



SOMAIYA

VIDYAVIHAR UNIVERSITY

Somaiya School of Humanities and Social Science

QUESTION PAPERS

BRANCH: Bachelor of Science - Psychology	SEM: III
	NOV-2025

Sr. No.	Subject	Available
1.	231U78C301 – Social Psychology	
2.	231U78C303 – Sport Psychology	
3.	231U78C302 – Psychology of Adulthood & Aging	
4.	231U78K303 - BCS	
5.		
6.		
7.		
8.		
9.		
10.		



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October/November 2025		
Examination: End Semester Examination (UG/PG Programmes)		
Programme code: 78 Programme: BSc. Psychology	Class: SY	Semester: III
Name of the School: SSHSS	Name of the Department Psychology	
Course Code: 231U78C301	Name of the Course: Social Psychology	
Duration : 2 Hr.	Maximum Marks : 60	
Instructions: 1)Draw neat diagrams 2)Assume suitable data if necessary 3) Refer to relevant research wherever necessary		

Question No.		Max. Marks	CO
Q1	a) Write a detailed note on Social Neuroscience.	7	1
	b) Write the different ways in which Social Psychologists answer the questions they ask.	8	1
	OR		
	c) Write about the differences between Heuristics and Schemas. Explain the different types of impact that Schemas have on Social Cognition.	8	2
Q2	d) Explain the different Situation-specific sources of error in Social Cognition	7	2
	a) Write about the different ways in which Attitude Formation occurs	7	3
	b) Explain the process of Impression Formation through Asch's foundational research on the same and how quickly and accurately are first impressions formed?	8	3
	OR		
Q3	c) Write a detailed note on historical and modern theories of Aggression.	8	4
	d) Explain why some people are more Aggressive than others	7	4
	a) Explain how SP is scientific in nature	7	1
	b) Explain the different potential sources of error in social cognition	8	2
	OR		
	c) Write about the two different theories of attributions.	8	3
	d) Explain the ways in which Aggression can be controlled	7	4

Q4	Write a short note on any 3 of the following 5 questions:		
	a) What is the role of theory in Social Psychology	5	1
	b) Explain how Affect and Cognition affect each other	5	2
	c) Explain the science of Persuasion	5	3
	d) How do we resist Persuasion Attempts?	5	3
	e) What are the basic sources of aggression?	5	4



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Programme code: 78	Class: SYBsc	Semester: III
Programme: BSC Psychology		
Name of the School: Somaiya School of Humanities and Social Sciences.	Name of the Department: Psychology	
Course Code: 231U78C303	Name of the Course: Sport Psychology	
Duration : 2 Hr.	Maximum Marks : 60	
Instructions: 1)Draw neat diagrams 2)Assume suitable data if necessary 3)		

Question No.		Max. Marks	CO
Q1	Answer the following questions		
	a) Outline the career paths that can be pursued in Sports and Exercise Psychology.	8	1
	b) What are the characteristics of evidence-based practice?	7	1
	Or		
	c) Differentiate between Task Goal Orientation and Ego Goal Orientation	8	2
Q2	d) Explain the link between Social influences and Motivation Behaviour Outcomes.	7	2
	Answer the following questions		
	a) Explain the Neuro Physiological effects of stress and Emotions	8	3
	b) What is Emotion Regulation ? Explain some strategies of Emotion Regulation.	7	3
	Or		
Q3	c) Discuss the Four Stage Team Building model.	8	4
	d) Explain the environmental correlates of Cohesion.	7	4
	Answer the following questions		
	a) Discuss some Ethical Considerations in Sport and Exercise Psychology	8	1
	b) Explain the Social Cognitive Theory of Motivation	7	2
Q4	Or		
	c) Compare and Contrast the different types of stressors faces by athletes	8	3
	d) Explain the processes involved in determining group effectiveness	7	4
	Attempt any 3 Short notes	15	
	a) Qualitative approaches to research		1
	b) Factors influencing Stage Progression in Trans theoretical Model		2
	c) Approaches to motivation for Behavioural change.		2
	d) Physical Outcomes of Coping		3
	e) Individual effort and Social Loafing in Cohesion.		4





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Programme: BSc Psychology			
Name of the School: Somaiya School of Humanities and Social Sciences		Name of the Department: Psychology	
Course Code: 231U78C302		Name of the Course: Psychology of Adulthood and Aging	
Duration: 2 Hr.		Maximum Marks: 60	
Instructions: 1)Draw neat diagrams 2)Assume suitable data if necessary 3)			

