

**VIT***Vellore Institute of Technology
(Deemed to be University under section 2 of UGC Act, 1956)**SCHOOL OF SOCIAL SCIENCES AND LANGUAGES
(SSL)****Course Title: Introduction to Psychology**

Name of Examination		Continuous Assessment Test CAT 2 Fall 24-25		
Slot: A1		Course Mode: Regular	Class Number (s): CH2024250101635 CH2024250102708	
Course Code:	BHUM203L IHUM203L	Course Title:	Introduction to Psychology	
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Answer ALL FIVE questions (5 X 10 = 50 Marks) (300 to 400 words Each)

Q.No.	Question Text	Marks
1.	Learning never exhausts the mind." – Leonardo da Vinci Reflect on your understanding of the mind's capacity for knowledge and growth.	10
2.	Motivation influences personal development throughout different life phases. Explain with suitable examples.	10
3.	Individuals can enhance their memory retention and recall abilities through various effective strategies. Explain.	10
4.	Emotional intelligence significantly shapes our interactions and decision-making processes in several ways. Elucidate giving examples.	10
5.	Some strategies can help us maintain motivation when confronted with challenging decisions or uncertainty. Explain.	10