



UNIVERSITY OF NORTH BENGAL
B.A. Honours 1st Semester Examinations, 2018

North Bengal St. Xavier's College
Library
Rajganj, Post Box No.-1
Pin.- 735134, Dist.- Jalpaiguri

GE-PSYCHOLOGY

Time Allotted: 2 Hours

Full Marks: 60

*The figures in the margin indicate full marks.
Candidates should answer in their own words and adhere to the word limit as practicable.*

**The question paper contains GE-I & GE-II. The candidates are required to answer any one from the two courses.
Candidates should mention it clearly on the answer book.**

GE-I

GENERAL PSYCHOLOGY

GROUP-A

1. Answer any **two** questions from the following: 12×2 = 24
- (a) Define psychology. Explain the different cognitive processes involved in Psychology. 2+10
- (b) What is verbal and nonverbal test of intelligence? Discuss any one verbal test of intelligence. 4+8
- (c) Define cognitive development. Explain the Kohlberg theory of moral development. 4+8
- (d) Write the application of psychology in the field of Health. 12

GROUP-B

2. Answer any **four** questions from the following: 6×4 = 24
- (a) What is emotion? Distinguish between positive and negative emotion. 2+4
- (b) Discuss in brief the Freudian psychoanalysis theory of personality. 6
- (c) Write any two stages of Piaget's theory. 3+3
- (d) Explain the two factors theory of spearman. 6
- (e) Write the humanistic theory of personality. 6
- (f) Describe the nature of psychology. 6

GROUP-C

3. Answer any **four** questions from the following: 3×4 = 12
- (a) Write any 3 stages of psycho social development of Erikson. 3
- (b) Define a reinforcer with its types. 3
- (c) Explain emotional intelligence properly. 3
- (d) What are the applications of psychology? 3



UNIVERSITY OF NORTH BENGAL
B.A. Honours 1st Semester Examination, 2019

GE1-PSYCHOLOGY

Time Allotted: 2 Hours

Full Marks: 60

*The figures in the margin indicate full marks.
Candidates should answer in their own words and adhere to the word limit as practicable.
All symbols are of usual significance.*

**The question paper contains GE1A and GE1B.
Candidates are required to answer any *one* from the *two* Parts and
they should mention it clearly on the Answer Book.**

GE1A

GENERAL PSYCHOLOGY

GROUP-A

1. Answer any **two** questions from the following: 12×2 = 24
- (a) Is Psychology is a science of behaviour? – Discuss. 12
 - (b) Define intelligence. Discuss the intelligence theory of Sternberg. 2+10
 - (c) Describe the different stages developed by Piaget in his cognitive theory. 12
 - (d) Discuss in details the humanistic theory of personality. 12

GROUP-B

2. Answer any **four** questions from the following: 6×4 = 24
- (a) Motivation is the heart of learning. – Discuss.
 - (b) Discuss about the assessment of intelligence.
 - (c) Write the educational implication of Freudian psychoanalysis theory.
 - (d) Explain the emotional intelligence with example. 4+2
 - (e) Discuss the first two stages of moral development by Kohlberg.
 - (f) What is memory? Discuss the different stages of memory. 1+5

GROUP-C

3. Answer any **four** questions from the following: 3×4 = 12
- (a) Write differences between positive and negative emotions.
 - (b) Define mental health.
 - (c) Discuss about motivation.



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UNIVERSITY OF NORTH BENGAL
B.A. Honours 1st Semester Examination, 2022

GE1-P1-PSYCHOLOGY

Time Allotted: 2 Hours

Full Marks: 60

*The figures in the margin indicate full marks.
Candidates should answer in their own words and adhere to the word limit as practicable.*

**The question paper contains GE-1(A) and GE-1(B).
Candidates are required to answer any *one* from the *two* papers and
they should mention it clearly on the Answer Book.**

GE-1(A)

GENERAL PSYCHOLOGY

GROUP-A

Answer any *two* questions from the following

12×2 = 24

1. Define psychology. Review the nature and fields of psychology. 4+8
2. What is intelligence? Summarize the theory of intelligence as explained by Howard Gardner. 4+8
3. Discuss in depth the theory of Piaget's Cognitive Development. 12
4. Explain the theory of Psycho-social development by Erikson. 12

GROUP-B

Answer any *four* questions from the following

6×4 = 24

5. Write a note on the types of motivation. 6
6. Explain: (a) Cognitive Psychology; (b) Counselling Psychology. 3+3
7. Define emotion and its types with examples. 6
8. Outline the applications of psychology in any two major fields. 6
9. Summarize the theory of Moral development by Kohlberg. 6
10. Compare the type and trait theory of personality. 6

