

Department of Humanities and Social Sciences

HUL 267 – Positive Psychology

Major Examinations

2nd Semester 2019-2020

Time: 3 hours (8.30 am to 11.30 am)

Total marks: 35

Instructions:

It is compulsory for all the students who have opted for this course to appear for this exam. You may either type your answers in a word document or you may write your responses in sheets of paper and upload the same on Moodle.

Questions: Please answer all the questions.

1. Write a note on any **five** positive psychology constructs that you found to be most applicable and important. How are these helping you or how can they help you to improve your well-being and quality of life? (5 + 5 = 10)
2. What were your key learnings from this course? **Elaborate** any **ten**. The course materials must reflect in all of these points. (10)
3. Write an evaluative note on the 'Recent Trends and Directions in Positive Psychology'.

Note: We expect you to write **your critical evaluation**, that is, after knowing about the recent trends and directions in positive psychology, what is your view and what are your suggestions for improving and promoting positive psychology internationally and in India. (10)

4. What were your key takeaways from the assignments that you have done for this course? (You are expected to cover **all** the assignments - from the beginning of the course till the end - broadly). Now that you have an idea about Positive Psychology, what suggestions would you give for future assignments of this course? (2.5 + 2.5 = 5)