

QP Code : P24A030

Reg. No :

Name :

ST MARY'S COLLEGE (AUTONOMOUS), THRISSUR-20

I SEMESTER M.Sc. (CBCSS-PG) DEGREE EXAMINATION, November 2024

M Sc Psychology

PSY1C03 : Personality and Personal Growth

2024 Admission Onwards

Time:3 Hours

Maximum Weightage:30

Part A

*Short answer type questions: Answer **any four** questions. Weightage 2 for each question*

1. What are the main traits used in the study of personality? [BTL1]
2. Evaluate the reliability and validity of Cattell's 16PF in contemporary personality research [BTL5]
3. Apply Rogers' Person-Centered Theory to create a therapeutic approach aimed at enhancing self-esteem. [BTL3]
4. Explain the classical yoga of Pathanjali. [BTL2]
5. Apply Allport's theory to identify and describe the traits that might influence a person's career choices. [BTL3]
6. How would you apply Freud's defense mechanisms to interpret a person's reaction to a stressful event? [BTL3]
7. Examine how the goals of the Humanistic approach and Psycho-synthesis align or diverge in their methods for achieving psychological well-being [BTL4]

(4x2 = 8 Weightage)

PART B

*Short essay-type questions: Answer **any four** questions. Weightage 3 for each question*

8. According to Roger's, who is a fully functioning person? [BTL1]
9. Analyze how Adler's concept of striving for superiority differs from Horney's views on self-realization. [BTL4]
10. Describe the role of self-report questionnaires in personality assessment. [BTL4]
11. What do you mean by peak experiences? [BTL1]
12. Compare and contrast the new and old paradigms along with the contributions of Wiber, Grof and Washburn in transpersonal psychology. [BTL4]

Turn Over

13. What are the key differences between objective and projective personality tests? [BTL2]
14. Discuss how observational learning can impact social behavior and peer interactions in different settings. [BTL4]

(4x3 = 12 Weightage)

PART C

*Essay-type questions: Answer **any two** questions. Weightage 5 for each question*

15. Explain the history of personality assessment and its trend over time. [BTL2]
16. Make use of the different learning theories in personality to identify the learning principles employed. [BTL3]
17. How behavioral, social and cognitive perspectives can be applied to analyse personality? [BTL3]
18. Discuss the concepts, characteristics and elements of Oriental Psychology [BTL2]

(2x5 = 10 Weightage)

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