GROUP-C

Answer any *four* questions from the following

3×4 = 12

11. Define emotional intelligence. 3
12. What is g-factor of intelligence? 3

- | | | |
|-----|---------------------------------------|---|
| 13. | Write about existential intelligence. | 3 |
| 14. | What is the 'id'? | 3 |
| 15. | Differentiate between IQ and EQ. | 3 |
| 16. | What is forgetting? | 3 |

GE-1(B)

EDUCATIONAL PSYCHOLOGY

GROUP-A

Answer any *two* questions from the following

12×2 = 24

- | | | |
|----|--|-----|
| 1. | Define educational psychology. Write a note on the scope of educational psychology. | 4+8 |
| 2. | Illustrate the characteristics of effective teachers with suitable examples. | 12 |
| 3. | Write in depth about the cognitive and humanistic perspective of learning. | 12 |
| 4. | Compose a classroom lesson plan using the behaviouristic perspective of learning and building on effective teaching. | 12 |

GROUP-B

Answer any *four* questions from the following

6×4 = 24

- | | | |
|-----|---|---|
| 5. | Explain the nature and relevance of educational psychology. | 6 |
| 6. | Write a note on social perspective of learning. | 6 |
| 7. | Discuss the various teaching methods. | 6 |
| 8. | Elucidate the responsibilities of teachers towards learners with special needs. | 6 |
| 9. | Discuss the importance of classroom management. | 6 |
| 10. | Explain how you can use operant conditioning in motivating learning. | 6 |

GROUP-C

Answer any *four* questions from the following

3×4 = 12

- | | | |
|-----|---|---|
| 11. | What is special education? | 3 |
| 12. | Define classroom management. | 3 |
| 13. | Explain exceptionality. | 3 |
| 14. | Who is an effective teacher? | 3 |
| 15. | Give a few examples of management problems. | 3 |
| 16. | What is the nature of educational psychology? | 3 |

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UNIVERSITY OF NORTH BENGAL

B.A. Major 1st Semester Examination, 2023

UPSYMAJ11001-PSYCHOLOGY

INTRODUCTION TO PSYCHOLOGY

Time Allotted: 2 Hours

Full Marks: 40

*The figures in the margin indicate full marks.
Candidates are required to answer in their own words as practicable.*

GROUP-A

Answer any *two* from the following

10×2 = 20

1. Trace the early schools of psychology and briefly discuss the major branches of psychology. 5+5
2. Define perception. Discuss the various principles of perceptual organization. 2+8
3. Discuss the principles and schedules of reinforcement of operant conditioning. 10
4. Define motivation. Explain any two major theories of motivation. 2+4+4

GROUP-B

Answer any *three* from the following

5×3 = 15

5. Write a note on nature of psychology. 5
6. Explain Broadbent's filter model of attention. 5
7. Discuss the information processing theory of memory. 5
8. Differentiate between James Lange and Cannon Bard's theory of emotion. 5
9. Briefly discuss the theory of the levels of processing. 5

GROUP-C

Write short notes on any *five* from the following

1×5 = 5

10. Nature of perception 1
11. Observational learning 1
12. Trial and error learning 1
13. Types of attention 1
14. Operant conditioning 1
15. Skills of a psychologist 1
16. Memory 1
17. Illusion. 1

—X—



সমানো মন্ত্র: সমিতি: সমানী

UNIVERSITY OF NORTH BENGAL

B.A. Sec 1st Semester Examination, 2023

UPSYSEC11001-PSYCHOLOGY

STRESS MANAGEMENT

Time Allotted: 2 Hours

Full Marks: 40

*The figures in the margin indicate full marks.
Candidates are required to answer in their own words as practicable.*

GROUP-A

Answer any two from the following

10×2 = 20

- | | |
|---|-----|
| 1. Define stress. Discuss its nature. | 4+6 |
| 2. Explain the various sources of stress. | 10 |
| 3. Elucidate on the effect of stress on health. | 10 |
| 4. Describe in detail any two methods of managing stress. | 5+5 |

GROUP-B

Answer any three from the following

5×3 = 15

- | | |
|--|---|
| 5. State the symptoms of stress. | 5 |
| 6. What are the environmental causes of stress? | 5 |
| 7. Elaborate on the physiological sources of stress. | 5 |
| 8. Write a short note on the effect of stress on the mind. | 5 |
| 9. Explain relaxation techniques as a method of stress management. | 5 |

GROUP-C

Write short notes on any five from the following

1×5 = 5

- | | |
|---|---|
| 10. Eustress | 1 |
| 11. Social source of stress | 1 |
| 12. Psychological source of stress | 1 |
| 13. Mindfulness | 1 |
| 14. Yoga | 1 |
| 15. Problem focused approach of stress management | 1 |
| 16. Emotion focused approach of stress management | 1 |
| 17. Meditation. | 1 |

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UNIVERSITY OF NORTH BENGAL

B.A. Honours 1st Semester Examination, 2023

GE1-P1-PSYCHOLOGY

Time Allotted: 2 Hours

Full Marks: 60

The figures in the margin indicate full marks.

