

### ASSESSMENT # 1

Total Marks: 30

Answer the following questions:

**Q: 1:** Short Questions (15)

- I. What is the difference between Optimism and Pessimism?
- II. Outline some communication tips.
- III. Define emotional intelligence according to Reuven Bar-On.
- IV. How has Daniel Goleman defined emotional intelligence?
- V. What is Alexithymia?

**Q: 2:** Write a note on the “Theory of Multiple Intelligences” by Howard Gardner. (7)

**Q: 3:** Discuss the ABCDE method of staying optimistic developed by Dr. Martin Seligman. (8)