLOGY FOR PERSONAL GROWTH

Academic Level: 100-199

Time: 1½ hours

Max.Marks: 42

Part A.

Answer All Questions, Objective Type. 1 Mark Each.

(Cognitive Level: Remember/Understand) 6 Marks. Time: 6 Minutes

Qn.No.	Question	Cognitive Level	Course Outcome (CO)
1.	Select the option that correctly represents the elements of self-compassion (a) Self-appreciation, Common humanity, Mindfulness (b) Self-kindness, Gratitude, Mindfulness (c) Self-kindness, Common humanity, Mindfulness (d) Self-appreciation, Common humanity, Gratitude	Remember	CO-3
2.	Name the theorist who is associated with the concept of 'individuation'	Remember	CO-1
3.	Identify the virtue that is linked to the character strength of perseverance. (a) Courage (b) Justice (c) Wisdom (d) Transcendence	Understand	
4.	Give the term which refers to the positive psychological change that some individuals experience after a highly challenging or traumatic event.	Understand	CO-1
5.	Identify the instance of underusing the character strength of creativity in an academic setting. (a) Trying new project ideas (b) Always following the same presentation style (c) Discussing ideas with classmates (d) Exploring new study techniques	Understand	
6.	<i>Indicate whether the following statement is true or false.</i> Flow can be achieved by multitasking and dividing our attention among many activities.	Understand	CO-1

Part B.

Answer All Questions, Two-Three sentences. 2 Marks Each.
(Cognitive Level: Understand/Apply) 8 Marks. Time: 24 Minutes

Qn.No.	Question	Cognitive Level	Course Outcome (CO)
7.	Distinguish between empathy and perspective-taking.	Understand	
8.	Discuss Bandura's idea of the agentic self.	Understand	CO-1
9.	Identify your top two character strengths and describe how you can use them in a group project to enhance teamwork.	Apply	
10.	Choose two specific activities or practices that contribute to your happiness, and explain how you will incorporate them into your routine.	Apply	

Part C

Answer all 4 questions, choosing among options within each. Long Answer. 7 Marks Each.
(Cognitive Level: Apply/Analyze/Evaluate/Create) 28Marks. Time: 60 Minutes

Qn.No.	Question	Cognitive Level	Course Outcome (CO)
11.	<p>a. Illustrate using examples how practicing gratitude in interpersonal relationships helps a person grow.</p> <p>OR</p> <p>b. A person wants to enhance their character strengths in the context of their workplace. Explain how the ROAD MAP framework can help them to achieve this goal.</p>	Apply	
12.	<p>a. Compare the concepts of flow and posttraumatic growth, in relation to their significance in an individual's personal growth.</p> <p>OR</p> <p>b. Examine the role of self-compassion in dealing with difficult emotions such as anger, sadness, or fear.</p>	Analyze	CO-1
13.	<p>a. Evaluate how important self-actualization is for personal growth in today's society.</p> <p>OR</p> <p>b. Assess the effectiveness of strengths-based approaches in improving relationship dynamics.</p>	Evaluate	CO-1
14.	<p>a. Design a simple game or activity that helps students practice empathy in their daily lives.</p> <p>OR</p> <p>b. Imagine you are giving a talk to a group of students about overcoming self-criticism. Prepare the outline for the talk introducing the concept of self-compassion and detailing tips to practice self-compassion in their daily lives.</p>	Create	