**The question paper contains GE-1(A) and GE-1(B).
Candidates are required to answer any *one* from the *two* papers and
they should mention it clearly on the Answer Book.**

GE-1(A)

GENERAL PSYCHOLOGY

GROUP-A

Answer any *two* from the following

12×2 = 24

- | | | |
|----|---|----|
| 1. | Elaborate on the humanistic approach of psychology. | 12 |
| 2. | Examine Gardner's multiple theory of intelligence. | 12 |
| 3. | Write a note on Health Psychology. | 12 |
| 4. | Discuss the different types of emotion. | 12 |

GROUP-B

Answer any *four* from the following

6×4 = 24

- | | | |
|-----|--|-------|
| 5. | Elaborate on Gordon Allport's trait theory. | 6 |
| 6. | Why do you think does the society lack a basic understanding of mental disorder? | 6 |
| 7. | Explain cognitive processes. | 6 |
| 8. | Discuss id, ego and superego. | 2+2+2 |
| 9. | Examine the importance of psychology in the workplace. | 6 |
| 10. | Elucidate on the reliability and validity of the test. | 3+3 |

GROUP-C

Answer any *four* of the following

3×4 = 12

- | | | |
|-----|--|---|
| 11. | Distinguish between physiological needs and safety needs. | 3 |
| 12. | Define psychology. | 3 |
| 13. | What do you understand by the term mental health? | 3 |
| 14. | Mention the steps of Q-SORT. | 3 |
| 15. | Write a note on Trust vs. Mistrust and Autonomy vs. Shame. | 3 |
| 16. | What is conative process? | 3 |



সমাজে মন্ত্র: সন্নিহিত: সমানী

UNIVERSITY OF NORTH BENGAL

B.A. Minor 1st Semester Examination, 2023

UPSYMIN10001-PSYCHOLOGY

GENERAL PSYCHOLOGY

Time Allotted: 2 Hours 30 Minutes

Full Marks: 60

*The figures in the margin indicate full marks.
Candidates are required to answer in their own words as practicable.*

GROUP-A

Answer any *two* questions from the following

12×2=24

1. Define Psychology. Write down the applications of psychology in the field of Work and Education. 2+10
2. Explain in detail the theory of Self-Actualisation. 12
3. Explain in detail the Eysenck's Theory of Personality. 12
4. What is Intelligence? Explain in detail the theory of Multiple Intelligence by Harvard Gardner. 2+10

GROUP-B

Answer any *four* questions from the following

6×4=24

5. Explain operant conditioning with B.F. Skinner's famous rat experiment. 6
6. Outline the applications of Psychology in the field of Health and Environment. 6
7. What is Emotional Intelligence? How can an individual improve their EQ? 2+4
8. Briefly explain Two-factor Theory of Intelligence. 6
9. Discuss Kohlberg's theory of Moral Development. 6
10. Describe the nature of psychology. 6

GROUP-C

Answer any *four* questions from the following

3×4=12

11. Differentiate between Ectomorphic and Endomorphic type of personality. 3
12. What is problem solving behaviour? Write about one method of problem-solving. 1+2
13. What do you mean by decay theory of forgetting? 3
14. Differentiate between Id and Ego. 3
15. Write about conditioning with suitable example. 3
16. Differentiate between IQ and EQ. 3

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UNIVERSITY OF NORTH BENGAL
B.A. Minor/Dsc 1st Semester Examination, 2024

PSYLMIN101/PSYLDSC101-PSYCHOLOGY
GENERAL PSYCHOLOGY

Time Allotted: 2 Hours 30 Minutes

Full Marks: 60

The figures in the margin indicate full marks.
Candidates are required to answer in their own words as practicable.

GROUP-A**Answer any two from the following**

12×2 = 24

1. Define Psychology. Explain the different fields of Psychology. 2+10
2. Explain in detail the Topographical structure of mind and structure of mind in Psychology. 6+6
3. Outline classical conditioning as a behavioristic approach of psychology. 12
4. Discuss any two Psychodynamic theories of personality. 6+6

GROUP-B**Answer any four from the following**

6×4 = 24

5. What do you understand by the term observational learning? 6
6. Describe the Allport's theory of personality. 6
7. Explain Hippocrates type theory of personality. 6
8. Write a note on the defense mechanisms. 6
9. Explain the Spearman's theory of Intelligence. 6
10. Discuss the application of psychology in any *two* domains from the following: 3+3
 - (i) Work
 - (ii) Education
 - (iii) Health
 - (iv) Environment.

