

Question # 10 of 10 ( **start time: 07:43:55 PM, 20 May 2024** )

Who proposed that hope is entirely a learned cognitive set about goal-directed thinking?

Select the correct option

- |                                  |                    |
|----------------------------------|--------------------|
| <input type="radio"/>            | Snyder             |
| <input checked="" type="radio"/> | Miller and Dollard |
| <input type="radio"/>            | Maddux             |
| <input type="radio"/>            | Bandura            |

Click

What would an optimist do while facing with truly uncontrollable circumstances?

**Select the correct option**

- |                       |                                                                                                        |
|-----------------------|--------------------------------------------------------------------------------------------------------|
| <input type="radio"/> | Use avoidant tactics                                                                                   |
| <input type="radio"/> | Accept his plights  |
| <input type="radio"/> | Actively deny his problems                                                                             |
| <input type="radio"/> | Become anxious                                                                                         |

## Question # 8 of 10 ( Start time: 07:41:22 PM, 20 May 2024 )

To

We all have to deal with negative emotions in our lifetimes. But dealing with negative emotions maybe quite maladaptive if:

## Select the correct option

- |                       |                                           |
|-----------------------|-------------------------------------------|
| <input type="radio"/> | None of the above                         |
| <input type="radio"/> | It has no outcomes                        |
| <input type="radio"/> | It does not give desired result           |
| <input type="radio"/> | It leads towards obsessive thinking style |
- 

[Click to Save Answer & Move to Next Q](#)

Question # 7 of 10 ( start time: 07:39:25 PM, 20 May 2024 )

Total Marks: 1

The high correlation co-efficient of LOT with expectancy for success and low with hopelessness and depression provides evidence for its:

Select the correct option

Internal consistency Reliability

Face Validity

Construct Validity

Concurrent Validity



Click to Save Answer & Move to Next Question

Question # 6 of 10 ( start time: 07:37:55 PM, 20 May 2024 )

Total Marks: 1

Pennebaker paradigm refers to systematic written disclosure across brief sessions. The results of Dr Jamie Pennebaker's research showed:

Select the correct option

- |                       |                                                     |
|-----------------------|-----------------------------------------------------|
| <input type="radio"/> | Immediate and long-term distress                    |
| <input type="radio"/> | Immediate and long-term beneficial effects          |
| <input type="radio"/> | Immediate beneficial effects but distress over time |
| <input type="radio"/> | Immediate distress but beneficial effects over time |

[Click to Save Answer & Move to Next Question](#)

Who described self-efficacy as "what I believe I do with my skills under certain conditions"?

Select the correct option

- |                       |                  |
|-----------------------|------------------|
| <input type="radio"/> | Bandura          |
| <input type="radio"/> | Maddux           |
| <input type="radio"/> | Skinner          |
| <input type="radio"/> | Miller & Dollard |



Click

Which of the following person makes internal, stable and global attributions for positive events?

Select the correct option

- |                                  |           |
|----------------------------------|-----------|
| <input checked="" type="radio"/> | Optimist  |
| <input type="radio"/>            | Skeptic   |
| <input type="radio"/>            | Pessimist |
| <input type="radio"/>            | Cynic     |

"I think I can" this belief that you can accomplish what you want is at the core of the \_\_\_\_\_

**Select the correct option**

- |                                  |                   |
|----------------------------------|-------------------|
| <input checked="" type="radio"/> | Self-Motivation   |
| <input type="radio"/>            | Happiness         |
| <input type="radio"/>            | Self-Satisfaction |
| <input type="radio"/>            | Self-Efficacy     |

Question # 2 of 10 ( Start time: 07:33:04 PM, 20 May 2024 )

Total Marks

Saima has a clear plan of action regarding her career prospects. She is also aware of the hierarchy in which she has prioritized the short-term goals which will help her achieve the desired prospects. Which lobes of her brain seem to be actively involved in this process?

