

**R0919**

**Sub. Code**

**518201**

**M.A. DEGREE EXAMINATION, APRIL – 2024**

**Second Semester**

**Life Skill Education**

**EDUCATIONAL PSYCHOLOGY**

**(CBCS – 2022 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 1 = 10)

Answer **all** the following objective type questions by choosing the correct option.

1. Process of extinguishing a learned behaviour by ceasing reinforcement is termed by \_\_\_\_\_. (CO2, K4)  
(a) Punishment      (b) Extinction  
(c) Generalization      (d) Discrimination
  
2. The term for emotional and psychological closeness with infants develop by their care takers \_\_\_\_\_. (CO1, K3)  
(a) Attachment      (b) Bonding  
(c) Connection      (d) Dependency
  
3. Who is known for “hierarchy of needs in psychology of motivational” \_\_\_\_\_. (CO2, K5)  
(a) Carl Rogers      (b) Abraham Maslow  
(c) Erik Erikson      (d) Albert Bandura

4. Which of the following is barrier to creative thinking?  
(CO4, K2)
- (a) Open-mindedness
  - (b) Fear of failure
  - (c) Willingness to take risks
  - (d) Embracing ambiguity
5. Who is considered key proponent of cognitive learning theory?  
(CO3, K4)
- (a) B.F. Skinner
  - (b) Albert Bandura
  - (c) Jean Piaget
  - (d) Ivan Pavlov
6. Which of the following is not a characteristic of critical thinking?  
(CO4, K2)
- (a) Objectivity
  - (b) Creativity
  - (c) Inquisitiveness
  - (d) Sound reasoning
7. In social learning theory, point out the term for the process of learning by observing consequences of others action \_\_\_\_\_.  
(CO3, K4)
- (a) Vicarious reinforcement
  - (b) Modeling
  - (c) Self-efficacy
  - (d) Operant conditioning
8. The term for learning that occurs without the use of explicit reinforcement or punishment often involves insight \_\_\_\_\_.  
(CO5, K3)
- (a) Classical conditioning
  - (b) Operant conditioning
  - (c) Observational learning
  - (d) Insight learning

9. Which psychological perspective focuses on understanding how unconscious process influence behaviour? (CO1, K4)  
(a) Humanism (b) Psychodynamic  
(c) Behaviorism (d) Cognitive
10. The automatic response of specific stimulus that often linked with emotions? (CO5, K5)  
(a) Thought (b) Reflex  
(c) Memory (d) Insight

**Part B** (5 × 5 = 25)

Answer **all** the questions not more than 500 words each.

11. (a) Features of psychology – Explain. (CO1, K2)  
Or  
(b) Benefits of psychology – Determine. (CO1, K5)
12. (a) What is behavioral learning theory? (CO2, K2)  
Or  
(b) Interpret – classical conditioning in daily life. (CO2, K6)
13. (a) How to solve the problem by insight? (CO3, K4)  
Or  
(b) Importance of cognitive theory – Discuss. (CO3, K5)
14. (a) What are the challenges faced by critical thinking? (CO4, K4)  
Or  
(b) Difference between critical thinking and creative thinking. (CO4, K5)

15. (a) Determine the factors affecting of thoughts on emotion. (CO5, K2)

Or

- (b) Write down the benefits of valuing task. (CO5, K1)

**Part C** (5 × 8 = 40)

Answer **all** questions not more than 1000 words each.

16. (a) What are the methods of research in psychology? (CO1, K2)

Or

- (b) Elaborate the history of psychology. (CO1, K1)

17. (a) Explain the Maslow's hierarchy of needs. (CO2, K2)

Or

- (b) Determine the merits and demerits of operant conditioning. (CO2, K4)

18. (a) Differentiate social learning theory from cognitive learning theory. (CO3, K5)

Or

- (b) Interpret the applications of social learning theory. (CO3, K5)

19. (a) Illustrate the applications of social learning theory. (CO4, K4)

Or

- (b) How to enhance the questioning of critical thinking? (CO4, K3)

20. (a) What is expectancy value theory and explain its features? (CO5, K2)

Or

- (b) Assess the importance of motivational theory. (CO5, K5)

**R0920**

**Sub. Code**

**518202**

**M.A. DEGREE EXAMINATION, APRIL – 2024**

**Second Semester**

**Life Skill Education**

**THEORETICAL FOUNDATIONS OF LIFE SKILLS**

**(CBCS – 2022 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 1 = 10)

Answer **all** the following objective type questions by choosing the correct option.