GROUP-C**11. Write short notes on any four from the following:**

3×4 = 12

- (a) Sheldon's Typology 3
- (b) Catell's Trait theory 3
- (c) Big Five Theory 3
- (d) Triarchic Theory of Intelligence 3
- (e) Archetypes 3
- (f) Personality. 3

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UNIVERSITY OF NORTH BENGAL
B.A. Major 2nd Semester Examination, 2024

UPSYMAJ12002-PSYCHOLOGY

Time Allotted: 2 Hours

Full Marks: 40

*The figures in the margin indicate full marks.
Candidates are required to answer in their own words are practicable.*

GROUP-A

Answer any *two* questions from the following

10×2 = 20

1. Explain in detail about the multiple intelligence theory. 10
2. Define Physiological Psychology and differentiate it from other branches of psychology. 2+8
3. Write a detailed note on psychosexual development by Sigmund Freud. 10
4. Write about the nature and scope of physiological psychology. 5+5

GROUP-B

Answer any *three* questions from the following

5×3 = 15

5. Write short notes of two factor theory of intelligence. 5
6. What is Psychodynamic theory? 5
7. Explain briefly about the tools of thinking. 5
8. Explain the central Nervous System. 5
9. Explain the Peripheral Nervous System. 5

GROUP-C

Answer any *five* questions from the following

1×5 = 5

10. What is Thinking? 1
11. What is a problem-solving behavior? 1
12. What is consciousness? 1
13. What is creativity? 1
14. Define intelligence. 1
15. Define physiological Psychology. 1
16. What are neurotransmitters? 1
17. What is synaptic transmission? 1

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UNIVERSITY OF NORTH BENGAL
B.A. Sec 2nd Semester Examination, 2024

UPSYSEC12002-PSYCHOLOGY

BEHAVIOUR MODIFICATION

Time Allotted: 2 Hours

Full Marks: 40

*The figures in the margin indicate full marks.
Candidates are required to answer in their own words as practicable.*

GROUP-A

Answer any two from the following

10×2 = 20

1. Define behaviour modification. Explain in detail any one theory of behaviour modification. 2+8
2. Describe the various characteristics of behaviour modification technique. 10
3. Why is rejection of hypotheses and measurement of behaviour change considered important in behaviour modification plans? 10
4. Write down the applications of behaviour modification. 10

GROUP-B

Answer any three from the following

5×3 = 15

5. List the steps involved while designing a behaviour modification programme. 5
6. Explain the principles of operant conditioning. 5
7. Outline some of the areas where behaviour modification can be applied. 5
8. Differentiate between fixed interval and variable interval with suitable examples. 5
9. What do you understand by positive reinforcement and negative reinforcement? 5

GROUP-C

Write short notes on any five from the following

1×5 = 5

10. “Time-out” technique 1
11. Tokens 1
12. Stimulus Discrimination 1
13. Reinforcement 1
14. Behaviour Excess 1
15. Premack Principle 1
16. Low Probable Behaviour 1
17. Behaviour. 1

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UNIVERSITY OF NORTH BENGAL
B.A. Honours 2nd Semester Examination, 2024

GE1-P2-PSYCHOLOGY

Time Allotted: 2 Hours

Full Marks: 60

The figures in the margin indicate full marks.

The paper consist of *two* sections GE-2A and GE-2B.
Candidates are required to answer any *one* section and clearly mention it in the answer sheet.

GE-2A

PSYCHOLOGY AND MEDIA

GROUP-A

Answer any *two* from the following

12×2 = 24

1. Discuss the relationship between media and psychology. 12
2. Define propaganda. Elucidate the psychoanalytical perspective of propaganda. 2+10
3. Define consumer behavior. Explain the relationship between consumption and happiness. 2+10
4. Discuss the uses and abuses of media. 12

GROUP-B

Answer any *four* from the following

6×4 = 24

5. Differentiate between fantasy v/s reality as portrayed by media. 6
6. Summarize the history of propaganda. 6
7. Discuss the effects of advertising on consumer behavior. 6
8. Write a short note on the role of media in bringing about a social change. 6
9. Define compliance. State the techniques of compliance. 2+4
10. Discuss the effects of media violence. 6

GROUP-C

Answer any *four* of the following

3×4 = 12

11. Define media psychology. 3
12. State the nature of propaganda. 3
13. Define consumer psychology. 3

UG/CBCS/B.A./Hons./2nd Sem./Psychology/PSYGE2/2024

14. State how minority groups are projected by media.
15. Define consumer culture.
16. State any three psychological factors influencing advertising.

