PRESIDENCY UNIVERSITY

BENGALURU

Mid - Term Examinations – October 2025

Date: 29-10-2025   **Time:** 11.00am to 12.30pm

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	Define Positive Psychology.	2 Marks	L1	CO1
2	How is Positive Psychology's different from Humanistic Psychology?	2 Marks	L1	CO1
3	VIA Youth Survey is used for children between ___ & ___years old.	2 Marks	L1	CO2
4	Is the VIA project differs from the DSM & ICD? How?	2 Marks	L1	CO2
5	What is the purpose of 'Life above zero' motto of positive psychology ?	2 Marks	L1	CO1

Part B

Answer the Questions.   **Total Marks 40M**

6.	Outline the role of Humanistic Psychology in creating Positive psychology.	10 Marks	L2	CO1
	Or			
7.	Elaborate the key themes and assumptions of Positive Psychology.	10 Marks	L2	CO

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8.	Construct comparisions between traditional psychology & positive psychology.	10 Marks	L3	CO 1
	Or			
9.	How can educators use Positive Psychology to enhance student engagement?	10 Marks	L3	CO 1

10.	Explain the evolution of study of Virtues and Character Strengths.	10 Marks	L2	CO 2
	Or			
11.	Explain the construction of VIA assessment tool.	10 Marks	L2	CO 2

12.	Construct the classification of virtues and character strengths in an organized manner	10 Marks	L3	CO 2
	Or			
13.	Apply the concept of transcendence to spiritual practices across eastern cultures	10 Marks	L3	CO 2