SUBJECT CODE: 15PY/PE/PE24

M.A/ M.Sc.,/M.Com.DEGREE EXAMINATION, APRIL 2018
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. State the childhood experiences that can lead to development of healthy self esteem in later life.
2. Define social perception and state its importance.
3. List out the salient tenets of Transitional Analysis
4. What does the term "games" mean in TA? Describe.
5. State the difference between active and passive listening.
6. What is meant by encoding and decoding?
7. Define frustration and conflicts.
8. Define the term "value" and state the sources of value development.

SECTION-B   (4x10=40)
Answer FOUR questions. Each answer should not exceed 500 words:

9. Highlight the broad classification of values in our society. Give examples.
10. Describe the various techniques of impression management.
11. Describe the various sources of stress in a student's life.
12. State how values can be inculcated in young children.
13. Explain the process of communication.
14. Describe the three different types of ego stages with its characteristic features as viewed in Transactional Analysis.

SECTION-C   (1x20=20)
Answer ONE question. The answer should not exceed 1000 words:

15. Discuss the importance of self esteem and describe ways of nurturing and enhancing self esteem.
16. Define emotional intelligence and explain the various components of emotional competency.

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