

# School of Liberal Arts

Applied Psychology

ETE - May 2023

Time : 3 Hours

Marks : 50

## Sem IV - PSY6031 - Positive Psychology

*Your answer should be specific to the question asked*

*Draw neat labeled diagrams wherever necessary*

1. Discuss the importance of resilience in promoting well-being. K1 CO1 (2)
2. Illustrate some of the most effective positive psychology interventions, such as gratitude practices, strengths-based interventions, and mindfulness-based practices. K2 CO2 (2)
3. Analyze the role of social support in promoting well-being. K3 CO3 (2)
4. Organizations can use positive psychology interventions to promote employee well-being and productivity in the workplace. Analyze the statement. K4 CO4 (2)
5. Define positive psychology and its difference from traditional psychology. K4 CO5 (2)
6. Illustrate how positive psychology principles can be applied in various settings, such as the workplace, education, and healthcare, to promote well-being and positive outcomes? K3 CO1 (5)
7. Analyze the future of positive psychology, and how might the field continue to evolve and develop in the years to come? K4 CO2 (5)
8. Appraise three things that you are grateful for today? How can you cultivate a sense of gratitude in your daily life? K5 CO5 (6)
9. Recommend some ways that the consciousness approach and spirituality can contribute to life satisfaction and fulfillment. K4 CO3 (8)
10. Critically evaluate an area of your life where you would like to experience personal growth, such as developing a new skill or building stronger relationships. What steps can you take to achieve this growth, and how can you draw on your strengths and positive emotions to support you along the way? K5 CO4 (8)
11. Appraise the character strengths that you used to overcome a challenge you faced recently in your life. Also, explain how you can continue to build on these strengths? K6 CO5 (8)