1. Who proposed the theory on social inoculation? (CO1, K1)  
(a) Albert Bandura (b) William J. McGuire  
(c) Herbert Kelman (d) Ryanand Deci
2. In the implementation stage of problem-solving, individuals \_\_\_\_\_ (CO4, K4)  
(a) Identify and define the problem  
(b) Evaluate outcomes  
(c) Select and carry out a solution  
(d) Generate potential solutions
3. The ability to navigate social situations effectively and build positive relationships is a part of \_\_\_\_\_ (CO4, K2)  
(a) Interpersonal intelligence  
(b) Emotional regulation  
(c) Social intelligence  
(d) Cognitive intelligence

4. The ability to remain calm and focused under pressure is associated with \_\_\_\_\_ (CO3, K4)  
(a) Low emotional intelligence  
(b) High emotional intelligence  
(c) Ineffective emotional regulation  
(d) Emotional suppression
5. According to the psychodynamic theory, which part of the mind represents the internalized moral standards and values? (CO2, K2)  
(a) Id (b) Ego  
(c) Superego (d) Libido
6. According to prospect theory, individuals are more sensitive to \_\_\_\_\_ (CO3, K2)  
(a) Gains than losses  
(b) Losses than gain  
(c) Neutral outcomes  
(d) Unpredictable events
7. Which theory emphasizes the importance of both biological and environmental factors in shaping behavior, proposing reciprocal determination? (CO1, K1)  
(a) Social learning theory  
(b) Operant conditioning  
(c) Cognitive development theory  
(d) Psychodynamic theory
8. Which risk perception factor is associated with the belief that a risk is involuntary or imposed? (CO5, K2)  
(a) Trust (b) Control  
(c) Voluntariness (d) Dread
9. According to Carl Rogers, what is the term for the emotional evaluation an individual makes about themselves? (CO2, K2)  
(a) Self-concept (b) Self-efficacy  
(c) Self-esteem (d) Self-actualization

10. According to the incremental model of decision-making decisions are often made through \_\_\_\_\_ (CO5, K4)
- (a) A systematic and rational process
  - (b) Small, incremental steps
  - (c) Emotional reactions
  - (d) Trial and error

**Part B** (5 × 5 = 25)

Answer **all** questions not more than 500 words each.

11. (a) Explain the benefits of learning theories. (CO1, K1)  
Or  
(b) Determine the components of social inoculation theory. (CO1, K3)
12. (a) Write the objectives of theories on self. (CO2, K2)  
Or  
(b) Determine the concepts of psychoanalytic lens. (CO2, K3)
13. (a) Examine the features of theories on problem behavior. (CO3, K2)  
Or  
(b) What are the applications of gestalt theory and problem solving? (CO3, K3)
14. (a) Differentiate social intelligence from emotional intelligence. (CO4, K5)  
Or  
(b) Explain the demerits of emotional intelligence theory. (CO4, K5)
15. (a) What are the challenges faced on psychological stress? (CO5, K2)  
Or  
(b) Explain the stress coping theory. (CO5, K5)

**Part C**

(5 × 8 = 40)

Answer **all** questions not more than 1000 words each.

16. (a) Differentiate between social learning theory and social influence theory. (CO1, K2)  
Or  
(b) Explain the merits and demerits of Social Inoculation Theory. (CO1, K2)
17. (a) Elaborate the importance of self-affirmation theory. (CO2, K1)  
Or  
(b) Interpret the characteristics of self through the social lens. (CO2, K1)
18. (a) Determine the process of problem solving and decision-making. (CO3, K1)  
Or  
(b) Explain the problem behavior theory by Richard Jessor. (CO3, K1)
19. (a) Elaborate the Sternberg's theory of intelligence. (CO4, K4)  
Or  
(b) Outline the objectives of Multiple Intelligence Theory. (CO4, K2)
20. (a) What are the ways of enhancing resilience and coping skills? (CO5, K1)  
Or  
(b) Explain the risks on stress theory. (CO5, K1)



**R0921**

**Sub. Code**

**518203**

**M.A. DEGREE EXAMINATION, APRIL – 2024**

**Second Semester**

**Life Skill Education**

**LIFE SKILL TRAINING**

**(CBCS – 2022 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 1 = 10)

Answer **all** the following objective type questions by choosing the correct option.

