(OBJECTIVE TYPE)

Encircle the correct options. (1 mark each)

1. The Founder of Structuralism is
   a). Wilhelm Wundt
   c). Stanley Hall
   d). William James

2. The system that increase the heart beat and blood pressure is:
   a) Sympathetic Nervous System
   b) Parasympathetic Nervous System
   c) Somatic Nervous System
   d) Glandur System

3. The method used by clinical psychologists for diagnosis and treatment is called:
   a). Interview Method
   b). Day Book Method
   c). Clinical Method
   d). Treatment Method

4. _______________ Neurons are found in human brain.
   a). 10-12 hundred million
   b). 8-10 hundred million
   c). 6-4 hundred million
   d). 5 hundred million

5. Which of the following occurs when one object seems to block another object
   a). Convergence
   b). Linear Perspective
   c). Overlap
   d). Texture Gradient

6. _______________ occurs when a response is followed by experiencing something pleasurable.
   a). Positive Reinforcement
   b). Negative Reinforcement
   c). Punishment
   d). Generalization

P.T.O.
7. The attention determined by objective conditions is called
   a). Passive Attention
   b). Active Attention
   c). Secondary Passive attention
   d). Primary Attention

8. External white and hard coat of eye is called:
   a). Sclerotic coat
   b). Choroid coat
   c). Retinal coat
   d). Anvial coat

9. ___________ is the fundamental element of the Nervous System.
   a). Cell
   b). Soma
   c). Neuron
   d). Dendrites

10. The Chemical material present in the synapse is called
    a). Neuroreceptors
    b). Sodium ions
    c). Nerve Transmitters
    d). Neurotransmitters
UNIVERSITY OF THE PUNJAB

First Semester 2015
Examination: B.S. 4 Years Programme

PAPER: Introduction to Psychology Course Code: APSY-101

TIME ALLOWED: 2 hrs. & 30 mins.
MAX. MARKS: 50

Attempt this Paper on Separate Answer Sheet provided.

(SUBJECTIVE TYPE)

(Short Answers Questions): (2 marks each)

1. Define Personality.
2. Name three bones of the ear.
3. Define Illusion.
4. What is the difference between short term memory and long term memory?
5. Give an example of Negative reinforcement.
6. Define the James-Lange theory of emotions.
7. What are the main functions of Parathyroid gland?
8. Name the hormone released by Pineal gland.
10. Describe the structure of Neuron.

(Long Answers Questions): (15 marks each)

1. Explain Survey method of study in Psychology.
   OR
   Describe Central Nervous System in detail along with a labeled diagram of Brain.

2. Differentiate between Classical Conditioning and operant Conditioning.
   OR
   Explain Behavioral and psychodynamic model and it's features in detail.
Q.I. Choose the correct option: (10)

1. The optic disk is also called the blind spot because it has no
   Rods
   Cones
   Both rods and cones
   Retina

2. The method of taking detailed information from the single participant is called
   Observation
   Case study
   Survey
   None of the above

3. If all the participants are asked the same questions which are written prior to interview is called ___________________________ interview
   Unstructured
   Structured
   Semi structured
   All of the above

4. The data can be collected from large sample by using
   Experimental method
   Case study method
   Survey method
   Interview

5. Humans can hear sounds that are between ________ and ________ hertz.
   2 and 2000
   20 and 20000
   200 and 20000
   2000 and 20000

6. Test’s ability to measure give same results, whenever it is tested is called
   Validity
   Reliability
   Norms
   None

7. Which system is involved in regulating messages from brain to different body parts?
   Limbic system
   Nervous system
   Coronary system
   Gastrointestinal system
8. Raw information is received through
   - Sensation
   - Perception
   - Attention
   - Development

9. Observers use ________________ to hide themselves from the object of their observation
   - Concealment
   - Direct observation
   - Laboratory experiment
   - Survey

10. The long elongated part of the neuron is called
    - Soma
    - Dendrite
    - Axon
    - Myelin sheath

11. The sensory system involved in balance is
    - Vestibular system
    - Heterogenic system
    - Coronary system
    - Respiratory system

12. The brain is divided into two equal halves called
    - Cortex
    - Hemisphere
    - Medulla
    - Spinal cord

13. Small muscles attached to the lens that control its shape are called
    - Cardiac muscles
    - Ciliary muscles
    - Tendon muscles
    - Mesenteric muscles

14. The process of information processing in brain is called
    - Sensation
    - Perception
    - Actualization
    - Creativity
15. The mental process of eliminating those distractions, eliminating unwanted messages, is called

