

Assessment Procedure

Power of Positivity- FOU04

The students who did the course 'Power of Positivity' were assessed with an exam. The exam was out of 50. The minimum marks required to qualify this exam was 25. Those who secured the minimum were declared passed. This is a sample question paper given below..

CHRIST COLLEGE (AUTONOMOUS) IRINJALAKUDA

Value Added Certificate Course Examination March 2020

FOU04- The Power of Positivity

TIME: 2 hours

MAX. MARKS: 50

Answer all questions. Each question carries 2 mark.

1. What does empathy mean?
 - a) The ability to understand and share the feelings of another
 - b) Sharing toys
 - c) Talking to friends
 - d) Asking someone to help
2. and plays an important role in the development of empathy in children
 - a. Feeling and talking
 - b. Perceiving and attending
 - c. Parenting style and relationships
 - d. Kindness and concern
3. Which of the following is NOT associated with workplace stress?
 - a. work overload
 - b. job insecurity
 - c. supervisory support
 - d. conflict with co-worker



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4. Deep breathing, yoga and exercise would all be _____ stress management techniques.
- a. religious
 - b. cognitive
 - c. physical
 - d. social
5. Which of the following are true in relation to Relaxation Response
- a. It is a physical state of deep rest
 - b. Eliciting this reduces your metabolism
 - c. Eliciting this reduces your blood pressure
 - d. All of the above
6. The following are the characteristics of Negative Stress
- a. It causes anxiety
 - b. It feels unpleasant
 - c. It decreases performance
 - d. All of the above
7. Which of the following statements is true
- a. In small quantities, stress is good
 - b. Too much stress is harmful
 - c. All stress is bad
 - d. Only '1' & '2' are right
8. ----- is a type of cognitive distortion
- a. Labelling
 - b. Minimization
 - c. Magnification
 - d. All of the above
9. ----- practice will help to stay present to our experience so instead of jumping to what



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could happen, it brought us back to the now

- a. Yoga
- b. Feedback
- c. Relaxation
- d. All of the above

10. ----- refers to putting a negative label on yourself – or someone else –based upon situation specific behaviour

- a. Blaming
- b. Labelling
- c. Catastrophing
- d. All of above

11. ----- is a kind of distortion that predicting something is going to turn out in a negative way.

- a. Fortune telling
- b. Minimization
- c. Delusion
- d. None of above

12. Assuming that you know and understand what another person is thinking, and typically, being sure it reflects poorly on you is known as -----

- a. Accepting blame
- b. Personalization
- c. Mind reading
- d. Catastrophizing

13. Which of them are advantages of a having Self Confidence

- a. Greater self-worth.
- b. More happiness and enjoyment.
- c. Freedom from self-doubt.




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d. All of above

14. Often we come across people who are self-confident i.e. egotistic and stubborn. What type of confidence is that ?

a. Ego

b. over confidence

c. normal confidence

d. low confidenc

15. Having is governing your behaviour based on what other people think. Staying in ours comfort zone, fearing failure and so avoid taking risks.

a. Optimal confidence

b. low confidence

c. None

d. over confidence

16. ----- is the process of creating thoughts that create and transform energy into reality.

a. Attitude

b. positive thinking

c. feedback

d. negative thinking

17. -----is known as repeating a positive phrase.

a. Rephrasing

b. restating,

c. positive affirmations

d. cognition

18. ----- what you want to become gives great motivation and make you think more positively

a. Visualizing




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- b. Achieving
- c. Motivating
- d. reasoning

19. Empathy is with someone

- a. Think with someone
- b. Feeling with someone
- c. Talk with someone
- d. Sense with someone

20. Pick the odd one

- a. Social bonding
- b. Social cooperation
- c. Social support
- d. Stereotypical behaviour

21. Empathy provides kind of behaviour

- a. Aggressive behaviour
- b. Dependent behaviour
- c. Independent behaviour
- d. Altruistic behaviour

22. Empathy discourages kinds of behaviour

- a. Anti-social behaviour
- b. Helping behaviour
- c. Assertive behaviour
- d. Overt behaviour

23. and plays an important role in the development of empathy in children

- a. Feeling and talking
- b. Perceiving and attending



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c. Parenting style and relationships

d. Kindness and concern

24. Activation of Kind of neuron causes empathy.

a. Sensory neurons

b. Motor neurons

c. Mirror neurons

d. Inter neurons

25. Social and emotional interaction between two or more individual is known as

a. Intra personal relationship

b. Interpersonal relationship

c. Friendship

d. adoption



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