End-Semester Examination
Academic Year 2022-23
Department of Psychology, School of Social Sciences
Emotional Intelligence, PYG ☒ 151
GENERIC
BA - SEMESTER 2

Maximum Marks: 50   *Maximum Time:2 hours*

SECTION: A (10 M)

1. Self-distancing is
   a. Observing past thoughts and events as an outsider
   b. Creating visual imagery of the past
   c. Both a and b
   d. None

2. Name the two types of happiness as per Martin Seligman

3. Self-management is
   a. Adapt to changes
   b. Ability to control emotions
   c. Both a and b
   d. None

4. The productive state of authenticity is
   a. Expansive
   b. Empathetic
   c. Insensitive
   d. Disconnected

5. Respect is
   a. Mutual admiration
   b. Affection towards each other
   c. Both a and b
   d. None

6. Name any two psychologists/persons who gave Universal emotions

7. Self-control is
   a. Ability to control emotions
   b. Ability to control thoughts
   c. Both a and b
   d. None

8. Self-esteem is
   a. Internalised social judgment about ones worth
   b. same as self-respect
   c. Both a and b
   d. None

9. Grounding technique is
   a. A mindfulness technique
   b. Involves all senses
   c. Both a and b
   d. None
10. Who gave the Ability model of Emotional Intelligence and in which year?

SECTION: B (6 M + 6M + 8M =20 M)

1. Attempt any One (6 M):

   Explain Martin Seligman's model of Happiness in detail
                        OR
   Explain Corey Keyes's dual continuum model of mental health in detail

2. Attempt any One (6 M):

   Explain self-control and techniques of self-control in detail
                        OR
   Explain with your examples in detail how Psychology has helped you in your relationships
   (romantic/non-romantic/any relationship)

3. Attempt any One (8 M):

   Explain SEL and Jones & Bouffard's Framework of Emotional Intelligence in the Education
   Setting in detail
                        OR
   Explain through your own examples how Emotional Intelligence can be applied to Classroom
   settings.

SECTION: C (10 M + 10 M = 20 M)

1. Attempt any One (10 M):

   Explain through your examples/knowledge what is the relationship between emotions, thought,
   and behavior and the techniques to manage them in detail
                        OR
   Explain any one model of emotional intelligence and the importance of emotional intelligence in
   detail

2. Attempt any One (10 M):

   Explain the application of emotional intelligence in Education Settings and related frameworks.
   Explain with a case study/example how can someone perform better through emotional
   intelligence

                        OR

   Explain the application of emotional intelligence in Workplace, Conflict Management and
   Leadership Management with relevant theories in detail