Pouring
Piercing
Filtering
Transferring

16. The little bumps visible on your tongue are...

taste buds
taste cells
papillae
receptors
epithelium

17. When would serial learning definitely be needed?

memorizing a grocery list
memorizing the meanings of traffic symbols for a driver's test
memorizing the turns to get through a crowded city
memorizing names of people you met only once

18. If a child is rewarded for appropriate behavior every 15 minutes, that type of schedule is being used?

fixed ratio
variable ratio
fixed interval
variable interval

19. Self-actualization is a ________________ motive

Primary
Secondary
Territory
Mandatory

20. The data can be collected from large sample by using

Experimental method
Case study method
Survey method
Interview
Q.II. Give short answers: (20)

1) Define Observation and also name its different types. (2)
2) Differentiate between Central Nervous System and Peripheral Nervous System. (4)
3) Differentiate between Sensation and Perception. (4)
4) Differentiate between Biogenic and Sociogenic Motives. (4)
5) What is meant by problem solving? (2)
6) What is the difference between Classical Conditioning and Operant Conditioning? (4)

SUBJECTIVE TYPE

(Marks: 30)

Note: Answer all questions. There is no choice. All questions carry equal marks

Q.1. Write detailed note on Historical Background and Schools of Psychology. (10)

Q.2. Define Thinking. Write in detail about different Tools of Thinking. (10)

Q.2. Define Emotions. Write detailed note on any Two Theories of Emotion. (10)
UNIVERSITY OF THE PUNJAB
First Semester 2015
Examination: B.S. 4 Years Programme

PAPER: Introduction to Psychology (Revised)  TIME ALLOWED: 30 mins.
Course Code: APSY-111A         MAX. MARKS: 10

Attempt this Paper on this Question Sheet only.

OBJECTIVE TYPE

1. The optic disk is also called the blind spot because it has no
   Rods                Cones
   Both rods and cones Retina

2. The method of taking detailed information from the single participant is called
   Observation                Case study
   Survey                    None of the above

3. If all the participants are asked the same questions which are written prior to interview is called
   Unstructured
   Semi structured
   Structured
   All of the above

4. The data can be collected from large sample by using
   Experimental method
   Case study method
   Survey method
   Interview

5. Humans can hear sounds that are between _______ and _______ hertz.
   2 and 2000
   20 and 20000
   200 and 20000
   2000 and 20000

6. Test’s ability to measure give same results, whenever it is tested is called
   Validity                Reliability
   Norms                   None

7. Which system is involved in regulating messages from brain to different body parts?
   Limbic system
   Nervous system
   Coronary system
   Gastrointestinal system
8. Raw information is received through
   Sensation Perception
   Attention Development

9. The process of reinforcing successively closer approximations to a desired behaviour is called
   Generalization
   Shaping
   Intermittent reinforcement
   Secondary reinforcement

10. The long elongated part of the neuron is called
    Soma Dendrite
    Axon Myelin sheath

11. The sensory system involved in balance is
    Vestibular system
    Heterogenic system
    Coronary system
    Respiratory system

12. The brain is divided into two equal halves called
    Cortex Hemisphere
    Medulla Spinal cord

13. Small muscles attached to the lens that control its shape are called
    Cardiac muscles
    Ciliary muscles
    Tendon muscles
    Mesenteric muscles

14. The process of information processing in brain is called
    Sensation Perception
    Actualization Creativity
15. The mental process of eliminating those distractions, eliminating unwanted messages, is called

Pouring
Piercing
Filtering
Transferring

16. The limbic system structure that regulates hunger is called

Hypothalamus
Thalamus
Amygdale
Hippocampus

17. STM stands for

Short term memory
Sensory term memory
Stimulus thermo meter
Stetho thermo meter

18. Transforming incoming information into a usable form is the stage of memory called

Retrieval
Encoding
Storage
Organization

19. An area of the brain of particular importance for memory storage is the

Hippocampus
Parietal lobe
Thalamus
Medulla

20. Ali is on his way to institute to take a final term exam. Suddenly he noticed that his pulse rate is high, he is sweating, and feeling nervous. With which theory of emotion is his experience most consistent

Cannon-Bard
James-Lange
Schechter & Singer
Adaptation level theory
Q. II. Give short answers: (20)
1. What is sensory memory? (2)
2. What is the difference between Sensation and Perception? (4)
3. Name and define different types of observation. (4)
4. Differentiate between Classical conditioning and Operant conditioning (4)
5. Differentiate between James- Lange, and Cannon- Bard Theory of emotions (4)
6. Define Reinforcement and Punishment (2)