1. What is the term for the process of continuous improvement in training programs based on evaluation results? (CO1, K5)
  - (a) Formative evaluation
  - (b) Summative evaluation
  - (c) Front-end analysis
  - (d) Needs assessment
2. Which training delivery method combines both online and face-to-face components? (CO3, K1)
  - (a) On-the-job
  - (b) E-learning
  - (c) Blended learning
  - (d) Classroom training
3. Which component is crucial for ensuring the relevance and applicability of a training program to participant's needs? (CO4, K4)
  - (a) Learning objectives
  - (b) Training budget
  - (c) Participant feedback
  - (d) Training duration

4. Which training method involves learning from peers or more experienced employees? (CO1, K2)
  - (a) Mentorship
  - (b) Job rotation
  - (c) Simulation training
  - (d) E-learning
  
5. Which component is essential when setting clear learning objectives for a training program? (CO3, K4)
  - (a) Assessments
  - (b) Delivery methods
  - (c) Learning outcomes
  - (d) Participant feedback
  
6. What is the first step in the training needs assessment process? (CO2, K3)
  - (a) Conducting a gap analysis
  - (b) Identifying performance problems
  - (c) Developing training materials
  - (d) Implementing training problems
  
7. What is the term for the systematic process of analyzing practicum needs, designing the program and evaluating its effectiveness? (CO5, K4)
  - (a) Post-practicum assessment
  - (b) Formative evaluation
  - (c) Needs assessment
  - (d) Instructional design
  
8. Which type of training focuses on enhancing employee's interpersonal and communication skills? (CO1, K3)
  - (a) Technical training
  - (b) Soft skills training
  - (c) Compliance training
  - (d) Leadership training

9. What is the term for the process of gathering information on the skills, knowledge and abilities of participants in the context of practicum training? (CO5, K2)
- (a) Front-end analysis
  - (b) Competency assessment
  - (c) Benchmarking
  - (d) Task analysis
10. What is the term for a systematic approach to designing, delivering and evaluating training programs? (CO2, K3)
- (a) Needs assessment
  - (b) Instructional design
  - (c) Performance appraisal
  - (d) E-learning

**Part B** (5 × 5 = 25)

Answer **all** questions not more than 500 words each.

11. (a) Explain the features of training. (CO1, K2)
- Or
- (b) Determine the components of learning. (CO1, K2)
12. (a) Interpret the objectives of performance analysis. (CO2, K4)
- Or
- (b) How to analyze the training needs? (CO2, K4)
13. (a) How to deliver the programme? (CO3, K3)
- Or
- (b) How to formulate the training? (CO3, K6)
14. (a) Difference between diagnosis and analyzing. (CO4, K3)
- Or
- (b) Explain the dysfunctional behavior of training. (CO4, K4)

15. (a) Assess the drawbacks of training. (CO5, K5)  
Or  
(b) Write the needs of training. (CO5, K5)

**Part C** (5 × 8 = 40)

Answer **all** questions not more than 1000 words each.

16. (a) Explain the process of learning in a training programme. (CO1, K2)  
Or  
(b) Elaborate the modes of training. (CO1, K3)
17. (a) What are the steps in “Training need analysis”? (CO2, K4)  
Or  
(b) Evaluate the understanding and identifying the training needs. (CO2, K3)
18. (a) Interpret the designing a training programme. (CO3, K1)  
Or  
(b) How to monitor and evaluate of documenting of programme? (CO3, K5)
19. (a) Explain the types of participants. (CO4, K2)  
Or  
(b) Differentiate trainer and trainee. (CO4, K4)
20. (a) Determine the merits and demerits of training. (CO5, K4)  
Or  
(b) What are the factors affecting the training need analysis? (CO5, K5)

**R0922**

**Sub. Code**

**518401**

**M.A. DEGREE EXAMINATION, APRIL – 2024**

**Fourth Semester**

**Life Skill Education**

**GUIDANCE AND COUNSELLING**

**(CBCS – 2022 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 1 = 10)

Answer **all** the following objective type questions by choosing the correct option.