3
3
3

**GE-2B
YOUTH PSYCHOLOGY**

GROUP-A

12×2 = 24

Answer any *two* of the following

1. Discuss the process of developing youth identity.
2. How does globalisation affect the youth development and relationship?
3. Discuss the issues and challenges faced by today's youth.
4. How can we foster resilience in youth?

12
12
12
12

GROUP-B

6×4 = 24

Answer any *four* of the following

5. How does culture affect the development of youth identity?
6. Discuss the importance of relationship in developing youth identity.
7. Examine the role of family and friends in youth development.
8. Summarize the risk behaviors shown by today's youth.
9. Explain the role of romantic relationships in today's youth development.
10. How can we foster hope and optimism in today's youth?

GROUP-C

Answer any *four* of the following

3×4 = 12

11. Define Youth.
12. Define globalization.
13. Write a short note on positive resilience.
14. What are the concerns of today's youth in Indian context?
15. Define youth culture.
16. Write a short note on youth identity.

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UNIVERSITY OF NORTH BENGAL

B.A. Major 1st Semester Examination, 2024

PSYLMAJ101-PSYCHOLOGY

INTRODUCTION TO PSYCHOLOGY

Time Allotted: 2 Hours 30 Minutes

Full Marks: 60

*The figures in the margin indicate full marks.
Candidates are required to answer in their own words as practicable.*

GROUP-A

Answer any two from the following

12×2 = 24

1. Define Psychology. Discuss about some of the fields of Psychology in detail. 2+10
2. Elucidate on Structuralism, Functionalism, Behaviourism and Psychodynamic School of thoughts. 12
3. What is an Emotion? How does Cannon Bard theory of emotion differ from James Lange theory of emotion? 2+10
4. Write down the principles of Classical Conditioning. 12

GROUP-B

Answer any four from the following

6×4 = 24

5. Briefly explain Trial and Error learning with the help of a suitable example. 6
6. What is sensation? Describe various types of sensation. 2+4
7. Discuss on various skills required to become an effective psychologist. 6
8. Briefly explain the Bobo Doll experiment and its outcome on learning. 6
9. Explain the process of Transduction. 6
10. Discuss the Need of Achievement in Motivation with suitable examples. 6

GROUP-C

Answer any four from the following

3×4 = 12

11. What is observational learning? 3
12. Mention three contributions of Wilhelm Wundt. 3
13. What is motivation cycle? 3
14. Mention some positive ways to regulate emotions. 3
15. What is Reinforcement? 3
16. What is Conditioning? 3

—X—



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UNIVERSITY OF NORTH BENGAL

B.A. Major 1st Semester Examination, 2024

PSYLMAJ102-PSYCHOLOGY

BIOPSYCHOLOGY

Time Allotted: 2 Hours 30 Minutes

Full Marks: 60

*The figures in the margin indicate full marks.
Candidates are required to answer in their own words as practicable.*

GROUP-A

Answer any two from the following questions

12×2 = 24

1. What are neurons? Describe the structure of neuron with a diagram. 2+10
2. Define Biopsychology. Explain the different divisions of Biopsychology. 2+10
3. Explain the structure and functions of brain in detail. 12
4. Describe any two types of endocrine glands and their structure, functions and abnormalities. 12

GROUP-B

Answer any four from the following

6×4 = 24

5. What are invasive and non-invasive methods in Biopsychology? State examples for each method. 2+4
6. Outline the ethical issues in Biopsychology research. 6
7. Breakdown the types of neurons according to their structure and function. 3+3
8. Explain neural conduction in detail. 6
9. Describe the peripheral nervous system in detail. 6
10. Explain the process of synaptic transmission. 6

GROUP-C

11. Write short notes on any *four* from the following:

3×4 = 12

- (a) Autonomic Nervous System 3
- (b) Presynaptic neuron and post-synaptic neuron 3
- (c) Meninges 3
- (d) Structure, function and abnormality of thyroid gland 3
- (e) Spinal cord 3
- (f) Neural plasticity. 3

—x—



‘সমানো মন্ত্র: সমিতি: সমানী’

UNIVERSITY OF NORTH BENGAL

B.A. Honours 1st Semester Examination, 2024

GE1-P1-PSYCHOLOGY

Time Allotted: 2 Hours

Full Marks: 60

*The figures in the margin indicate full marks.
Candidates should answer in their own words and adhere to the word limit as practicable.*