Q. III. Answer the following questions: (30)
1. Define endocrine system. Name its important glands and write in detail about them. (15)
2. Write a detailed note on Central Nervous System. (15)
PART-I (Objective Question)

Encircle the best suitable option for given statement. (01 marks * 10 MCQs=10 Marks)

1. According to Alfred Adler, the prime motivating force in a person’s life is
   (a) Physical gratification
   (b) Striving for superiority
   (c) The need for power
   (d) None of the above

2. Superego operates according to the ____________ principal.
   (a) Pleasure
   (b) Reality
   (c) Morality
   (d) All of the above

3. Which of the following is not an attribute of extroversion in the big five factors theory of personality?
   (a) Sociable
   (b) Talkative
   (c) Self-conscious
   (d) Affectionate

4. Who emphasized on “birth order” in personality development?
   (a) Adler
   (b) Kohler
   (c) Pavlov
   (d) None of these

5. The 16 PF (Personality Factor) test was developed by
   (a) Cattell
   (b) Erickson
   (c) Alport
   (d) Kelly

6. Which of the following is a basic characteristic of a self-actualizing person?
   (a) Awareness of inner feelings & experiences
   (b) Continued need to grow and develop
   (c) Achievement of as much wealth / power as possible
   (d) Freedom of choice
7. Piaget carried out research on ____________ development of children.
   (a) Social
   (b) Cognitive
   (c) Physical
   (d) None of them

8. According to B. F. Skinner, much of our human learning is a result of ____________
   (a) Reward & punishment
   (b) Imitating others
   (c) Association
   (d) All of the above

9. According to Albert Ellis, our behavior is affected by ____________
   (a) Desire for pleasure
   (b) Reward & punishment
   (c) Irrational thoughts
   (d) All of the above

10. In ____________, a psychoanalyst encouraged the patient to talk about whatever comes to his mind.
    (a) Dream interpretation
    (b) Resistance
    (c) Transference
    (d) Free association
UNIVERSITY OF THE PUNJAB

Second Semester 2015
Examination: B.S. 4 Years Programme

PAPER: Theories of Personality
Course Code: APSY-103

TIME ALLOWED: 2 hrs. & 30 mins.
MAX. MARKS: 50

Attempt this Paper on Separate Answer Sheet provided.

Part-II (Subjective Questions)

Questions with Short Answers (2 Marks \times 10 \text{ Questions}=20 \text{ Marks})

I. Define defense mechanism?

II. Differentiate introvert and extrovert personality.

III. Enlist psychosexual stages given by Freud.

IV. Describe personality traits.

V. Write a brief note on contribution of Alfred Adler in the field of psychology.

VI. Elucidate the concept of identity crisis according to Erik Erikson theory.

VII. Briefly describe social learning theory of Albert Bandura.

VIII. Define cognitive triad given by Aron Beck.

IX. What is the basic concept of Carl Rogers' theory?

X. Define Personality.

Questions -3

Questions with Brief Answers (10 Marks \times 3 \text{ Questions}=30 \text{ Marks})

1. Write a detail note on Psychoanalytic theory of personality.

2. Describe Abraham Maslow's theory. Discuss its application in the field of motivation.

3. Describe conditioning and its major types. How can principles of operant conditioning be applied in educational and clinical setting? Give examples.
UNIVERSITY OF THE PUNJAB
Second Semester 2015
Examination: B.S. 4 Years Programme

PAPER: Fundamentals of Psychology
Course Code: APSY-111

TIME ALLOWED: 30 mins.
MAX. MARKS: 10

Attempt this Paper on this Question Sheet only.

OBJECTIVE TYPE

Note: Attempt all questions on question paper. Cutting, overwriting or double marking of the option is not allowed and it will be considered as a mistake.

Q.I. Circle the correct option: (10)

1. A personality test you are taking involves you to describe story from few pictures. What type of test are you taking?
   - MMPI
   - TAT
   - BDI
   - RISB

2. A student is on his way to examination hall to take a exam. Suddenly he noticed that his pulse rate is high, he is sweating, and feeling nervous. With which theory of emotion is his experience most consistent?
   - Cannon-Bard
   - James-Lange
   - Schechter & Singer
   - Adaptation level theory

3. A part of the nervous system that prepares the body for emergencies is the ________ division
   - Parasympathetic
   - Sympathetic
   - Somatic
   - Adaptive

4. According to Freud, the id is governed by the
   - Pleasure principle
   - Reality principle
   - Ego ideal
   - Comfort principle

P.T.O.
5. The tendency for previous learning to hold back recall of later on learning is called
   encoding failure
   repression
   retroactive interference
   proactive interference