Question No.		Max. Marks	CO
Q1	Answer the following		
a)	Meera, aged 48, has started experiencing irregular menstrual cycles and frequent mood changes. She feels anxious about growing older and sometimes finds it hard to focus on work. Her doctor suggests hormone therapy and regular exercise. Question: a) Describe this physical transition. Explain the physical and emotional changes commonly associated with this stage	8	01
b)	Describe and evaluate the impact of stress and personality type on heart health in middle adulthood and why are some people more prone to heart disease?	7	01
	OR		
a)	Discuss the various forms of family violence that may occur during middle adulthood. Explain the psychological and social factors that contribute to such violence.	8	02
b)	Discuss how marriage, divorce, and remarriage influence psychological adjustment in middle adulthood. What personal and social factors contribute to satisfaction or breakdown in long-term relationships?	7	02
Q 2	Answer the following		
a)	Describe how the senses are affected by aging in late adulthood	8	03
b)	Describe the general state of health of older people and describe any 2 disorders they are susceptible to.	7	03
	OR		
a)	Mr. Sharma is a 70-year-old retired engineer who lives with his wife in their family home. Since retiring, he has spent much of his time revisiting old photo albums, writing memoirs, and sharing stories with his grandchildren. He often reflects on his past achievements with pride but sometimes wonders if he could have pursued certain passions earlier in life. He has maintained a close circle of friends and regularly participates in community meetings.	8	04

	<p>Question:</p> <p>a) Identify the key developmental themes and theories that apply to Mr. Sharma's experience.</p> <p>b) Analyse how personality development, life review, and social engagement are shaping his psychological well-being in late adulthood.</p>		
b)	Age Stratification approaches to Late Adulthood	7	04
Q3	Answer any ONE of the following		
a)	Describe the major changes in sexual functioning and relationships during middle adulthood. How do these changes affect marital satisfaction and emotional closeness?	8	01
b)	<p><i>Neeta, 42, has been in a relationship where arguments often turn into shouting and occasional physical harm. She feels trapped but stays because of her children. She blames herself for the situation.</i></p> <p>Question:</p> <p>a) Using the any ONE model of Violence, analyzing Neeta's situation and discuss the psychological effects of long-term abuse on victims.</p>	7	02
	OR		
a)	<p><i>Mrs. Kapoor is a 72-year-old retired school principal. In recent years, she has noticed several changes in her body. She tires easily after short walks, and her doctor has informed her of reduced bone strength and slower metabolism. She has also experienced hearing difficulties and needs reading glasses. Outwardly, she has developed wrinkles, her hair has turned mostly Gray, and she has lost some height. These changes have affected her daily routine—she avoids climbing stairs, feels hesitant in social settings due to her appearance, and sometimes worries about losing independence.</i></p> <p>Question:</p> <p>a) Identify the physical changes experienced by Mrs. Kapoor, distinguishing between inward and outward changes.</p> <p>b) Analyse how these physical developments might affect her daily functioning and self-concept.</p>	8	03
b)	Summarize the positives and negatives of retiring as an older adult	7	04
Q4	Short Notes (Any THREE)	15	
a)	Fluid and crystallized intelligence.		01
b)	The concept of "Midlife Crisis" – myth or reality?		02
c)	3 theories for postponing aging		03
d)	Marriage in Middle Adulthood		04
e)	Bommerang Children and Sandwich generation		01



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Programme: BSc. Psychology			
Name of the School: SSHSS		Name of the Department Psychology	
Course Code: 231U78K303	Name of the Course: BCS		
Duration : 2 Hr.	Maximum Marks : 60		
Instructions: 1) Draw neat diagrams 2) Assume suitable data if necessary			

Question No.		Max. Marks	CO
Q1	a) What are some personal and professional characteristics of an effective clinician?	7	1
	b) Write a note on 'The Therapeutic Alliance'.	8	1
	OR		
	c) How do we re-imagine helpers and clients as Entrepreneurs?	8	2
	d) How do we make Empathy the primary orientation value?	7	2
Q 2	a) How do we demonstrate empathic presence by visibly tuning in to clients?	7	3
	b) Write a note on reading signals sent by both you and your client.	8	3
	OR		
	c) How do we use empathy wisely to achieve therapeutic goals?	7	4
	d) Write a detailed note on the shadow side of responding	8	4
Q3	a) Explain Sue and Sue's model of cultural competence	7	1
	b) How do we promote self-responsibility by helping clients develop and use self-efficacy?	8	2
	OR		
	c) Explain listening for strengths, opportunities and resources through the Broaden-and-Build theory	7	3
	d) How do we respond skilfully to verbal and non-verbal responses of clients along with using empathy as a communication skill to develop your relationships?	8	4

Q4	Write a short note on any 3 of the following 5 questions:		
	a) What are the characteristics of successful clients?	5	1
	b) What are the guiding principles for Alliance Behaviours?	5	2
	c) In what ways can nonverbal behaviour punctuate or modify verbal communication?	5	3
	d) Identify and explain all forms of distorted listening.	5	3
	e) Explain Arthur Clark's (2007) three kinds of Empathy.	5	4