


VIT

Vellore Institute of Technology
(Deemed to be University under section 3 of the UGC Act, 1956)
Final Assessment Test – November 2025

Course: BHUM203L - Introduction to Psychology

Class NBR(s): 3717

Time: Three Hours

Slot: F2+TF2

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 knowledge of 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)

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| 1. | Explain the five psychosexual stages of development according to Freud. How do fixations at different stages contribute to personality development and potential psychological issues? | CO1 | BL4 |
| 2. | Debate the relative contributions of nature (genetics) and nurture (environment) to human behavior and development. Provide evidence from psychological research to support your arguments. | CO1 | BL5 |
| 3. | Clearly differentiate between sensation and perception. Provide examples to illustrate how these two processes work together to create our understanding of the world. | CO2 | BL3 |
| 4. | Explain Pavlov's experiment on classical conditioning. How does this process create new associations between stimuli and responses? Discuss real-world examples of classical conditioning in everyday life. | CO3 | BL3 |
| 5. | Explain Maslow's hierarchy of needs. How does this theory prioritize different human needs? Discuss the potential limitations of this hierarchy. | CO4 | BL1 |
| 6. | Compare and contrast the James-Lange theory, the Cannon-Bard theory, and the Schachter-Singer two-factor theory of emotion. Which theory provides the most accurate explanation of the relationship between physiological arousal and emotional experience? | CO4 | BL2 |

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| 7. | Explore the importance of mental health in the workplace. Discuss the impact of mental health issues on productivity, employee well-being, and organizational culture. | CO6 | BL4 |
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| 8. | Discuss various conflict resolution strategies, such as negotiation, mediation, and arbitration. Evaluate the effectiveness of each strategy in different conflict situations. | CO6 | BL2 |
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| 9.a) | Discuss the concept of stress and its physiological and psychological effects. Analyze various coping mechanisms people use to manage stress and evaluate their effectiveness. | CO6 | BL4 |

OR

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| 9.b) | Examine how individuals adjust to major life transitions, such as starting college, getting married, or experiencing a loss. Discuss the challenges and strategies involved in adapting to new circumstances. | CO6 | BL4 |
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| 10.a) | Discuss various methods of personality assessment, including projective tests, self-report inventories, and behavioral observations. Evaluate the validity and reliability of these methods. | CO6 | BL2 |

OR

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| 10.b) | Explain the concept of emotional intelligence. How does emotional intelligence differ from traditional measures of intelligence? Discuss the importance of emotional intelligence in personal and professional success. | CO6 | BL2 |
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