



Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University under Category 'A' by MHRD, Estd. u/s 3 of UGC Act 1956)
Re-accredited with A+ +Grade by NAAC. Recognised by UGC Under Section 12B
Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment II-April 2025
Semester II

Class: I PG
Major: MBA, MBA (IT), M.Com ,M.A.Economics,
M.Sc.Clinical Psychology,M.Sc.Clinical
Embryology

Time: 2 hrs
Max. Marks: 60

23MAPI01 Positive Psychology

CO 1: Identify and classify positive emotions, measuring emotions, effects and obstacles of happiness

CO 2: Delineate and evaluate intrinsic motivation, meta-motivational states, reversal theory, flow and its implications

CO 3: Recognise and appraise the neuro-biology of hope, optimism and emotional intelligence

CO 4: Identify and classify giftedness, creativity and wisdom

CO 5: Predict and analyze positive traits, motives and self-efficacy

Part – A

Choose the correct answer 6 x 1 = 6

- 1.The component of emotional intelligence involves understanding and managing one's own emotions?
A) Self-awareness B) Social skills C) Empathy D) Motivation CO3K1
- 2.Creativity is best described as CO4 K1
A) The ability to memorize large amounts of information
B) The process of generating novel and useful ideas
C) The capacity to follow established patterns without deviation
D) The ability to recall past events with accuracy
3. Wisdom is distinguished from intelligence in CO4 K2
A) Wisdom is purely innate, while intelligence is learned.
B) Wisdom involves applying knowledge and experience, whereas intelligence is about raw cognitive ability.
C) Wisdom and intelligence are synonymous terms.
D) Wisdom is only attainable through formal education, whereas intelligence is not.
4. A characteristic associated with creativity is CO4 K1
A) Rigid thinking and adherence to established norms
B) Repetition of previous ideas without innovation
C) Open-mindedness and willingness to explore new possibilities
D) Avoidance of ambiguity and uncertainty
5. An example of a defense mechanism according to Freudian psychoanalytic theory CO5 K1
A) Rationalization B) Self-actualization C) Self-transcendence D) Mindfulness
- 6.**Self-efficacy refers to:** CO5 K2
A) A person's belief in their ability to succeed in specific situations
B) The general intelligence level of an individual
C) The extent to which a person relies on external validation
D) The ability to suppress emotions effectively

Part B

Answer the following

Answer should not exceed 200 words or one page

- 7.a.Differentiate emotional intelligence and emotional competence 3x5=15
CO3 K3
(Or)
- 7.b.Describe the characteristics of gifted child CO4 K2
- 8.a.Analyze the utility of high creativity across various fields CO4 K2
(Or)
- 8.b. Explore the significance of wisdom CO4K4
- 9.a.Discuss the ways of enhancing self efficacy CO5 K2
(Or)
- 9.b.Explain personal strengths CO5 K2

