

Registration Number:

Date & session:

**ST JOSEPH’S UNIVERSITY, BENGALURU -27**

**OPEN ELECTIVE – II SEMESTER**

**SEMESTER EXAMINATION: APRIL 2024**

**(Examination conducted in May / June 2024)**

**PYOE2 PSYCHOLOGY AND MENTAL HEALTH**

**(For current batch students only)**

**Time: 2 Hours Max Marks: 60**

**This paper contains ONE printed page and THREE parts**

**PART-A**

Answer **ANY ONE** of the following (15x1=15)

1. What are the four goals of psychology? Explain using an example.
2. Elaborate on two concepts you have learned in the course, and discuss how you can apply them in your everyday life by providing specific examples.

**PART-B**

Answer **ANY ONE** of the following (15x1=15)

1. Are these myths of facts? Explain your answer for each of the statements:
2. Everyone who has mental health disorders are violent and dangerous.
3. If you have food, clothing, and shelter then you should not have mental distress.
4. People cause mental illness to themselves by “overthinking”
5. Many young adults experience peer pressure and substance use challenges. Discuss several ways in which they can cope with these issues.

**PART-C**

Answer **ANY TWO** of the following (15 x 2=30)

1. Describe how the window of tolerance model works, using a personal example to illustrate its application in managing stress and emotions.
2. What is professional counselling? Write in details several issues for which one can seek professional counseling?
3. Reflect on any one stressful occasion in your life and answer the following questions and identify any two cognitive distortions or defense mechanisms that would have played a role at that time.

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