QP Code: P25DRIS027

Reg. No : .....
Name : .....

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

I SEMESTER (CBCSS - PG) DEGREE EXAMINATIONS, NOVEMBER 2025
(Regular/Improvement/Supplementary)
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**. Weightage **2** for each.* ***(4x2 = 8 Weightage)***

1. Define Psychodynamic approch of personality.
2. How would you transfer Ego Psychology of personality in promoting self-awareness?
3. How is Erickson's theory helpful to teachers?
4. Illustrates Allport's trait theory of personality.
5. Ram and Manu were close friends, they got a piece of bread. Ram took it without caring Manu. Which construct is pointed out here? Can you relate it with Kelley's personal construct theory ?
6. Extract the self actualization need for personal growth from Maslow's perspective.
7. Examine the relationship between social context and psychological experiences in the context of altered states.

PART B

*Short essay-type questions. Answer **any four**. Weightage **3** for each.* ***(4x3 = 12 Weightage)***

8. Explain Carl Jung's contributions on Psychodynamic approach.
9. There was an employee selection and recruitment in a firm by using Eysenck Personality Questionnaire. Articulate the importance of Eysenck Personality Preferences?
10. How does person-centered theory conceptualize human nature and personal growth?
11. What are the key factors of Miller's S.R. Theory?
12. How would you apply the principles of a personality assessment to design an assessment plan for a new client?
13. Summarize the Transpersonal Psychology for personal growth.
14. How would you apply Buddhist psychological principles to develop a stress reduction program?

Turn Over

PART C

Essay-type questions. Answer ***any two****. Weightage* ***5*** *for each.* ***(2x5 = 10 Weightage)***

15. Compare the social and cognitive perspectives on personality.
16. Compare and contrast Adler's and Horney's views on the role of social factors in personality development.
17. Define personality and describe the purposes and techniques of personality assessment.
18. Write an essay on " Yoga Psychology" in connection with International Yoga Day.

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