6. Transforming incoming information into a usable form is the stage of memory called
   Retrieval
   Encoding
   Storage
   Organization

7. Working memory is associated with which of the following?
   Sensory
   Short term
   Long term
   Integrated

8. Organizing information into larger units as a way of improving the efficiency of short-term memory is called
   Chunking
   Categorization
   Verbal learning
   Symbolization

9. Which of the following is the correct ordering of Freud's psychosexual stages?
   anal, phallic, oral, genital
   oral, anal, phallic, genital
   genital, phallic, oral, anal
   anal, oral, phallic, genital

10. The optic disk is also called the blind spot because it has no
    Rods
    Cones
    Both rods and cones
    Retina
SUBJECTIVE TYPE

Q.II. Give Short answers: (20)

1. Differentiate between Reinforcement and Punishment (2)
2. What is the difference between Sensation and Perception? (2)
3. Differentiate between Echoic and iconic memory (2)
4. What is sensory memory? (2)
5. Name and define Schedules of reinforcement? (4)
6. Define endocrine system and name its important glands. (4)
7. Name and define different types of observation. (4)

Q.III. Answer the following Questions: (30)

1. Define Learning. Differentiate between Classical conditioning and Operant conditioning with examples. (15)
2. Briefly describe the historical perspective and schools of Psychology. (15)
Q.1. Encircle the correct option (10)

1. The approach which focuses on the uniqueness of every individual is
   
   Psychoanalysis
   Humanistic
   Gestalt
   Behavioural

2. Alarm, resistance and exhaustion describes three stages in the model of stress given by
   
   Hans Seyle
   Albert Bandura
   Albert Ellis
   Beck

3. Introspection was the method of
   
   Functionalism
   Structuralism
   Behaviourism
   Gestalt

4. Field of psychology which deals with the diagnosed or hospitalized patients
   
   Counseling Psychology
   Clinical Psychology
   Organizational Psychology
   Sports Psychology

5. This area of Psychology deals with the law and psychology, after the crime is committed is
   
   Criminal psychology
   Forensic psychology
   Organizational psychology
   Clinical psychology

P.T.O.
6. DSM stands for

Diagnostic and Statistical Manual
Diagonally Mean and Standard Deviation
Diagnostic Scale of Modalities
Dramatic Society of Malaysia

7. Main focus of the _______________ is to resolve the problems of those who study in any educational institute

Clinical psychology
Forensic psychology
School psychology
Military psychology

8. The first sport psychology laboratory was established by

Coleman Griffith
William James
Wilhelm Wundt
Benjamin Franklin

9. Recently, _______________ model is used by the Health Psychologist

Biological
Health Belief
Sick Role
Bio-psychosocial

10. Pre and post natal issues are the part of course taught as an area of _______________ psychology.

Organizational psychology
Counseling psychology
School psychology
Developmental psychology
Q.2. Give short answers (20)

1. What is the Scope of Psychology? (2)
2. What is the Role of a Clinical Psychologist? (2)
3. What is the Status of Counseling Psychology in Pakistan? (2)
4. Which Services are provided by I/O Psychologists? (2)
5. Which Assessment and Intervention techniques are used by the Developmental psychologists? (4)
6. What are various Perspectives of School Psychology? (2)
7. What is the Role of a Sport Psychologist in Pakistan? (2)
8. Is there any need of forensic psychologist in Pakistan? (4)

Q.3. Answer the following questions: (30)

1. Define Forensic psychology. What is the status of Forensic Psychology in the World and in Pakistan (10)

2. Write briefly about various perspectives of Clinical Psychology. Also mention its Assessment and Intervention techniques. (10)

3. Write brief History of Health psychology. Name and define Models of Health Psychology. (10)
UNIVERSITY OF THE PUNJAB

Third Semester 2015
Examination: B.S. 4 Years Programme

PAPER: Environmental Psychology
Course Code: APSY-201/

TIME ALLOWED: 30 mins.
MAX. MARKS: 10

Attempt this Paper on this Question Sheet only.

