

Assessment Procedure

Neuroplasticity: Rewire your Brain- CVAC018

The assessment procedure of this course was done by a descriptive exam and GD. The exam was out of 40 and GD was out of 10. Those who secured a minimum of 50% in both the exam and GD were declared passed. A sample question paper is given below:

CHRIST COLLEGE (AUTONOMOUS) IRINJALAKUDA VALUE ADDED CERTIFICATE COURSE EXAMINATION 2016

Neuroplasticity: Rewire Your Brain

TIME: 2 Hours

MAX. MARKS: 50

Answer any four questions. Each question carries 10 marks.

1. Explain the different types of Neuroplasticity.
2. Discuss the benefits of Neuroplasticity.
3. Explain the nature and characteristics of Neuroplasticity.
4. Discuss the problems with brain plasticity
5. How to Rewire Your Brain with Neuroplasticity?
6. Discuss the role of Mindfulness in Neuroplasticity

4x10 = 40

GROUP DISCUSSION

MARK: 10

TOPIC: How Can Neuroplasticity help with Depression?

1x10 = 10



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