

2024

PSYCHOLOGY — HONOURS

Paper : SEC-2

(Emotional Intelligence)

Full Marks : 75

The figures in the margin indicate full marks.

*Candidates are required to give their answers in their own words
as far as practicable.*

1. Answer **any five** questions (word limit **250** each) : 5×5
 - (a) What is the Importance of Emotional Intelligence?
 - (b) Define self-awareness.
 - (c) Write about any two techniques of self-awareness.
 - (d) How do we perceive others' emotions?
 - (e) What is empathy?
 - (f) What is self-regulation?
 - (g) State the difficulties faced by people with low Emotional Intelligence.
 - (h) Define Social intelligence.

 2. Answer **any two** questions (word limit **700** each) :
 - (a) Define EI. How is it different from intelligence as understood generally? Give examples. 5+5
 - (b) Write about Gardner's theory of multiple intelligence. Can you relate any part of it to emotional intelligence? 10
 - (c) Write about any two tests of Emotional Intelligence. 10
 - (d) What are the different components of Emotional Intelligence? 10
 - (e) Discuss the application of Emotional Intelligence in effective leadership. 10

 3. Answer **any two** questions (word limit **1000** each) :
 - (a) Discuss the applications of Emotional Intelligence in conflict management. 15
 - (b) Write about various techniques to manage emotions. 15
 - (c) How is early trauma connected to the development of Emotional Intelligence? Explain with special references to the human brain. 6+9
 - (d) Discuss about any two models of Emotional Intelligence. 15
 - (e) State the characteristics of high emotionally intelligent individuals. Briefly describe the strategies for enhancing Emotional Intelligence. 7+8
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