



UNIVERSITY OF NORTH BENGAL
B.A. Programme 3rd Semester Examination, 2020

SEC1(P1)-PSYCHOLOGY

Full Marks: 60

ASSIGNMENT

*The figures in the margin indicate full marks.
Candidates should follow the word limit mentioned against each questions.
Candidates should give assignment based answer in their own words as far as practicable.*

**The question paper contains SEC-1A and SEC-2B.
The candidates are required to answer any *one* from *two* courses.
Candidates should mention it clearly on the Answer Book.**

SEC-1A

DEVELOPING EMOTIONAL COMPETENCE

GROUP-A

Write any *two* assignment based answer from the following questions 20×2 = 40
(The word limit of each answer will be 800 words)

1. What do you mean by motivation? Write down the distinction between sympathy and empathy. 10+10
2. Write notes on: 10+10
 - (a) Self awareness
 - (b) Self regulations.
3. Define the importance of managing one's emotion with suitable examples. 20
4. How can you develop emotional competence in an individual? Write down the importance of recognizing emotions in oneself. 10+10

GROUP-B

Write any *two* assignment based answer from the following questions 10×2 = 20
(The word limit of each answer will be 500 words)

5. What is positive and negative emotions?
6. Why emotional competence is an important phenomenon?

7. How can a student develop self-awareness within themselves?
8. What do you mean by emotional competence?

SEC-1B
MANAGING STRESS
GROUP-A

Write any *two* assignment based answer from the following questions 20×2 = 40
(The word limit of each answer will be 800 words)

1. Discuss the methods and techniques of stress management with suitable examples. 20
2. What are the symptoms of stress? How can we manage stress? 10+10
3. Write down the meaning and nature of stress. 10+10
4. What do you mean by yoga and meditation? Give suitable examples. 20

GROUP-B

Write any *two* assignment based answer from the following questions 10×2 = 20
(The word limit of each answer will be 500 words)

5. Explain different relaxation techniques in managing stress.
6. Discuss different sources of stress.
7. What do you mean by emotion focused approaches?
8. Write down the importance of problem focused approaches in the field of stress.

—x—