**The question paper contains GE-1(A) and GE-1(B).
Candidates are required to answer any *one* from the *two* papers and
they should mention it clearly on the Answer Booklet.**

GE-1(A)

GENERAL PSYCHOLOGY

GROUP-A

1. Answer any **two** questions from the following: 12×2 = 24
- (a) Write the applications of psychology in the field of Health and Work. 12
 - (b) Define psychology. Explain the different cognitive processes involved in psychology. 2+10
 - (c) What is verbal and non-verbal test of intelligence? Discuss any one verbal test of intelligence. 4+8
 - (d) What are cognitive processes? Explain four stages of Piaget's cognitive development. 4+8

GROUP-B

2. Answer any **four** questions from the following: 6×4 = 24
- (a) Describe the nature of Psychology. 6
 - (b) What is Emotion? Distinguish between positive and negative emotions. 2+4
 - (c) Differentiate between Introversion and Extraversion personality type. 6
 - (d) Write a note on Psychodynamic Approach. 6
 - (e) Discuss any two stages of Psycho-social development. 6
 - (f) Briefly discuss the Decay Theory of Forgetting. 6

GROUP-C

3. Answer any **four** questions from the following: 3×4 = 12
- (a) Define projective technique with an example. 3
 - (b) What is Intelligence? 3
 - (c) Define Personality. 3

- (d) Differentiate between ectomorphic and endomorphic type of personality.
- (e) Write short note on Counselling Psychology.
- (f) Mention few contributions of Wilhelm Wundt.

GE-1(B)

EDUCATIONAL PSYCHOLOGY

GROUP-A

1. Answer any *two* questions from the following:

12×2 = 24

- (a) What are the characteristics of an effective teacher? 12
- (b) Discuss the nature and scope of Educational Psychology. 6+6
- (c) Write in detail about the Humanistic perspective of Learning. 12
- (d) Write the qualities of a good teacher in the field of Educational Psychology. 12

GROUP-B

2. Answer any *four* questions from the following:

6×4 = 24

- (a) Discuss the relevance of educational psychology. 6
- (b) Write the objectives of educational psychology. 6
- (c) Differentiate between classical and operant conditioning. 6
- (d) Discuss the importance of classroom management. 6
- (e) Briefly discuss the social learning perspective in educational psychology. 6
- (f) What are the various categories of exceptionalities? Suggest some remedial measures for such exceptionalists. 2+4

GROUP-C

3. Answer any *four* questions from the following:

3×4 = 12

- (a) Define educational psychology. 3
- (b) What is special education? 3
- (c) Who is an effective teacher? 3
- (d) Define classroom management. 3
- (e) Name any three educational psychologists. 3
- (f) What is meant by 'Id' and 'Ego'? 3



‘সমানো মন্ত্র: সগিতি: সমানী’

UNIVERSITY OF NORTH BENGAL

SEC 1st Semester Examination, 2024

SEC - UPSYSEC11001-PSYCHOLOGY

STRESS MANAGEMENT

Time Allotted: 2 Hours

Full Marks: 40

*The figures in the margin indicate full marks.
Candidates are required to answer in their own words as practicable.*

GROUP-A

Answer any two from the following

10×2 = 20

- | | | |
|----|---|-----|
| 1. | What is PTSD? Explain PTSD in detail. | 2+8 |
| 2. | How do the emotion-focused and problem-focused approaches to stress work? | 5+5 |
| 3. | Define stress. Discuss the nature of stress. | 4+6 |
| 4. | Explain the effects of stress on health. | 10 |

GROUP-B

Answer any three from the following

5×3 = 15

- | | | |
|----|--|---|
| 5. | Explain Hans Selye's GAS model of stress. | 5 |
| 6. | Describe relaxation techniques as a method of stress management. | 5 |
| 7. | Illustrate the effects of stress on the mind. | 5 |
| 8. | What are the characteristics of Eustress and Distress? | 5 |
| 9. | What are the emotional / psychological symptoms of stress? | 5 |

GROUP-C

Write short notes on any five from the following

1×5 = 5

- | | | |
|-----|---|---|
| 10. | What is environmental stress? | 1 |
| 11. | Guided Imagery | 1 |
| 12. | What are stressors? | 1 |
| 13. | Social stress | 1 |
| 14. | What is Mindfulness? | 1 |
| 15. | Fight or Flight syndrome | 1 |
| 16. | What is a sensory environmental stressor? | 1 |
| 17. | Mention one leading cause of stress. | 1 |

—x—



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UNIVERSITY OF NORTH BENGAL

B.A. Minor/Dsc 1st Semester Examination, 2024

PSYLMIN101/PSYLDSC101-PSYCHOLOGY

GENERAL PSYCHOLOGY

Time Allotted: 2 Hours 30 Minutes

Full Marks: 60

*The figures in the margin indicate full marks.
Candidates are required to answer in their own words as practicable.*

GROUP-A

Answer any *two* from the following

12×2 = 24

2+10

1. Define Psychology. Explain the different fields of Psychology. 6+6
2. Explain in detail the Topographical structure of mind and structure of mind in Psychology. 12
3. Outline classical conditioning as a behavioristic approach of psychology. 6+6
4. Discuss any two Psychodynamic theories of personality.

