

M.E.S'S VASANT JOSHI COLLEGE OF ARTS & COMMERCE, ZUARINAGAR- GOA
B.A. (NEP) SEMESTER III END ASSESSMENT, OCTOBER/NOVEMBER 2024
PSYCHOLOGY
PSY 211: ADOLESCENT PSYCHOLOGY

Duration: 2 Hours

Max. Marks: 80

INSTRUCTIONS:

- I. All questions are compulsory*
- II. Question A has internal choice*
- III. Figures to the right indicate maximum marks per question.*

Q. 1 Define the following in about 50 words **[8 X 2=16 Marks]**

- a) Stage of adolescence
- b) Sexually transmitted infections
- c) Intrinsic and Extrinsic Motivation
- d) Optimal Experiences and Flow
- e) False Self
- f) Emotion Regulation
- g) Cliques and Crowds
- h) Rite of passage

Q. 2 A. Answer the following in about 200 words **(6 Marks)**

- i) Explain the concerns related to sleep patterns in adolescence.

OR

- ii) Employ Vygotsky's Theory to explain cognitive development.

Q. 2 B. Answer the following in about 200 words **(6 Marks)**

- i) Explain any three dimensions of adolescents' self-understanding.

Q. 2 C. Answer the following in about 100 words **(4 Marks)**

- i) Compare the stages of romantic relationships in adolescence.

Q. 3 A. Answer the following in about 200 words **(6 Marks)**

- i) Discuss strategies for tackling procrastination.

OR

- ii) Discuss the role of parental managing and monitoring in adolescent development.

Q. 3 B. Answer the following in about 200 words **(6 Marks)**

- i) Discuss the effective and ineffective strategies for making friends.

Q. 3 C. Answer the following in about 100 words **(4 Marks)**

- i) Discuss the consequences of adolescent pregnancy.

Q. 4 A. Answer the following in about 200 words (6 Marks)

i) Evaluate the consequences of low self-esteem in adolescence.

OR

ii) Analyze the reasons for drug abuse in adolescence.

Q. 4 B. Answer the following in about 200 words (6 Marks)

i) Analyze the risk factors in adolescent sexual behavior.

Q. 4 C. Answer the following in about 100 words (4 Marks)

i) Discuss the benefits of time management in self-regulation.

Q. 5 A. Answer the following in about 200 words (6 Marks)

i) Discuss hormonal changes and body image as key aspects of puberty.

OR

ii) Critically evaluate the skills of a mentor and the benefits of mentoring in adolescence.

Q. 5 B. Answer the following in about 200 words (6 Marks)

i) Discuss the influence of social context on self-esteem.

Q. 5 C. Answer the following in about 100 words (4 Marks)

i) Critically evaluate the risk factors in adolescent alcohol use.

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Q. 1 Define the following in 50 words

[8 X 2=16 Marks]

- a) Body image
- b) Acquired Immune Deficiency Syndrome
- c) Service learning
- d) Mind set
- e) Possible self
- f) Self-esteem and self-concept
- g) Peer Pressure
- h) Parental monitoring

Q. 2 A. Answer the following in about 200 words

(6 Marks)

- i) Explain the concerns related to adolescents' nutrition and exercise.

OR

- ii) Explain procrastination as a motivational obstacle to achievement.

Q. 2 B. Answer the following in about 200 words

(6 Marks)

- i) Explain the areas of parent-adolescent conflict.

Q. 2 C. Answer the following in about 100 words

(4 Marks)

- i) Explain the term 'Juvenile Delinquency' and its causes.

Q. 3 A. Answer the following in about 200 words

(6 Marks)

- i) Illustrate any two obstacles to achievement.

OR

- ii) Discuss strategies to improve adolescents' self-esteem.

Q. 3 B. Answer the following in about 200 words

(6 Marks)

- i) Discuss the role of media use and screen time in adolescents' lives.

Q. 3 C. Answer the following in about 100 words

(4 Marks)

- i) Discuss any two changes involved in puberty during adolescence.

Q. 4 A. Answer the following in about 200 words (6 Marks)

i) Critically evaluate emotional competences that are important for adolescent development.

OR

ii) Analyze the cross-cultural comparisons of adolescents.

Q. 4 B. Answer the following in about 200 words (6 Marks)

i) Analyze concerns of adolescent pregnancy and suggest measures to reduce its occurrence.

Q. 4 C. Answer the following in about 100 words (4 Marks)

i) Discuss Steven Covey's time matrix of four quadrants.

Q. 5 A. Answer the following in about 200 words (6 Marks)

i) Discuss adolescent problems related to inadequate sleep.

OR

ii) Evaluate goal setting, planning, and self-monitoring as important aspects of adolescents' achievement.

Q. 5 B. Answer the following in about 200 words (6 Marks)

i) Discuss any three aspects of the development of self-understanding in adolescence.

Q. 5 C. Discuss the following in about 100 words (4 Marks)

i) Critically evaluate the changes in friendships during adolescence.
