

ASSESSMENT # 4

Total Marks: 30

Answer the following questions:

1. Write a note on the “Theory of Multiple Intelligences” by Howard Gardner. (7)
2. Discuss the ABCDE method of staying optimistic developed by Dr. Martin Seligman. (8)
3. Discuss the seven basic human emotions. (7)
4. Describe Plutchik's wheel of emotions. (8)