OBJECTIVE TYPE

Encircle the correct options. (1 mark each)

1. If a trace measure signifies something worn down, then it is
   a. Unobtrusive measure
   b. Obtrusive measure
   c. Erosion measure
   d. Accretion measure

2. Introducing components of real environment into an artificial setting is
   a. Descriptive method
   b. Stimulation method
   c. Simulation method
   d. Experimental method

3. According to Yerkes-Dodson Law, performance is ______ at intermediate level of arousal.
   a. Minimal
   b. Maximal
   c. Intermediate
   d. Delayed

4. The representation people have of the surrounding environmental is called
   a) Cognitive Map
   b) Cultural context
   c) Schema
   d) Creativity

5. Weakening of a response to a stimulus is
   a). Adjustment
   b). Adaptation
   c) Acclimatization
   d). Habituation

6. ______ theory states that crowd behavior is not a product of crowd itself but is carried into crowd by particular individual.
   a). Deindividuation theory
   b). Classical theory
   c). Convergence theory
   d). Identity theory

(P.T.O.)
7. Natural Disaster causes a. Social disruption  
   b. Social cohesion  
   c. Social events  
   d. Social facilitation

8. Discomfort and symptoms of illness with no clear disease as a result of for being in a specific building is called  
   a. Toxic Building Syndrome  
   b. Sick Building Syndrome  
   c. Asthma  
   d. Exhaustion

9. Annoyance is the effect of noise.  
   a) Physiological  
   b) Psychological  
   c) Sociological  
   d) Philosophical

10. is the neurologist who linked arousal with increased activity of reticular activating system.  
    a. Noise  
    b. Crowding  
    c. Personal space  
    d. High temperature
UNIVERSITY OF THE PUNJAB

Third Semester 2015
Examination: B.S. 4 Years Programme

PAPER: Environmental Psychology
Course Code: APSY-201/

TIME ALLOWED: 2 hrs. & 30 mins.
MAX. MARKS: 50

Attempt this Paper on Separate Answer Sheet provided.

SUBJECTIVE TYPE

(Short Answers/Questions) (2 marks each)

1. Briefly define the function of a group.
2. What is General Adaptation Syndrome (GAS)?
3. Differentiate between nativism and learning.
4. Define Territoriality.
5. Briefly enlist the characteristics of man-made disasters.
6. What is the difference between Adjustment and Adaptation?
7. Define affordances.
8. What is Yerkes-Dodson Law?
9. What is the difference between Natural and Built in environments?
10. What behaviors are displayed/conducted in intimate space?

(Long Answers/Questions) (15 marks each)

1. Write a detailed note on Theories in Environmental Psychology.
2. What is the concept of territoriality and personal space? Explain in details the zones of Personal space.
UNIVERSITY OF THE PUNJAB

Third Semester 2015
Examination: B.S. 4 Years Programme

PAPER: Health Psychology
Course Code: APSY-202

TIME ALLOWED: 2 hrs. & 30 mins.
MAX. MARKS: 50

Attempt this Paper on Separate Answer Sheet provided.

SUBJECTIVE TYPE

Q. II. Give short answers: (20)

1. Define Biofeedback (2)
2. Define Behavioural Medicine (2)
3. What are the main causes of hyperglycemia? (2)
4. What are the reasons due to which patients may not report pain? (2)
5. There is a lot we can do to relieve pain. What is it? (2)
6. Why we should not use placebos with patients? (2)
7. Differentiate between chronic illness (2)
8. What is hypnotic treatment? (2)
9. Differentiate between anorexia nervosa and bulimia (4)

SUBJECTIVE TYPE

Note: Answer all questions. There is no choice. All questions carry equal marks

1. Write detailed note on the historical development of health psychology. (15)

2. Name and define various models of health psychology. Write in detail about any ONE model of health psychology. (5 + 10)
UNIVERSITY OF THE PUNJAB
Third Semester 2015
Examination: B.S. 4 Years Programme

PAPER: Health Psychology
Course Code: APSY-202/

TIME ALLOWED: 30 mins.
MAX. MARKS: 10

Attempt this Paper on this Question Sheet only.

OBJECTIVE TYPE

Note: Attempt all questions on question paper. Cutting, overwriting or double marking of the option is not allowed and it will be considered as a mistake.

Q.1. Encircle the correct option. (10)

1. Which of the following are the three stages of the general adaptation syndrome?
   Denial, resistance, and resignation
   Alarm, resistance, and exhaustion
   Appraisal, adjustment, and acceptance
   Avoidance, approach, and acceptance

2. Most of the harmful effects of stress may be caused by which of the following?
   The prolonged interruption of glucocorticoid secretion
   Understimulated glucocorticoid receptors
   The prolonged secretion of glucocorticoids
   Too few glucocorticoid receptors

3. B lymphocytes develop in which of the following?
   Thymus gland
   Limbic System
   Bone marrow
   Hypothalamus

4. Which of the following statements about stress is true?
   Does not affect the elderly as much as the young because the elderly have developed and practiced more coping responses
   Does not affect the elderly more than the young as long as the elderly remain in good health
   May accelerate the aging process
   Often causes brain damage in the elderly, but not in the young

Page 1 of 4
5. An effective way of coping with a conflict is to

- Compromise
- Deny the conflict
- Be aggressive
- Withdraw

6. Research suggests that the incidence of breast cancer is highest in cultures where people eat large amounts of which of the following?

