

1B1N240151

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Reg. No:.....

Name: .....

FAROOK COLLEGE (AUTONOMOUS), KOZHIKODE

First Semester B.Sc Degree Examination, November 2024

**PSY1CJ101 - Invitation to Psychology**

(FYUGP 2024 Admission)

Time: 2 hours

Max. Marks : 70

**Course Outcome Mapping Scheme**

1	2	3	4	5	6	7	8	9	10
CO1	CO1	CO2	CO1	CO2	CO1	CO1	CO2	CO2	CO3
11	12	13	14	15	16	17	18	19	20
CO1	CO4	CO5	CO3	CO2	CO3	CO2	CO2	CO4	CO1

**PART – A**

**All questions can be attended.  
Each question carries Three Mark.  
Ceiling -24 Marks**

1. List out the functions of attention
2. Demonstrate the role of biological perspectives in the evolution of psychology
3. Define hypnosis, explain the benefits and risk elements in hypnosis
4. Evaluate major goals of psychology
5. Identify any three of the perceptual constancies with suitable examples
6. Recognize structuralism as a school of psychology
7. Explain relevance of case study in psychological research
8. Compare psychoanalytic theory and activation synthesis theory of dream
9. Explain various branches of psychology that are relevant nowadays
10. Briefly explain survey as a research method

**PART – B**

**All questions can be attended.  
Each question carries six marks.  
Ceiling -36 Marks**

11. Elaborate on the nature of consciousness and role of biological rhythm in our life
12. Compare and contrast different theories of dream
13. Analyze various theories of selective attention
14. Compare and contrast different types of interview method
15. Explain depth perception, how monocular and binocular cues contribute to depth perception
16. Evaluate possibilities of experimental methods in psychological research
17. Compare and contrast stimulants and depressants as consciousness altering drugs
18. Evaluate different perceptual organizations that enable us to interpret sensory information.

**PART - C**

**Answer any *one* questions.  
Each question carries Ten marks.**

19. Analyze the contribution of different theoretical approaches to the development of the field of psychology.
20. Elaborate the factors affecting attention. Explain the phenomena associated with attention.

**1 x 10 = 10 Marks**

FAROOK COLLEGE (AUTONOMOUS), KOZHIKODE

First Semester B.Sc Degree Examination, November 2024

PSY1FM105(1) – Art of Stress Management

(FYUGP 2024 Admission)

Time: 1.5 hours

Max. Marks : 50

Course Outcome Mapping Scheme

1	2	3	4	5	6	7	8	9	10
CO1	CO2	CO3	CO4	CO5	CO2	CO2	CO1	CO3	CO4
11	12	13	14	15	16	17			
CO2	CO3	CO4	CO1	CO2	CO4	CO1			

**PART – A**

**All questions can be attended.  
Each question carries Two mark.  
Ceiling -16 Marks**

- 1 Define stress
- 2 Describe Approach – Avoidance Conflict
- 3 Discuss Symptoms of stress
- 4 Define Frustration
- 5 Distinguish between Eustress and Chronic stress
- 6 Discuss Mindfulness
- 7 Explain Stressors and its types
- 8 Define pressure and its effects
- 9 Explain types of frustration
- 10 Describe stages of General adaptation syndrome

**PART – B**

**All questions can be attended.  
Each question carries six marks.  
Ceiling -24 Marks**

- 11 Explain Cognitive appraisal model of stress
- 12 Define coping, Compare emotion focused and problem focused coping
- 13 Discuss effect of stress on immune system
- 14 Discuss the sources of frustration.
- 15 Elaborate primary states of mind and skills of Mindfulness



**PART - C**

**Answer *anyone* questions.**

**Each question carries Ten marks.**

- 16 Define stress and its types , Discuss models of stress.
- 17 Elaborate various stress management techniques.

**1 x 10 = 10 Marks**

FAROOK COLLEGE (AUTONOMOUS), KOZHIKODE

First Semester B.Sc Degree Examination, November 2024

PSY1FM105 (2) - Life Skill Development

(FYUGP 2024 Admission)

Time: 1.5 hours

Max. Marks : 50

Course Outcome Mapping Scheme

1	2	3	4	5	6	7	8	9	10
CO1	CO5	CO1	CO1	CO1	CO1	CO1	CO1	CO1	CO1
11	12	13	14	15	16	17			
CO3	CO1	CO5	CO4	CO6	CO3	CO6			

**PART – A**

**All questions can be attended.**  
**Each question carries Two mark.**  
**Ceiling -16 Marks**

1. Define Self-awareness
2. Differentiate between eustress and distress
3. Elaborate emotion-focused coping
4. Define critical thinking
5. Illustrate decision making as a cognitive skill.
6. Describe negotiation
7. Define Life Skill
8. Elaborate the term coping
9. Explain assertiveness
10. Explain balanced diet

**PART – B**

**All questions can be attended.**  
**Each question carries six marks.**  
**Ceiling -24 Marks**

11. Identify and describe the different types of conflicts.
12. Briefly explain ten core life skills
13. Compare passive communication and aggressive communication.
14. Analyze the role of effective communication in fostering interpersonal relationship
15. Elaborate how individual perception influence the experience of stress.

**PART - C**

**Answer any *one* questions.**

**Each question carries Ten marks.**

16. Explain problem solving as a life skill and what are some barriers that can hinder the problem- solving process.

17. Analyse the key biological changes that occur in the body during a stress response.

**1 x 10 = 10 Marks**

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FAROOK COLLEGE (AUTONOMOUS), KOZHIKODE

First Semester B.Sc Degree Examination, November 2024

PSY1MN101 - Gateways to Mind and Behaviour

(FYUGP 2024 Admission)

Time: 2 hours

Max. Marks : 70

Course Outcome Mapping Scheme

1	2	3	4	5	6	7	8	9	10
CO1	CO1	CO3	CO3	CO1	CO3	CO4	CO4	CO4	CO4
11	12	13	14	15	16	17	18	19	20
CO1	CO1	CO3	CO3	CO2	CO2	CO2	CO4	CO4	CO2

**PART – A**

All questions can be attended.  
Each question carries Three mark.  
Ceiling -24 Marks

1. Describe the Goals of psychology
2. Discuss Observation method
3. Explain Flash bulb memories
4. Define Mnemonics
5. Discuss Interview method
6. Explain Interference in memory
7. Outline the nature of emotion.
8. Summarize observational learning
9. Define Personality
10. Discuss about reinforcement in learning

**PART – B**

All questions can be attended.  
Each question carries six marks.  
Ceiling -36 Marks

11. Elaborate on schools of psychology
12. Detail on brief history of psychology
13. Explain key process in memory
14. Compare Retrospective and prospective memory



15. Elaborate Physiology of emotion
16. Compare types of motives
17. Distinguish between James Lange vs Cannon Bard theory of emotion
18. Recall the basics of operant conditioning

**PART - C**

**Answer *anyone* questions.  
Each question carries Ten marks.**

19. Define learning. Elaborate on the Principles of classical conditioning
20. Define motivation and discuss various theories of motivation

**1 x 10 = 10 Marks**