TAMILNADU COUNCIL FOR OPEN AND DISTANCE LEARNING
Approved by International Council for Open & Distance Education (ICDE), Oslo, Norway
Internationally Accredited Institution Registered under Tamilnadu Govt Act

CERTIFICATE IN PSYCHOLOGY

ASSIGNMENT QUESTION PAPER

FUNDAMENTALS OF PSYCHOLOGY

Answer ALL questions in detail.

1. Define Psychology and explain its meaning, nature and scope.
2. Describe the history and development of Psychology.
3. Explain the major schools of Psychology and their contributions.
4. Discuss the different branches of Psychology and their importance in everyday life.
5. Explain the meaning and characteristics of human behaviour. Discuss the factors influencing human behaviour.
6. Describe the role of heredity and environment in shaping human behaviour.
7. Explain the processes of sensation and perception with suitable examples.
8. Discuss the importance of attention, concentration, thinking and reasoning in human life.
9. Define learning and explain its principles and different types of learning.
10. Explain Trial and Error Learning, Classical Conditioning and Operant Conditioning with suitable examples.
11. Define memory and explain its types and different stages. Discuss the causes of forgetting and methods of improving memory.
12. Explain the meaning and types of intelligence, motivation and emotions. Discuss the importance of emotional intelligence in everyday life.

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ASSIGNMENT QUESTION PAPER

HUMAN DEVELOPMENT AND BEHAVIOUR

Answer ALL questions in detail.

1. Define Human Development and explain its meaning and basic principles.
2. Describe the different stages of human development and their important characteristics.
3. Explain physical, mental, cognitive and emotional development.
4. Discuss the various factors influencing human development, with special reference to heredity and environment.
5. Define Social Psychology and explain its meaning and scope.
6. Explain social behaviour, social influence and the importance of socialisation in human life.
7. Discuss the importance of leadership and group dynamics in social relationships.
8. Explain the role of attitudes, values, beliefs, family and community in shaping human behaviour.
9. Define Personality and explain its characteristics, types and factors influencing personality development.
10. Describe the major theories of personality and explain their importance in understanding individual differences.
11. Explain the meaning of normal and abnormal behaviour. Discuss the common causes of psychological distress, stress and anxiety.
12. Discuss common mental health conditions and explain the importance of early identification and professional support for behavioural problems.

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ASSIGNMENT QUESTION PAPER

APPLIED PSYCHOLOGY AND MENTAL HEALTH AWARENESS

Answer ALL questions in detail.

1. Define Applied Psychology and explain its meaning, scope and importance in everyday life.
2. Explain the applications of Psychology in education, industry and organisational settings.
3. Discuss the importance of Psychology in family and community life.
4. Define Counselling and explain its meaning, objectives and importance in society.
5. Explain the basic principles of counselling and describe the qualities of a good counsellor.
6. Discuss the basic counselling skills, with special reference to listening, communication and empathy.
7. Explain the different counselling approaches and their importance in helping individuals.
8. Define Mental Health and discuss its importance in maintaining psychological well-being.
9. Explain the different causes and types of stress and discuss their effects on human behaviour.
10. Describe various stress management techniques, relaxation methods and coping strategies.
11. Explain the importance of psychological ethics, confidentiality, privacy and respect for individual differences.
12. Discuss the ethical responsibilities and professional boundaries of individuals providing basic psychological support. Explain the importance of referring individuals to qualified mental health professionals.