

Unit 4 - Character Strengths and Virtues

Course outline

How to access the portal?

Assignment Zero

Introduction to Positive Psychology

Character Strengths and Virtues

- Character Strengths & Virtues/ Positive Personality Traits: Part-1
- Character Strengths & Virtues/ Positive Personality Traits: Part-2
- Character Strengths & Virtues/ Positive Personality Traits: Part-3

○ Quiz : Assignment 2: Character Strengths and Virtues

○ Feedback

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 2: Character Strengths and Virtues

The due date for submitting this assignment has passed. As per our records you have not submitted this assignment.

Due on 2019-08-21, 23:59 IST.

1) Which theorist gave the concept of 'useful vs useless' style of life? 1 point

Martin Seligman
 Alfred Adler
 Carl Jung
 Erik Erikson

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

2) According to Carl Rogers, openness to experience, existential living, trust feelings, creativity and fulfilled life are characteristics of which type of persons? 1 point

A person with high self-esteem
 A person with high self-efficacy
 A fully functioning person
 A self-transcendent person

No, the answer is incorrect.
Score: 0
Accepted Answers:
A fully functioning person

3) Which of the following are the six main virtues as measured by the VIA? 1 point

Intelligence, Kindness, Empathy, Sympathy, Justice, Love
 Intelligence, Humanity, Social Values, Nurturance, Empathy, Emotional Intelligence
 Wisdom and knowledge, Courage, Humanity, Transcendence, Temperance, Justice
 Intelligence, Humanity, Social Values, Kindness, Empathy, Emotional Intelligence

No, the answer is incorrect.
Score: 0
Accepted Answers:
Wisdom and knowledge, Courage, Humanity, Transcendence, Temperance, Justice

4) Our character strengths are associated with three routes to happiness. Which routes to happiness are they associated with? 1 point

Meaning
 Engagement
 Autonomy
 Pleasure
 Positive Emotions
 Environmental Mastery

No, the answer is incorrect.
Score: 0
Accepted Answers:
Meaning
Engagement
Pleasure

5) How many character strengths do we find in the Value in Action Inventory of Strengths (VIA-IS)? 1 point

12
 18
 24
 30

No, the answer is incorrect.
Score: 0
Accepted Answers:
24

6) State True or False: 1 point
 The qualitative research conducted by Duggal Jha and Singh (2009) in the Indian context, shows that the same Character Strengths are valued in different cultures

True
 False

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

7) State True of False: 1 point
 We cannot use qualitative methods to assess character strengths.

True
 False

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

8) The development of Character Strengths and Virtues (CSV) handbook promotes: 1 point

DSM-V
 ICD-10
 UNDSM-I
 None of the above

No, the answer is incorrect.
Score: 0
Accepted Answers:
UNDSM-I

9) According to Allport's Personality Theory, the healthy mature adult personality has following traits: 1 point

Warm relations of self to others
 Defensiveness (unrealistic perception)
 Emotional insecurity
 Self-objectification

No, the answer is incorrect.
Score: 0
Accepted Answers:
Warm relations of self to others
Self-objectification

10) State True or False: 1 point
 We might feel drained if we haven't had the opportunity to use our character strengths for some time.

True
 False

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