



সমানো মন্ত্র: সমিতি: সমানী

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?

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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

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|----|---|------|
| 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

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|-----|--|---|
| 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

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

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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

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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

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SEC 3rd Semester Examination, 2024

SEC - UPSYSEC23003-PSYCHOLOGY

EMOTIONAL INTELLIGENCE

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 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

Answer any three from the following

5×3 = 15

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

Answer any five from the following

1×5 = 5

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

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