



THE CATHOLIC UNIVERSITY OF EASTERN AFRICA

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MAIN EXAMINATION

SEPTEMBER –DECEMBER 2021

FACULTY OF ARTS AND SOCIAL SCIENCES

DEPARTMENT OF PSYCHOLOGY

REGULAR PROGRAMME

BCP 201: POSITIVE PSYCHOLOGY

Date: DECEMBER 2021

Duration: 3 Hours

INSTRUCTIONS: Answer Question ONE and any THREE Questions

- Q1. a) Describe any five characteristic of a positive mindset. **(10 marks)**
- b) Expound on the following concepts in influencing life: **(9 marks)**
- i) Positive experiences
 - ii) positive states and traits
 - iii) Positive institutions
- c) Explain the theories of authentic happiness. **(6 marks)**
- Q2. Assess the relevance of PERMA model as used in positive psychology. **(15 marks)**
- Q3. Use examples to examine the any five theories of wellbeing. **(15 marks)**
- Q4. Discuss the basic approaches to positive psychology **(15 marks)**
- Q5. Assess ways in which a counsellor can apply positive psychology in helping a client in depression **(15 marks)**

Q6. Evaluate the following aspects of emotional focused approach to positive psychology **(15 marks)**

- a) Resilience
- b) Concept of Flow
- c) Social construction of self esteem

DTE DEC 2021

END