

[2]

- d) Explain the different conflict resolution styles with examples. $2+2+3=7$
- e) What is empathy? What are the traits of empathy? What is the difference between sympathy and empathy? $2+2+3=7$
- f) How would you identify what types of problems are called mental health problems? Mention the role of a teacher in this regard. $4+3=7$
3. Answer any **five** of the following questions in about 60 words each: $2 \times 5 = 10$
- What are the main symptoms of OCD?
 - What is a panic attack?
 - State two major symptoms of psychosis.
 - What is DSM?
 - What is allodoxaphobia?
 - What is meant by 'assertive communication'?
 - Mention the difference between anxiety and fear.

Ex/BED/1.1/2023

BACHELOR OF EDUCATION (B.ED.) EXAMINATION, 2023

(1st Year, 1st Semester)

COURSE: B.ED 1.1

[CHILDHOOD AND GROWING UP : MENTAL HEALTH PROBLEMS AND LIFE SKILLS EDUCATION FOR GROWING UP]

2ND HALF

Time : Two hours

Full Marks : 50

- Answer any **one** of the following questions : $12 \times 1 = 12$
 - What is 'depressive disorder'? What are the criteria for the identification of depressive disorder? Discuss the role of a teacher in helping students with depressive disorder. $2+4+6=12$
 - What is 'life skills'? Discuss the importance of life skills for school-going children. How can you develop self-esteem in your students? $2+5+5=12$
- Answer any **four** questions in about 250 words each: $7 \times 4 = 28$
 - What is ADHD? How would you help an ADHD student in your class? $2+5=7$
 - Explain the misconception about suicide. Mention the facts of suicide in this connection. $4+3=7$
 - Mention the different types of anxiety-related disorders. Briefly discuss the symptoms of GAD. $3+4=7$

[Turn over