

HUL265 [Theories of Personality]

Assignment 2

Maximum Marks: 12 marks

Last date for submission: Oct 15 & Oct 30th

Objective: To experience and critically evaluate psychological interventions offered on the HARSH platform. This exercise will help you understand how structured interventions can influence well-being, self-regulation, and intrapersonal strengths.

The assignment is divided into two parts. You are required to complete two intervention programs (either Hindi or English) on the **HARSH platform** and submit written evaluation reports [Each intervention constitutes one part of the assignment].

- **Part I: First Intervention (Group-specific):**
 - Tutorial Groups 1 & 2: Self-Management Interventions
 - Tutorial Groups 3 & 4: Intrapersonal Strengths Interventions
 - *Deadline: October 15*
- **Part II: Second Intervention (Common for all groups):**
 - Interpersonal Interventions
 - *Deadline: October 30*
- **For each intervention program, you must:**
 - Complete the pre-test.
 - Watch all videos and materials provided.
 - Complete the post-test.
 - *Note: Use the same email address for the pre and post tests and while enrolling for the program – this id should be mentioned in the report as well*
 - It will be verified that the student has completed all the three elements of the intervention.
 - A certificate will also be awarded for participating in the intervention.
- **After completing the intervention, write a brief evaluation report (approx. 1000 words), covering:**
 - Your subjective experience of the intervention
 - Efficacy of the intervention
 - Suggestions and recommendations for improvement

Intervention links:

- [Self-management Interventions \[Eng\]](#)
- [Self-management Interventions \[Hin\]](#)
- [Intrapersonal Strengths Interventions \[Eng\]](#)
- [Intrapersonal Strengths Interventions \[Hin\]](#)

Submission guidelines:

1. Both the reports (for part I and part II) should be submitted separately.
2. Your report should be structured clearly.
3. You may include examples, personal reflections, or critical comments where relevant.
4. Submit your reports as single **PDF files** via Moodle [There would be separate submission links for part I and part II].

Marks Distribution:

- **Part I – 6 marks**
 - *Completion of First Intervention – 3 marks*
 - *Evaluation Report of First Intervention – 3 marks*
- **Part II – 6 marks**
 - *Completion of Second Intervention – 3 marks*
 - *Evaluation Report of Second Intervention – 3 marks*
- **Total – 12 marks**

In case of any queries or need for clarification, you can reach out to your TA - Jaseel [ckj564425@gmail.com]

Participation in this activity is voluntary. If you are unwilling to complete the intervention programs, you may request an alternative assignment, which will be more writing-intensive.

Since the interventions cover several topics related to theories of personality, we will count participation in them as tutorial attendance and will not hold regular tutorial sessions for two weeks [Oct 13 – Oct 24]. A demo for the intervention program will be given during the tutorial sessions next week [Oct 6 – Oct 10]. You can also clarify your doubts regarding the program and assignment then.