

Positive emotions:

10 Marks:

Q1) Describe the study conducted by Fredrickson that suggests 'positive emotions broaden our thought-action repertoires'.

Q2) Describe the study conducted by Fredrickson that suggests 'positive emotions enhance resilience'.

Q 3) Draw a diagram/flow chart and explain briefly the Broaden-and-Built theory of Positive Emotions.

5 Marks:

Q.1) Draw and label the diagram/flow chart of the Broaden-and-Built theory of Positive Emotions.

Q.2) Describe Seligman's classification of Positive Emotions.

Subjective Wellbeing:

10 M:

Q1) What is 'subjective wellbeing' (three types of Happiness) and discuss its' internal & external causes.

Q.2) Write a comprehensive note on (i) the relationship between 'Money and Happiness', & (ii) Eudaimonic happiness

5 M:

Q.1) What are the benefits of Happiness (subjective wellbeing)?

Q.2) Write a short note on the relationship between 'Money and Happiness'.

Happiness:

10 M:

Q1) Can we predict Happiness? Explain with the help of a study on 'college students' (10M)

5M:

Q.1) Critically evaluate 'Hedonic' view (tradition) of Happiness. (5M)

Q.2) What is Eudaimonic happiness? What kind of experiences lead to it, according to Waterman.

The experience of Flow:

10 M:

Q.1) Describe and distinguish between Normal mind (8-5 mind) and Flow as suggested by Mihaly Csikszentmihalyi.

Q.2) With the help of a neat diagram (Challenge X Skills) explain the relationship between Engagement and Flow.

5M

Psychological process of Differentiation and Integration as experienced Flow.

Positive Psychology of EI:

10 M:

1. Write a note on the relationship between Emotional intelligence and Positive psychology with the help of supporting studies.
2. Describe relationship between Emotional intelligence and Occupational performance.

Optimism and Cardiovascular health

5M:

Write a short note on the Competency model (Daniel Goleman) of Emotional Intelligence.

Creativity

10M:

Write a comprehensive note on the System view of Creativity given by Mihaly Csikszentmihalyi.

5 M:

What is the 'role of field' in the creative process?

What a short on 'individual in the creative process'.

Optimism

10M:

Discuss about the relationship between optimism and various aspects of health with the help of research findings.

5M:

Write a short note on the relationship between optimism and social support.

Discuss the ABCDE model of changing 'pessimism to optimism'.

