



K25P 2938

Reg. No. :

Name :

III Semester M.Sc. Degree (C.B.C.S.S. – OBE-Reg./Supple./Imp.)

Examination, October 2025

(2023 Admission Onwards)

COUNSELLING PSYCHOLOGY

MSCPS03C12 : Positive Psychology

Time : 3 Hours

Max. Marks : 60

SECTION – A

Answer **any five** questions. **Each** carries 3 marks.

1. Explain Athenian views on positive psychology.
2. What is hope ?
3. Discuss on goal disengagement.
4. Differentiate between hope and optimism.
5. Explain empathy-altruism hypothesis.
6. What are the assumptions of positive psychology ?

(5×3=15)

SECTION – B

Answer **any three** questions. **Each** carries 5 marks.

7. Discuss on judo-Christianity and Islamic views.
8. How can we plan to distinguish positive and negative affect ?
9. Explain the two universal virtues.
10. Discuss on the value of self-control and how does it fail.
11. Explain positive relationships and positive self.

(3×5=15)

P.T.O.



SECTION – C

Answer **any three** questions. **Each** carries **10** marks.

12. Elaborate the importance of positive environment.
13. Can altruism and gratitude be cultivated as a prosocial behaviour ?
Explain.
14. Discuss on ways to attain optimal experience.
15. How is happiness related to well being ? How can we measure and cultivate happiness ?
16. Explain the eastern perspectives of positive psychology. (3×10=30)

