

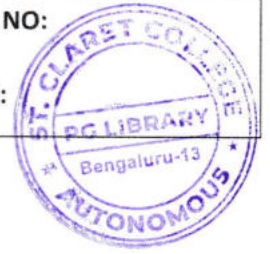
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St. Claret College

Autonomous, Bengaluru

ROLL NO:

DATE:



PG END SEMESTER EXAMINATION-JAN/FEB 2026

M.Sc. PSYCHOLOGICAL COUNSELLING: SEMESTER I

MPC 1225: LIFESPAN PSYCHOLOGY

TIME: 3 hours.

MAX. MARKS: 70

This paper contains TWO printed pages and THREE parts

Instructions:

1. Verify and ensure that the question paper is completely printed.
2. Any discrepancies or questions about the exam paper must be reported to the COE within 1 hour after the examination.
3. Students must check the course title and course code before answering the questions.

PART-A

Answer FOUR questions out of SIX. Each answer carries FIVE marks.

[5x4 = 20]

1. Briefly describe the major issues related to lifespan development.
2. Explain the nature of development, emphasizing its continuity, direction, and multidimensionality with suitable examples.
3. Define polygenic inheritance and briefly explain its role in individual differences in human development.
4. Write a short note on prenatal environmental influences and discuss their significance for later development.
5. Explain the main ideas proposed by David Elkind regarding cognitive development in adolescents.
6. Outline Ainsworth attachment styles from strange situation.

PART-B

Answer any TWO questions out of THREE. Each answer carries TEN marks.

[10x2=20]

7. Define genes and chromosomes, and describe the process of cell division, highlighting its importance in development.
8. Examine the major physical changes during adolescence, with reference to puberty, growth spurt, patterns of growth, height and weight changes, and key developmental issues faced at this stage.
9. Define emotions with its classification and its development.

PART-C

Answer any TWO questions out of THREE. Each answer carries FIFTEEN marks

[15X2=30]

10. Evaluate the scope of lifespan development, explaining how it contributes to understanding human behaviour across different stages of life.
11. Discuss the abnormalities of sex-linked chromosomes, explaining their types, causes, and psychological implications across the lifespan.
12. Riya (10 years) and Arjun (8 years) are siblings raised in the same family but show markedly different patterns of behaviour. Their parents maintain strict rules, expect unquestioned obedience, and frequently use punishment for mistakes, with minimal emotional expression. Riya is academically diligent but anxious, withdrawn, and fearful of failure. Arjun displays poor impulse control, aggression toward peers, and difficulty following rules at school. In contrast, their cousin Meera (9 years), raised by parents who combine clear expectations with emotional warmth and open communication, shows good academic engagement, emotional stability, and positive peer relationships. Based on the above case:

Questions

- a) Identify the parenting styles reflected in the two family environments. **(5 marks)**
 - b) Critically analyse how these parenting styles influence cognitive, emotional and social development. **(5 marks)**
 - c) Suggest evidence-based parenting interventions or guidance to promote healthy child development. **(5 marks)**
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