- Food grown using chemical fertilizers
- Protein
- Fiber
- Fat

7. Like all reinforcers, nicotine stimulates the brain to secrete which of the following?

- Endogenous opiates
- Serotonin
- Dopamine
- Acetylcholine

8. What has research suggested about those with type A personality, relative to people with other behaviour patterns?

- Tend to be less competitive, less hostile and more tolerant
- Tend to place more value on avoiding problems and responsibilities
- May have a poorer long-term survivor rate after having a non-fatal heart attack
- May have an increased risk of developing CHD

9. One of the benefits of coping with stress through a network of social support is that we can do which of the following?

- Shift some personal responsibility to others
- Reduce our reliance on personal cognitive reappraisal by listening to what others say
- Develop an emotion-focused coping strategy which is often more effective than problem-focused coping
- Benefit from the experience of others

10. Which of the factors affect the health of the person?

- Psychological
- Sociological
- Emotional
- All of the above
11. Which management strategy relies heavily on operant conditioning principles

Guided imagery
Biofeedback
Cognitive therapy
Behaviour modification

12. Become more common with age

Chronic illness
Terminal illness
All illness
None of the above

13. ________ is the second leading complaint in physicians' offices

Fever
Pain
Arthritis
Heart disease

14. Which of these conditions is related to high rates of adherence?

High level of anxiety
A strong belief in the efficiency of the treatment
A high number of stressful life events
Having an authoritarian male physician

15. Arthritis refers to a group of more than ________ rheumatic diseases

50
150
200

16. It is classed as a metabolism disorder

Arthritis
Cardiovascular disease
Cancer
Diabetes

17. Cancer cells can spread to other parts of the body through the blood and ______ systems.

Limbic
Autonomic
Lymph
Digestive
18. __________ care, which can be provided at home or in a long-term care facility, additionally provides emotional and spiritual support for the patient and loved ones.

Hospice
Palliative
Hospital
All of the above

19. __________ literally 'limping', is a medical term usually referring to impairment in walking.

Clarification
Claudicating
Codification
Lymphocytes

20. Obesity is an increase in __________ tissue.

Adipose
Edipose
Depose
Andipose
UNIVERSITY OF THE PUNJAB
Third Semester 2015
Examination: B.S. 4 Years Programme

PAPER: Psychology-I (MAS) Course Code: APSY-211
TIME ALLOWED: 30 mins.
MAX. MARKS: 10

Attempt this Paper on this Question Sheet only.

OBJECTIVE TYPE

Encircle the correct options. (1 mark each)

1. The _______ seeks immediate gratification of impulses.
   a). Ego
   b). Id
   c). Superego
   d). Thanatos

2. Which sub-field of Psychology assists individual in career planning or in developing interpersonal skills?
   a). Experimental Psychology
   b). Biological Psychology
   c). Clinical Psychology
   d). Counseling Psychology

3. The technique in which the client freely tells whatever comes to his/her/their mind is called:
   a). Free Association
   b). Dream Analysis
   c). Transference and Counter Transference
   d). Naturalistic Observation

4. The process of integrating sensations into meaningful perceptual units is called:
   a). Perception
   b). Sensation
   c). Selective Attention
   d). Adaptation

5. The perceptual tendency to fill in gaps and complete the whole object is called:
   a). Law of proximity
   b). Law of similarity
   c). Law of closure
   d). Law of figure and ground

6. A stimulus that the organism has learned to associate with the unconditioned stimulus is known as
   a). Secondary stimulus
   b). Primary stimulus
   c). Neutral Stimulus
   d). Conditioned stimulus

(P.T.O.)
7. Achievement is a called ________________.
   a). Primary motives
   b). Secondary Motives
   c). Theoretical Motives
   d). Practical Motives

8. In the ________________ tasks of memory, participants are asked to pick out correct responses from a set including different options.
   a). Recall
   b). Relearning
   c). Recognition
   d). Rearrangement

9. Learning through Observation is also called learning by ________________
   a). Viewing
   b). Reinforcement
   c). Imitation
   d). Conditioning

10. James Lange theory of emotions was given in
    a) 1884
    b) 1930
    c) 1880
    d) 1929
PART 2 (Short Questions/Answers) (2 marks each)

1. Define Psychology.
2. Define Introspection.
3. Differentiate between a psychologist and a psychiatrist.
4. What are the secondary motives?
5. Briefly explain the process of thinking.
6. What is Operant Conditioning?
7. Differentiate between retroactive and proactive inhibition.
8. What is the difference between sensation and perception?
9. Give an example of episodic memory.

