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PRESIDENCY UNIVERSITY

BENGALURU

Mid - Term Examinations – October 2025

Date: 10-10-2025

Time: 11.45am to 01.15pm

School: SOLAS	Program: 1 BAE/BAP	
Course Code: PSY1002	Course Name: Positive Psychology	
Semester: I	Max Marks: 50	Weightage: 25%

CO - Levels	CO1	CO2	CO3	CO4	CO5
Marks	26	24			

Instructions:

- (i) *Read all questions carefully and answer accordingly.*
- (ii) *Do not write anything on the question paper other than roll number.*

Part A

Answer ALL the Questions. Each question carries 2marks.

5Q x 2M=10M

1	Who coined the term “Positive Psychology” in 1954?	2 Marks	L1	CO1
2	What is the goal of Positive Psychology.	2 Marks	L1	CO1
3	Name the six core virtues identified by the VIA project.	2 Marks	L1	CO2
4	Define the concept of “signature strengths.”	2 Marks	L1	CO2
5	Write two uses of Positive Psychology.	2 Marks	L1	CO1

Part B

Answer the Questions.

Total Marks 40M

6.	Describe the three components of happiness in Positive Psychology.	10 Marks	L2	CO1
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Or

7.	Outline the historical development of Positive Psychology.	10 Marks	L2	CO1
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8.	Construct comparisons between individualistic & collectivistic cultures.	10 Marks	L3	CO 1
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Or

9.	Suggest ways to use Positive Psychology in therapy for adolescents	10 Marks	L3	CO 1
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10.	Describe the structure and purpose of the VIA assessment.	10 Marks	L2	CO 2
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Or

11.	Explain the historical roots of the study of virtue in psychology.	10 Marks	L2	CO 2
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12.	Model the development and expression of character strengths across different cultures.	10 Marks	L3	CO 2
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Or

13.	Apply the concept of transcendence to spiritual practices across cultures	10 Marks	L3	CO 2
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