

ASSESSMENT # 2**Total Marks: 30**

Answer the following questions:

Q: 1: Short Questions. (15)

- I. What is Emotional Intelligence?
- II. What is the difference between pessimism and optimism?
- III. How does rewarding system help to increase motivation?

Q:2: Discuss the seven basic emotions. What do they convey to us? (7)

Q:3: Describe Seligman's ABCDE method of optimism. (8)