


VIT

Vellore Institute of Technology

Final Assessment Test – November 2025

Course: BHUM203L - Introduction to Psychology

Class NBR(s): 4203 / 4966

Time: Three Hours

Slot: F1+TF1

Max. Marks: 100

- KEEPING MOBILE PHONE/ANY ELECTRONIC GADGETS, EVEN IN 'OFF' POSITION IS TREATED AS EXAM MALPRACTICE
- DON'T WRITE ANYTHING ON THE QUESTION PAPER

COs	CO Statements
CO1	Describe the basic concepts of Psychology.
CO2	Understand the processes of sensation and perception.
CO3	Acquire an in-depth knowledge of learning, memory, forgetting and decision making.
CO4	Analyze the importance of motivation and emotions.
CO5	Apply the theoretical foundations to describe human personality and intelligence.
CO6	Develop and implement the resilience strategies to promote mental health.

BL – Blooms Taxonomy Level (1 – Remember, 2 – Understand, 3 – Apply, 4 – Analyse, 5 – Evaluate, 6 – Create)

 Answer ALL Questions

(10 X 10 = 100 Marks)

1. ✓ Analyse the applications of psychological principles in everyday social and academic contexts. CO1 BL3
2. ✓ Gestalt principles explain how our mind organizes and interprets visual elements. Discuss CO2 BL2
3. ✓ Create a mind map that highlights the key aspects of memory enhancement techniques. CO3 BL3
4. ✓ Explain the main differences between the James-Lange theory of emotion and the Cannon-Bard theory. CO4 BL2
5. ✓ How do both verbal & non-verbal communication play a role in conflict escalation? Explain with examples. CO6 BL2
6. ✓ Describe Freud's Id-Ego-Superego Model with real-life examples. CO1 BL2
7. Critically evaluate the practical applications of Herzberg's theory in modern organizations. CO4 BL3
8. Propose a comprehensive plan incorporating various adaptive coping strategies to assist an individual in overcoming maladjustment. CO6 BL2
- 9.a) ✓ Discuss the distinguishing characteristics between individuals with high self-esteem and those with low self-esteem. CO5 BL2
- OR
- 9.b) Discuss few strategies for the development of Emotional Intelligence. CO5 BL2
- 10.a) Discuss the physiological and psychological effects of stress on the human body. CO6 BL2
- OR
- 10.b) Examine the key factors that contribute to improve mental health. CO6 BL2

⇔⇔⇔ A/L/TY ⇔⇔⇔