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

MODEL QUESTION PAPER

FUNDAMENTALS OF PSYCHOLOGY

Time: 2 Hours **Max. Marks:100**

Answer ANY 10 Questions **10 x 10 = 100**

1. Define Psychology and explain its nature and scope.
2. Describe the history and development of Psychology.
3. Explain the different schools and branches of Psychology.
4. Discuss the importance of Psychology in everyday life.
5. Explain the meaning and characteristics of human behaviour.
6. Describe the factors influencing human behaviour, including heredity and environment.
7. Explain sensation, perception, attention and concentration.
8. Describe the different types and principles of learning.
9. Explain trial and error learning, classical conditioning and operant conditioning.
10. Define memory and explain its types, stages and methods of improving memory.
11. Explain the meaning and types of intelligence and discuss the relationship between intelligence and creativity.
12. Define motivation and emotion. Explain their types, theories of motivation and the importance of emotional intelligence.

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MODEL QUESTION PAPER

HUMAN DEVELOPMENT AND BEHAVIOUR

Time: 2 Hours **Max. Marks:100**

Answer ANY 10 Questions **10 x 10 = 100**

1. Define human growth and development and explain their basic principles.
2. Describe the different stages of human development.
3. Explain physical, mental, cognitive and emotional development.
4. Discuss the factors influencing human development, including heredity and environment.
5. Define Social Psychology and explain its scope and importance.
6. Explain social behaviour, social influence and the process of socialisation.
7. Describe group behaviour, leadership and group dynamics.
8. Explain the importance of attitudes, values and beliefs in human behaviour.
9. Define personality and explain its characteristics and different types.
10. Discuss the factors influencing personality development and explain the major personality theories.
11. Explain individual differences and describe the methods of personality assessment, including observation and questionnaires.
12. Define abnormal psychology and explain common behavioural problems, stress, anxiety and the importance of early identification and professional support.

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MODEL QUESTION PAPER

APPLIED PSYCHOLOGY AND MENTAL HEALTH AWARENESS

Time: 2 Hours **Max. Marks:100**

Answer ANY 10 Questions **10 x 10 = 100**

1. Define Applied Psychology and explain its meaning, scope and importance.
2. Explain the applications of Psychology in education, industries, organisations, family and community life.
3. Define counselling and explain its importance and objectives.
4. Describe the principles of counselling and the qualities of a good counsellor.
5. Explain the basic counselling skills, including listening, communication, empathy and understanding.
6. Describe the different counselling approaches.
7. Define mental health and explain its importance in everyday life.
8. Explain psychological well-being and discuss the causes and types of stress.
9. Describe the effects of stress on human behaviour and explain various stress management techniques.
10. Explain relaxation methods, emotional regulation and coping strategies.
11. Discuss the importance of psychological ethics, confidentiality, privacy and respect for individual differences.
12. Explain the ethical responsibilities and professional boundaries of a person providing basic psychological support. Discuss the limitations of basic psychological knowledge and the importance of referring individuals to qualified mental health professionals.