1. The age of adolescence in human \_\_\_\_\_.  
(CO1, K2)  
(a) 10-19                      (b) 12-20  
(c) 13-21                      (d) 18-24
2. Which of the following is not developed in adolescence?  
(CO4, K1)  
(a) Interests                      (b) Ability of observation  
(c) Ego centralism              (d) Reasoning power
3. What is the example of social stressors? \_\_\_\_\_.  
(CO2, K1)  
(a) New job                      (b) Anxiety  
(c) Menopause                      (d) Divorce
4. The main aim of educational guidance is \_\_\_\_\_.  
(CO5, K2)  
(a) To solve the problems  
(b) People development  
(c) Improvement of curriculum  
(d) None of the above

5. The responsibility of the counselor is to \_\_\_\_\_.  
(CO4, K2)
- (a) Following-up with the counselee
  - (b) Make decisions for the counselee
  - (c) Express their view to the counselee
  - (d) Set up goals for the counselee
6. Observation techniques of guidance are \_\_\_\_\_.  
(CO1, K1)
- (a) Interview                      (b) Sociometry
  - (c) Rating scale                  (d) None of the above
7. Which of the statement is/are true?                      (CO2, K4)
- (i) Too much stress is harmful
  - (ii) All stress is bad
  - (iii) In small quantities, stress is good
  - (a) Only (ii)                      (b) Both (i) and (ii)
  - (c) Both (i) and (iii)      (d) Only (iii)
8. The objective of counselling is \_\_\_\_\_.      (CO3, K2)
- (a) To help children in adjustment
  - (b) To understand children
  - (c) To find out the shortcoming in children
  - (d) All of the above
9. In adult development, mid-life is characterized by \_\_\_\_\_.  
(CO3, K3)
- (a) a sense of time running out
  - (b) peer pressure
  - (c) androgyny
  - (d) decline in intellectual functioning
10. The person who seeks helps in a counselling is called the \_\_\_\_\_.  
(CO5, K2)
- (a) Counsellor                      (b) Counselee
  - (c) Consultant                      (d) Patient

**Part B**

(5 × 5 = 25)

Answer **all** questions not more than 500 words each.

11. (a) Explain the phases of adolescence. (CO1, K5)

Or

- (b) Differentiate Psychological Adolescence from Physiological Adolescence. (CO1, K3)

12. (a) What are the types of nutrition deficiency? (CO2, K5)

Or

- (b) How to take remedial measures for Personal Hygiene? (CO2, K2)

13. (a) What are the measures to control ragging in educational institutions? (CO3, K4)

Or

- (b) Interpret the reasons of depression for school students. (CO3, K4)

14. (a) Explain the barriers to accessing health care services. (CO4, K5)

Or

- (b) What functions do friendly health care providers for adolescents? (CO4, K3)

15. (a) Compare Individual Counselling and Group Counselling. (CO5, K4)

Or

- (b) Determine the benefits of the psycho-social therapeutic approach. (CO5, K2)

**Part C**

(5 × 8 = 40)

Answer **all** questions not more than 1000 words each.

16. (a) Elaborate the importance of adolescence. (CO1, K2)

Or

- (b) Define – Adolescence Illustrate the nature adolescence. (CO1, K5)

17. (a) How to control stress you suggest to school students? (CO2, K4)

Or

- (b) Suggest the consequences and preventive measures to nutrition deficiency. (CO2, K4)

18. (a) What are the methods to handle psycho social issues? (CO3, K5)

Or

- (b) Explain the effects of (CO3, K4)
- (i) Bullying
  - (ii) Teasing
  - (iii) Ragging.

19. (a) Summarize the National Programme for Adolescent care in India. (CO4, K1)

Or

- (b) How to overcome the barriers of access health care services? (CO4, K5)

20. (a) Difference between Counselling and Guidance. (CO5, K2)

Or

- (b) Interpret the counselling strategies and methods. (CO5, K4)