GROUP-B

Answer any *four* from the following

6×4 = 24

6

5. What do you understand by the term observational learning? 6
6. Describe the Allport's theory of personality. 6
7. Explain Hippocrates type theory of personality. 6
8. Write a note on the defense mechanisms. 6
9. Explain the Spearman's theory of Intelligence. 3+3
10. Discuss the application of psychology in any *two* domains from the following:
 - (i) Work
 - (ii) Education
 - (iii) Health
 - (iv) Environment.

GROUP-C

3×4 = 12

11. Write short notes on any *four* from the following:
 - (a) Sheldon's Typology 3
 - (b) Catell's Trait theory 3
 - (c) Big Five Theory 3
 - (d) Triarchic Theory of Intelligence 3
 - (e) Archetypes 3
 - (f) Personality.

—x—



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UNIVERSITY OF NORTH BENGAL
B.A. Major 3rd Semester Examination, 2024

UPSYMAJ23003-PSYCHOLOGY

SOCIAL PSYCHOLOGY

Time Allotted: 2 Hours

Full Marks: 40

*The figures in the margin indicate full marks.
Candidates are required to answer in their own words as practicable.*

GROUP-A

Answer any two questions from the following

10×2 = 20

1. What is the study of social psychology? Write down some of the applications of social psychology. 2+8
2. Explain in detail the attribution theory of correspondent inference by Jones and Davis with a suitable example. 10
3. What are Heuristics? Discuss some of the categories of heuristics that are useful in our daily life. 2+8
4. What is Prejudice? What are the reasons for formation of prejudice? 2+8

GROUP-B

Answer any three from the following questions

5×3 = 15

5. Explain self-fulfilling prophecy with a suitable example. 5
6. Briefly explain Kelley's theory of Attribution. 5
7. What is magical thinking? 5
8. Discuss about Cognitive Dissonance with an example. 5
9. What is the nature of social psychology? 5
10. Mention some of the factors of attitude formation. 5

GROUP-C

Answer any five from the following questions

1×5 = 5

11. What is persuasion?
12. What is Attitude?
13. What are impressions?
14. What is counterfactual thinking?
15. Who is the father of psychology?
16. Who developed the Cognitive Dissonance theory?
17. What is encoding?
18. What is social cognition?

—x—



‘সম্মানো মন্ত্র: সমিতি: সমাণী’

UNIVERSITY OF NORTH BENGAL

B.A. Major 3rd Semester Examination, 2024

UPSYMAJ23004-PSYCHOLOGY

COUNSELLING PSYCHOLOGY

Time Allotted: 2 Hours 30 Minutes

Full Marks: 60

*The figures in the margin indicate full marks.
Candidates are required to answer in their own words as practicable.*

GROUP-A

Answer any two from the following questions

12×2 = 24

1. Explain the meaning, nature and goals of counselling. 12
2. Explain “Working in a relationship” in counselling process. 12
3. What is counselling? What is client centered counselling — Explain. 2+10
4. What is Child Counselling — Explain. 12

GROUP-B

Answer any four from the following questions

6×4 = 24

5. What is needed to be an effective counsellor? 6
6. What are the processes involved in the Rational Emotive Behavioural Therapy? 6
7. Explain “Structural Family Therapy”. 6
8. What is Existential approach to counselling? 6
9. What is systems family therapy? 6
10. Explain Behavioural approach to counselling. 6

GROUP-C

Answer any four from the following questions

3×4 = 12

11. Define Personality. 3
12. Referrals. 3
13. Defense Mechanisms. 3
14. Licensure. 3
15. Being and non-being. 3
16. Sexual Abuse. 3

—X—



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UNIVERSITY OF NORTH BENGAL

B.A. Major 3rd Semester Examination, 2024

UPSYMAJ23005-PSYCHOLOGY

POSITIVE PSYCHOLOGY

Time Allotted: 2 Hours

Full Marks: 40

*The figures in the margin indicate full marks.
Candidates are required to answer in their own words as practicable.*