PART 3 (Long Answers/Questions) (10 marks each)

1. Write down the tools of thinking.
2. Give a detailed account of Classical Conditioning.
3. Give a comparative analysis of all the three major theories of emotions.
UNIVERSITY OF THE PUNJAB

Fourth Semester 2015
Examination: B.S. 4 Years Programme

PAPER: Psychology-II (MAS)  TIME ALLOWED: 2 hrs. & 30 mins.
Course Code: APSY-212/ MAX. MARKS: 50

Attempt this Paper on Separate Answer Sheet provided.

SUBJECTIVE TYPE

Q.II. Give short answer (20)

1. Define consciousness. (2)
2. Differentiate between Mania and major Depression. (4)
3. What is meant by Psychopathology? (2)
4. What is anti social personality disorder? (2)
5. Define rational emotive behaviour therapy. (2)
6. Define social cognition. (2)
7. Define the main functions of sleep. (4)
8. Define self esteem. (2)

Q.III. Answer the following Questions :(30)

1. Differentiate between Obsessive compulsive disorder and Generalized anxiety disorder. Give relevant examples from Pakistani Society. (15)

2. Define stress. Write a detailed note on Hans Seyles Model of Stress. (15)
UNIVERSITY OF THE PUNJAB
Fourth Semester 2015
Examination: B.S. 4 Years Programme

PAPER: Psychology-II (MAS)  
Course Code: APSY-212 /  
TIME ALLOWED: 30 mins.  
MAX. MARKS: 10

Attempt this Paper on this Question Sheet only.

OBJECTIVE TYPE

Note: Attempt Q.1 on question paper. Cutting, overwriting or double marking of the option is not allowed and it will be considered as a mistake.

Q.1. Circle the correct option: (10)

1. In which condition a person has difficulty in breathing while sleeping
   - Narcolepsy
   - Insomnia
   - Sleep apnea
   - Night terrors

2. A person who is terrified by the elevator is suffering from which disorder
   - Obsessive compulsive disorder
   - Phobic disorder
   - Panic disorder
   - Generalized anxiety disorder

3. One of the major criticism of humanistic therapies is that
   - They work well on only lower socioeconomic clients
   - The therapist dominates the patient-therapist interaction
   - They treat only the symptom of problem
   - They are too imprecise and unstructured

4. What is always found in cases of OCD (obsessive-compulsive disorder)?
   - Hallucinations
   - phobias
   - forbidden wishes
   - irrational impulses

P.T.O.
5. Delusion refer to:

Thoughts or beliefs that have no basis in reality
Feelings that have no basis in reality
Behaviors that have no basis in reality
None of these

6. A trait is best described as

a cluster of surface factors
a temporary attitude toward a person or event
a relatively permanent disposition of a person
an environmentally determined hypothetical construct that shapes an individual's behavior and thought

7. The model of stress with alarm, resistance and exhaustion stages was proposed by

Hans Seyle
Seligman
Bandura
Fritz Perls

8. _____ personalities are at a greater risk for coronary heart disease

Type B
Type A
Type C
Type D

9. In which form of coping style a person uses direct escape routes, such as drug use and overeating.

Emotion focused coping
Avoidant coping
Problem focused coping
None of the above

10. Which of the following treatments deal with phobias with gradual exposure to the item producing the fear

Systematic desensitization
Partial reinforcement
Behaviour self management
Aversion therapy
Part 2 (Answer shortly to the given Questions) (2 marks each)

1. Define Cognitive Development theory in reference to gender role development.
2. Describe the concept “Internalizing the external” in reference to gender.
3. Define domestic violence.
4. What is the concept of fragmentation values?
5. What is gender stereotyping?
6. Name the hormones that cause puberty.
7. Give example of Hostile Aggression.
8. Define achievement motive.
9. What are the contributions of Anthropology in gender issues in Psychology?
10. What is the difference between verbal and non-verbal communication?

Part 3 (Answer briefly to the given Questions) (10 marks each)

1. Discuss in detail the issues faced by women in Pakistan with examples.
2. Give a detailed account of Psychoanalytical Perspective in gender development with examples.
3. Explain in detail the Pakistani law in reference to women issues.
UNIVERSITY OF THE PUNJAB

Fourth Semester 2015
Examination: B.S. 4 Years Programme

PAPER: Gender Issue in Psychology
Course Code: APSY-203 /

TIME ALLOWED: 30 mins.
MAX. MARKS: 10

Attempt this Paper on this Question Sheet only.

