Unit 3 - Introduction to Positive Psychology

Course outline

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Assignment Zero

Introduction to Positive Psychology

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- Introduction to Positive Psychology
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- Quiz : Assignment 1: Introduction to Positive Psychology
- Feedback

Character Strengths and Virtues

Happiness and Well-Being

Happiness and Positive Emotions

Hope, Optimism, Self and related concepts, and Resilience

Flow, Mindfulness and Spirituality

Interpersonal Character Strengths

Recent Trends and Directions in Positive Psychology

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Text Transcripts

Assignment 1: Introduction to Positive Psychology

The due date for submitting this assignment has passed. **Due on 2019-08-14, 23:59 IST.**
As per our records you have not submitted this assignment.

1) Psychology may be described as: *1 point*

- [ ] a scientific study of cognitive processes and behaviour
- [ ] Mind-reading
- [ ] Understanding how people think, act and feel.
- [ ] Unscientific

No, the answer is incorrect.
Score: 0
Accepted Answers:
a scientific study of cognitive processes and behaviour
Understanding how people think, act and feel.

2) Which of the following school of psychology is concerned with Stimulus-Response connection? *1 point*

- ( ) Humanistic Approach
- ( ) Functionalism
- ( ) Psychodynamic Approach
- ( ) Behaviorism

No, the answer is incorrect.
Score: 0
Accepted Answers:
Behaviorism

3) Who used the term Positive Psychology for the first time in 1954? *1 point*

- ( ) Martin Seligman
- ( ) Abraham Maslow
- ( ) Carl Rogers
- ( ) Albert Bandura

No, the answer is incorrect.
Score: 0
Accepted Answers:
Abraham Maslow

4) Which of the following is/are a part of positive psychology? *1 point*

- [ ] Positive Education
- [ ] Positive Psychotherapy
- [ ] Positive Organisations
- [ ] None of the above

No, the answer is incorrect.
Score: 0
Accepted Answers:
None of the above

5) State True or False: *1 point*
'Psychology in India' and 'Positive Psychology' are birds of the same feather.

- ( ) True
- ( ) False

No, the answer is incorrect.
Score: 0
Accepted Answers:
False

6) Which of the following is not a characteristic of correlational research? *1 point*

- [ ] It tells us whether two variables are related.
- [ ] It tells us the direction of the relation between the variables.
- [ ] It tells us to what extent the two variables are related to one another (the magnitude of the relation)
- [ ] It tells about the cause and effect relationship between the variables.

No, the answer is incorrect.
Score: 0
Accepted Answers:
It tells about the cause and effect relationship between the variables.

7) Rogerian Therapy emphasises on: *1 point*

- [ ] Conditional Positive Regard
- [ ] Congruence
- [ ] Sympathy
- [ ] Acceptance
- [ ] Past Experiences

No, the answer is incorrect.
Score: 0
Accepted Answers:
Congruence
Acceptance

8) Positive Psychology scientifically aims to study *1 point*

- [ ] Happiness
- [ ] Sadness
- [ ] Weakness of a person
- [ ] Positive individual traits

No, the answer is incorrect.
Score: 0
Accepted Answers:
Happiness
Positive individual traits

9) State True or False: *1 point*
The experimental method allows us to draw conclusions about the cause and effect relationship between the variables.

- ( ) True
- ( ) False

No, the answer is incorrect.
Score: 0
Accepted Answers:
True

10) Which psychological perspective emphasises on unconscious mind? *1 point*

- ( ) Behaviorism
- ( ) Cognitive
- ( ) Psychodynamic
- ( ) Humanistic

No, the answer is incorrect.
Score: 0
Accepted Answers:
Psychodynamic