GROUP-A

Answer any two from the following

10×2 = 20

1. Elucidate the applications of positive psychology in the field of work and education. 10
2. Write in detail about Hinduism, Buddhism, Taoism and Confucianism perspectives in positive psychology. 10
3. Explain in detail the Individualistic and Collectivistic perspectives. 10
4. What is optimism? Mention some of the factors responsible for an individual's level of optimism. 2+8

GROUP-B

Answer any three from the following

5×3 = 15

5. Write a brief note on hedonic and eudaimonic happiness. 5
6. Flow consists of four elements of “F(s)” — Discuss these key elements of flow. 5
7. Explain the determinants of Resilience. 5
8. Write a small note on Islamic Perspective. 5
9. Briefly discuss some of the core positive emotions in positive psychology. 5
10. Discuss about the components of wisdom. 5

GROUP-C

Answer any five from the following

1×5 = 5

11. What is Wisdom? 1
12. What is subjective well-being? 1
13. Who was the founder of Taoism? 1
14. Mention one most important virtue in Buddhism. 1
15. Mention one most important virtue in Judeo-Christianity. 1
16. What are character strengths? 1
17. What is self-efficacy? 1
18. What is Hope? 1

—x—



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UNIVERSITY OF NORTH BENGAL

B.A. Minor 3rd Semester Examination, 2024

UPSYMIN20002-PSYCHOLOGY

YOUTH PSYCHOLOGY

Time Allotted: 2 Hours 30 Minutes

Full Marks: 60

*The figures in the margin indicate full marks.
Candidates are required to answer in their own words as practicable.*

GROUP-A

Answer any *two* from the following questions

12×2 = 24

1. What is peer pressure? State some of the alarming impacts or signs on mental health due to peer pressure. 4+8
2. Elucidate on the Body Image concerns among Youth. 12
3. What is Resilience? What are the factors that determine the levels of Resilience on an individual? 2+10
4. What is Acculturation? Explain in detail the strategies to adapt to a new culture or acculturation. 4+8

GROUP-B

Answer any *four* questions from the following

6×4 = 24

5. What is Bullying? State some of the characteristics of a bully. 2+4
6. Write a brief note on how risky behaviours can negatively impact a Youth. 6
7. Why is there a need to empower women especially in India — Explain. 6
8. Write a short note on Juvenile Delinquency. 6
9. Explain how Gender Discrimination is impacting today's Youth. 6
10. What is Cultural Transmission? Explain the types of Cultural Transmission. 2+4

GROUP-C

Answer any *four* questions from the following

3×4 = 12

11. What is Racial and Geographical Identity? 3
12. Write three characteristics of Culture. 3
13. State some signs that an individual is suffering from body image issues. 3
14. Juvenile delinquency can be caused by a variety of psychological and other factors — Explain any two factors of Juvenile Delinquency. 3
15. What are Gender Roles? 3
16. What is Cyber Bullying? 3

—x—



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UNIVERSITY OF NORTH BENGAL

SEC 3rd Semester Examination, 2024

SEC - UPSYSEC23003-PSYCHOLOGY

EMOTIONAL INTELLIGENCE

Full Marks: 40

Time Allotted: 2 Hours

*The figures in the margin indicate full marks.
Candidates are required to answer in their own words as practicable.*

GROUP-A

10×2 = 20

Answer any *two* from the following

- | | | |
|----|--|-----|
| 1. | What is emotional intelligence? Explain the ability model of emotional intelligence. | 2+8 |
| 2. | Explain Goleman's performance model of emotional intelligence. | 10 |
| 3. | Discuss some strategies of managing emotions of self. | 10 |
| 4. | Elaborate on the application of emotional intelligence in workplace and conflict management. | 5+5 |

GROUP-B

5×3 = 15

Answer any *three* from the following

- | | | |
|----|---|---|
| 5. | What do you understand by "universality of emotions"? | 5 |
| 6. | "Understanding of others starts with understanding your own self. Self-understanding is the first step." Elaborate. | 5 |
| 7. | Explain about LEAS model in detail. | 5 |
| 8. | Describe the methods of developing assertiveness. | 5 |
| 9. | Discuss in brief about the different distancing techniques to develop emotional intelligence. | 5 |

GROUP-C

1×5 = 5

Answer any *five* from the following

- | | | |
|-----|--|---|
| 10. | What is self-control? | 1 |
| 11. | Define primary emotions. | 1 |
| 12. | What does action tendencies refer to? | 1 |
| 13. | Write a short note on inter-personal intelligence. | 1 |
| 14. | List all the universal emotions. | 1 |
| 15. | Name the person/s who developed the ability model. | 1 |
| 16. | Define self-awareness. | 1 |
| 17. | List the domains of Bar-On's model. | 1 |

—x—