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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	C01	C02	C03	C04	C05
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	C01
2	What is the goal of Positive Psychology.	2 Marks	L1	C01
3	Name the six core virtues identified by the VIA project.	2 Marks	L1	C02
4	Define the concept of “signature strengths.”	2 Marks	L1	C02
5	Write two uses of Positive Psychology.	2 Marks	L1	C01

Part B

Answer the Questions.

Total Marks 40M

6.	Describe the three components of happiness in Positive Psychology.	10 Marks	L2	C01
Or				
7.	Outline the historical development of Positive Psychology.	10 Marks	L2	C01

8.	Construct comparisons between individualistic & collectivistic cultures.	10 Marks	L3	CO 1
Or				
9.	Suggest ways to use Positive Psychology in therapy for adolescents	10 Marks	L3	CO 1

10.	Describe the structure and purpose of the VIA assessment.	10 Marks	L2	CO 2
Or				
11.	Explain the historical roots of the study of virtue in psychology.	10 Marks	L2	CO 2

12.	Model the development and expression of character strengths across different cultures.	10 Marks	L3	CO 2
Or				
13.	Apply the concept of transcendence to spiritual practices across cultures	10 Marks	L3	CO 2