Select the correct option

 Temporal lobes Frontal and pre-frontal lobes Occipital lobe Parietal lobe

Question # 1 of 10 ( Start time: 07:31:42 PM, 20 May 2024 )

Total Mark

The right hemisphere with its analytical skills responds to the abstract scenarios presented by the left hemisphere. This collaboration of the right and left hemispheres help the person in the process of:

Select the correct option

- Analyzing
- Dreaming
- Problem solving
- Prioritizing



Question # 10 of 10 ( Start time: 06:14:46 PM, 20 May 2024 )

Total Marks: 1

Pennebaker paradigm refers to systematic written disclosure across brief sessions. The results of Dr Jamie Pennebaker's research showed:

Select the correct option

- |                       |                                                     |
|-----------------------|-----------------------------------------------------|
| <input type="radio"/> | Immediate distress but beneficial effects over time |
| <input type="radio"/> | Immediate and long-term distress                    |
| <input type="radio"/> | Immediate and long-term beneficial effects          |
| <input type="radio"/> | Immediate beneficial effects but distress over time |
- 

Question # 9 of 10 ( Start time: 06:13:04 PM, 20 May 2024 )

The different mechanisms for happiness by David Myers (1993) include all of the following EXCEPT:

Select the correct option



Focus beyond the self



Limiting social interaction with negative people



Keep a gratitude journal



Nurture your spiritual self

Question # 8 of 10 ( Start time: 06:11:16 PM, 20 May 2024 )

Total Marks: 1

Samra was playing in the ground. She was about to hit the ball in a swing shot. She realized that such a shot will hit the little child playing on the swings. She immediately stops and changes her direction. Which system composed of electrochemical connections is activated in Samra's Central Nervous System?

Select the correct option

Behavior Inhibition system (BIS)



Behavior Activation system (BAS)

Behavior Induction system (BIS)

Behavior Facilitation system (BFS)

Question # 7 of 10 ( Start time: 06:09:12 PM, 20 May 2024 )

----- makes external, variable and specific attributions for positive events.

Select the correct option


- |                                  |           |
|----------------------------------|-----------|
| <input type="radio"/>            | Pessimist |
| <input checked="" type="radio"/> | Optimist  |
| <input type="radio"/>            | Romantic  |
| <input type="radio"/>            | Idealist  |

Click to Save Answer & M

Question 7 of 15 (Start time: 06/07/2014 11:20 AM) 2014

What would an optimist do while facing with truly uncontrollable circumstances?

**Select the correct option**

- |                                  |                            |
|----------------------------------|----------------------------|
| <input type="radio"/>            | Use avoidant tactics       |
| <input type="radio"/>            | Become anxious             |
| <input checked="" type="radio"/> | Accept his plights         |
| <input type="radio"/>            | Actively deny his problems |
- 

Click to Save

Question # 5 of 10 ( Start time: 06:05:10 PM, 20 May 2024 )

Which of the following is the requisite motivation to use routes to desired goals?

Select the correct option



Alleyway thinking



Pathways thinking



Conduct thinking




Agency thinking



Question # 4 of 10 ( Start time: 06:03:28 PM, 20 May 2024 )

Who described self-efficacy as "what I believe I do with my skills under certain conditions"?

Select the correct option

- |                       |                  |
|-----------------------|------------------|
| <input type="radio"/> | Skinner          |
| <input type="radio"/> | Maddux           |
| <input type="radio"/> | Miller & Dollard |
| <input type="radio"/> | Bandura          |
- 

Question # 3 of 10 ( Start time: 06:01:59 PM, 20 May 2024 )

A test-retest correlation closer to 1 indicates:

Select the correct option

- Similarity in scores upon multiple administrations of the same instrument
- The score difference upon multiple administrations
- The strength of the score upon single time administration
- Similarity in scores by dividing the set of items in an instrument into two and administrating them separately



Click to Save Answer &

**Question # 2 of 10 ( Start time: 06:00:34 PM, 20 May 2024 )**

LOT stands for \_\_\_\_\_.

**Select the correct option**

<input checked="" type="radio"/>	Life Orientation Test
<input type="radio"/>	Long Orientation Test
<input type="radio"/>	Living Orientation Test
<input type="radio"/>	Livelihood Orientation Test

Question # 1 of 10 ( **start time: 05:58:53 PM, 20 May 2024** )

Which of the following person makes internal, stable and global attributions for positive events?

**Select the correct option**

<input type="radio"/>	Pessimist
<input type="radio"/>	Cynic
<input type="radio"/>	Skeptic
<input checked="" type="radio"/>	Optimist