

STELLA MARIS COLLEGE (AUTONOMOUS) CHENNAI 600 086
(For candidates admitted during the academic year 2015 – 2016& thereafter)

SUBJECT CODE: 15PY/PE/PE24

M.A/ M.Sc.,DEGREE EXAMINATION, APRIL 2019
SECOND SEMESTER

COURSE : ELECTIVE
PAPER : PERSONAL EFFECTIVENESS
TIME : 3 HOURS **MAX. MARKS: 100**

SECTION-A **(5x8=40)**

Answer FIVE questions. Each answer should not exceed 200 words:

1. Define social perception. What are its basic principles?
2. Explain life scripting. How does it have an impact on life positions?
3. What is self-concept? Write on its effect on self-esteem and self-image.
4. Illustrate on the different transactions with appropriate examples.
5. Define communication. Illustrate the elements of communication
6. Explain adjustment. Distinguish between adjustment and maladjustment.
7. Define frustration. What are the sources of frustration?
8. What are positive and negative strokes in TA?

SECTION-B **(4x10=40)**

Answer FOUR questions. Each answer should not exceed 500 words:

9. Explicate on values. How important are they for life?
10. Describe the different coping strategies with appropriate examples
11. Discuss the steps to enhance self-esteem.
12. Elucidate responding skills. Justify its impact on communication.
13. Explain emotional intelligence and its basic components.
14. Write on the different types of life positions support your answer with examples.

SECTION-C **(1x20=20)**

Answer ONE question. The answer should not exceed 1000 words:

15. Explicate the different types of communication. How does it affect our Interpersonal relationships?
16. Explain conflict and stress. What are its effects on individuals?
