INTERNATIONAL TRAINING COLLEGE – LINGUA

Towards Educational Excellence

NCHE Reg. No: R0014

NQA Accreditation No: 000095

DEPARTMENT OF HEALTH, COUNSELLING, BA Law & SPORT

TEST 1

Lecturer: MR. WAKUDUMO	Date: SEPTEMBER 2023
QUALIFICATION	**: Bachelor of Law in Arts(NQF Level 5)**
MODULE	**: POSITIVE PSYCHOLOGY**
TEST 2	
TOTAL MARKS	**: 40 marks**
TIME	**: 1 Hour**
Marks Awarded	**: ____ = ____%** **40**

READ THE INSTRUCTIONS CAREFULLY

- Write your full names and student number in the space provided.
- Marks are indicated at the end of each question.
- Answer each question in the space provided below.
- Write neatly and clearly
- **Cell phones** are not allowed during the test sessions.

Student Surname: _____ ☐ ☐ ☐

Student First name: _____ **FT** **PT** **Distance**

Student Number :_____ ***(Please Tick one box only)***

Date : _____

QUESTION 1

1. Provide a definition of the following terms; (10 marks)

Positive psychology

_____
_____
_____

Hope theory

_____
_____
_____

Resilience theory

_____
_____
_____
_____

Flow theory

_____
_____
_____
_____

Emotional Agility theory

_____
_____
_____
_____

QUESTION 2

1. Discuss the role of positive emotions and happiness in well-being of individuals. (7 marks)

_____
_____
_____
_____
_____

QUESTION 3

Identify and discuss 5 techniques for managing stress and promoting well-being (10 marks)

QUESTION 4

List 5 strategies that used to increase gratitude, optimism, and resilience. (5 marks)

QUESTION 5

Define and discuss the concept of the science of positive emotions. (9 marks)

TOTAL MARKS:40