

Assessment Procedure

Managing Emotions in Times of Uncertainty and Stress- CVAC016

The assessment procedure of this course was done by a descriptive exam and GD. The total mark for the exam was 40 and for GD it was 10. The minimum pass percentage was 50 %. Those who secured minimum pass marks were declared qualified. A sample question paper is given below:

CHRIST COLLEGE (AUTONOMOUS) IRINJALAKUDA VALUE ADDED CERTIFICATE COURSE EXAMINATION 2019 Managing Emotions in Times of Uncertainty & Stress

TIME: 2 Hours

MAX. MARKS: 50

Answer any four questions. Each question carries 10 marks.

1. Who are some of your top role models, why do they inspire you?
2. Discuss the strategies to support healthy emotion management.
3. How do you recover from failure?
4. When have you felt demotivated, and what did you do to overcome this?
5. What kind of behavior makes you angry/annoyed?
6. What's something you've achieved that you're most proud of and why?

4X10 = 40

GROUP DISCUSSION

MARK: 10

TOPIC: How do you respond when a co-worker challenges you?

all good 1x10 = 10



Fr. Dr. Jolly Andrews
Assistant Professor-
In-charge of Principal
Christ College (Autonomous)
Irinjalakuda