SO6CBT01 LIFE SKILL DEVELOPMENT

1. The abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life.
    a) Life skills b) Job skills c) Personal skills d) Functioning skills

2. _____ defines life skills as "a behaviour change or behaviour development approach designed to address a balance of three areas: knowledge, attitude and skills".
    a) WHO b) UNICEF c) IMF d) UNEDP

3. A behaviour change or behaviour development approach designed to address a balance of three areas: knowledge, attitude and skills
    a)Life skills b) Job skills c) Personal skills d) Functioning skills

4.… is the term used to describe effective basic skills learning
    a. life skillsb. vocational skills c. literacy skills d. none of the above

5. Use of Life skills are
    a. of their rights and responsibilities b. The Welfare of other
    c. capable of having d. all the above

6.……. are defined as psycho Social abilities for adaptive and positive behaviour
    a. Recreational skillsb. Soft skill c. Life skills d. vocational skill.

7. Time management, getting a job, view computer, cooking are the
    a. Livelihood skills b. Life skill c. Learning skills d.None of the above.

8. Life skills can be systematically acquired and reinforced through non formal and ……………learning settings.
    A. Formal B. Informal B. Vocational D. Traditional

9. According to Delors Commission human beings future progress depends upon ………….
    A. Economic growth, B. Education C. Personal development D. None of the above

10. The international Bureau of education focused on four pillars of learning-learning to know, learning to do, learning to be and learning to ……………
    A. Promote co-existence B. Participate C. Live together D. Transport

11. International Bureau of Education defines life skills as personal management and ……….
skills.
    A. Social B. Educational C. Cultural D. Physical

12. UNICEF defined life as Psycho- Social and ……………. skills.
    A. Personal B. Inter personal C. Intra –personal D. Social

13. Which of the following is a popular search engine

     a) UNIX b) LINUX c) MS DOS d) Yahoo

14. Which of the following is not a search engine

     a) Yahoo b) Google c) Altavista d) UNIX

15. Which of the following is a popular search engine

     a) UNIX b) LINUX c) MS DOS d) Google

16.………….. is the how one person to himself positively or negatively
     a. Self image b. self control c. Self esteem d. Self talk

17.Collective qualities or characteristics that distinguish a person
     a. Attitude b. Personality c. Character d. self image

18.…………..is a balanced curiosity leading to a deeper understanding of another human being
     a. Empathy b. SWOTc. Corporationd. Sympathy

19. Recognition of 'self' and identifying our strengths and weaknesses, desires and dislikes.
     a) Self-awareness b) Empathy c) Critical thinking d) Creative thinking

20. The ability to imagine what life is like for another person
     a) Self-awareness b) Empathy c) Critical thinking d) Creative thinking

21. A novel way of seeing or doing things that generates new ideas, has a shifting perspective
     conceives something new and builds on other ideas.
     a) Self-awareness b) Empathy c) Critical thinking d) Creative thinking

22. _____ can teach people how to actively make decisions and what effects these different
decisions are likely to have.
     a)Self-awareness b) Empathy c) Critical thinking d) Decision making

23. Life skills enable effective ………………….
     A. Development B. Growth C. Communication D. Contract

24. Life skills help people to establish productive …………………. relationships.
     A. Personal B. Social, C. Cultural D. Interpersonal

25. Information gathering skills belong to ……………. abilities.
     A. Cognitive abilities B. Personal abilities C. Inter-personal abilities, D. Other abilities

26. Analyzing peer and media influence belong to …………… skill.

A. Critical thinking B. Time Management skills C. Stress management D. Self monitoring skill

27……….. is define feeling or the pity and sorrow for someone else misfortune

a. Empathy b. Sympathyc. Valuesd. