Gratia Christian College
宏恩基督教學院

Examination

Programme	:	Bachelor of Psychology (Honours) / Bachelor of Social Work (Honours)
Academic Year (Semester)	:	2025 - 2026 (Semester 1)
Course Code	:	PY4505
Course Title	:	Positive Psychology
Date	:	22/12/2025 (Mon)
Time	:	7:00 pm – 9:30 pm
Time Allowed	:	2.5 Hours
Weighting	:	40% of the Overall Marks

Student ID No. : _____

This paper has **8** pages (including this cover page).

Instructions to candidates:

1. This question paper contains 3 sections. Section A contains 20 multiple-choice questions. Section B contains 5 short questions. Section C contains 4 case study questions.
2. Answer **all questions in Sections A and B** and **two questions in Section C** in the answer book provided.
3. This paper carries 100 marks which are allocated to each question as indicated.
4. This is a closed-book examination.

No materials or aids are allowed during the whole examination. If any unauthorized materials or aids are found on a candidate during the examination, the candidate will be subject to disciplinary action.

Do not turn this page until you are told to do so.

You should hand in this question paper after the examination.

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Q10: Resilience is broadly defined as …

A. Positive adaptation after adversity.
B. Skillful avoidance of negative experiences.
C. Lack of mental health problems after trauma.
D. Achieving success despite challenges.

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Section B: Short Questions (30 marks, 6 marks per question)

For short questions, you will describe or illustrate some positive psychology concept/theory/finding to an audience. Each question is marked in terms of 3 criteria:

- Accuracy of the description/illustration (2 marks)
- Suitable language to the audience's context (2 marks)
- Appropriacy of the example in relation to the concept/finding (2 marks)

Answer all 5 questions.

Q1. Describe **hope** to **a 25-year-old young adult** with an appropriate example.

Q2. Describe **self-transcendence** to a **70-year-old retired person** with an appropriate example.

Q3. Describe **gratitude** to a **7-year-old child** with an appropriate example.

Q4. Describe **how personality correlates with subjective well-being** to a **40-year-old mother** with an appropriate example.

Q5. Describe the findings of positive psychology regarding **whether meaning in life is a common experience** to a **13-year-old teenager** with an appropriate example.

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Section C: Case Studies (30 marks, 15 marks per question)

The following are four cases. Analyse **TWO** of these cases by using **two perspectives from positive psychology** and give **one suggestion for each perspective,** using your role and relating to the person's needs. Each response is marked in terms of 3 criteria:

- Analysis of the situation using what you learnt in positive psychology (4+4 marks)
- Appropriate suggestions and explanations (3+3 marks)
- Clear writing (1 mark).

Case 1

Ben is an 18-year-old **Form 6 student** preparing for the Diploma of Secondary Education (DSE) Examination, which will largely determine his chances of getting into university. After receiving disappointing grades in his school mock exam, Ben is worried that he may not achieve the results he needs. He has become increasingly stressed and anxious about the upcoming public exam. Seeking help, Ben approaches you, his **teacher**, for advice on coping with his stress and managing his expectations.

Case 2

Alex is a 28-year-old who recently survived a **serious car accident**. Although physically recovering, Alex experiences flashbacks and avoids driving altogether. He feels his life has lost its sense of safety and meaning. He comes to you, his **counsellor**, asking for advice on how to cope with the emotional aftermath and rebuild a sense of purpose.

Case 3

Maria is a 40-year-old **marketing manager** in a fast-paced company. She works 12-hour days and often brings work home on weekends. Maria feels exhausted and disconnected from her family and hobbies. She tells you she feels guilty whenever she takes time off because she fears falling behind. As her **wellness coach**, how would you help her restore balance and well-being using positive psychology principles?

Case 4

David is a 19-year-old **college student** who recently discovered that his best friend shared a private secret with others. David feels betrayed and angry, and he is considering ending the friendship. He comes to you, his **counsellor**, asking for guidance on how to process his emotions and decide whether to forgive or move on.

This is the last page of the examination paper.

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