

**ASSESSMENT # 11**

**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)