Part 1 (OBJECTIVE TYPE) (1 mark each)

Encircle the correct options.

i. Gender is a _____ component
   a) Biological   c) Organic
   b) Social      d) Personal

ii. Cognitive component of one’s attitude towards sex characterized by demonstration of prejudice towards people based on their sex is called
   a) Sex Stereotyping          c) Sex discrimination
   b) Gender Discrimination     d) Sexism

iii. National Organization for Women (NOW) was established by Betty Friedan in
   a) 1947
   b) 1966
   c) 1958
   d) 1971

iv. Hudood Ordinance was enacted in
   a) 1976
   b) 1978
   c) 1977
   d) 1979

v. Under the Acid Control and Acid Crime Pervention Bill 2011, the perpetrator can be sentenced to maximum _____ of imprisonment
   a) 10 years
   b) 14 years
   c) 12 years
   d) 15 years

vi. The theory which believed that the parent-child relationship, especially mother-child relationship is important for the personality as well as gender role development in children is called:
   a) Object Relation Theory
   c) Psychoanalytic Theory
   b) Social Role Theory
   d) Cognitive Development Theory

vii. Females frequently considered having higher specialty in:
   a) Spatial
   b) Language
   c) Mathematical
   d) Cognitive

viii. According to Psychoanalytic approach, development of gender occur in _____ stage
   a) Oral
   b) Phalllic
   c) Anal
   d) Genital

ix. The two hemispheres are joined with a matter called:
   a) Myline Sheath
   b) Spinal cord
   c) Corpus Collosum
   d) None of the above

x. Behavior that has the purpose of intending to harm someone is
   a) Hostile Aggression
   b) Proactive Aggression
   c) Instrumental Aggression
   d) Reactive Aggression
Q.2. Give short answers: (20)

1. What are the characteristics of a positive life
2. Highlight any two important assumptions of positive psychology.
3. What good are positive emotions?
4. Describe happiest day of your life?
5. When you see someone do a really good deed, do you feel something? Does it make you want to do anything?" 
6. Does positivity provide strength?
7. Narrate any incident, when you made someone happy?
8. Discuss importance of Love in life?
9. Discuss importance of Friendship in life?
10. What is future of positive psychology in Pakistan?

Q.3. Answer the following questions (30)

1. Define positive psychology. Highlight few Eastern and Western Landmarks in the development of positive psychology?

2. Compare and contrast Emotion focused and Cognitive focused approach of positive psychology? Also discuss three aspects of positive life as described in positive psychology?
UNIVERSITY OF THE PUNJAB

Fourth Semester 2015
 Examination: B.S. 4 Years Programme

PAPER: Positive Psychology
Course Code: APSY-204

TIME ALLOWED: 30 mins.
MAX. MARKS: 10

Attempt this Paper on this Question Sheet only.

OBJECTIVE TYPE

Note: Attempt all questions on question paper. Cutting, overwriting or double marking of the option is not allowed and it will be considered as a mistake.

Q.I. Encircle the correct answer. (10)

1. Which one of the following is NOT the type of happiness according to the division of Seligman
   The pleasant life
   The good life
   The meaningful life
   The social life
   All of the above

2. Grandfather of positive psychology is:
   Sigmund Freud
   Alfred Adler
   Carl Jung
   Karen Horney
   Jean Piaget

3. Positive psychology has also been defined as a scientific study of:
   Optimal functioning
   Flourishing
   Enjoyment
   Satisfaction
   All of the above

4. Founder of Positive Psychology is:
   Alfred Adler
   Martin Seligman
   J. B. Watson
   Veenhoven
   None of the above

P.T.O.
5. Importance of positive psychology rests in demonstrating that happiness can be empirically:
   Studied
   Defined
   Measured
   Enhanced
   All of the above

6. Field of positive psychology operates around how many factors that contributes towards happiness:
   One Factor
   Two Factors
   Three Factors
   Four Factors
   Many Factors

7. The manual of positive psychology is called:
   Diagnostic manual
   Attributional manual
   Contributory manual
   Traits manual
   None of the above

8. The term of Positive psychology was coined by ____________:
   J. B. Watson
   Carl Jung
   Abraham Maslow
   Anna Clark
   None of the above

9. Which of the following does not fall in the realm of positive psychology?
   Love
   Gratitude
   Jealousy
   Optimism
   Altruism

10. Which of the following can be used as synonym to happiness?
    Smiles and Laughter
    Enjoyment
    Subjective well being
    Ecstasy