

STELLA MARIS COLLEGE (AUTONOMOUS) CHENNAI 600 086
(For candidates admitted during the academic year 2019 – 2020 & thereafter)

SUBJECT CODE: 19PY/PE/PE23
M.A/ M.Com / M.Sc., DEGREE EXAMINATION, APRIL 2023
SECOND SEMESTER

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

SECTION-A

ANSWER FIVE QUESTIONS. EACH ANSWER SHOULD NOT EXCEED 200 WORDS: **(5x8=40)**

1. Describe the importance of self-esteem.
2. Enumerate the basic principles of social perception.
3. List the elements of communication.
4. Appraise transactions.
5. Define conflict and explain its type.
6. Write a note on listening.
7. Critically examine self-concept.
8. Mention the techniques to improve assertiveness.

SECTION-B

ANSWER FOUR QUESTIONS. EACH ANSWER SHOULD NOT EXCEED 500 WORDS: **(4x10=40)**

9. Explain briefly the motives and drives.
10. Write in detail about social intelligence.
11. How is interpersonal relationships developed?
12. Identify the psychological games and its effects on individuals.
13. What are the life positions in transactional analysis?
14. Briefly explain about ego states.

SECTION-C

ANSWER ONE QUESTION. EACH ANSWER SHOULD NOT EXCEED 1000 WORDS: **(1x20=20)**

15. Explain in detail about emotional intelligence.
16. Elucidate on stress and coping strategies.
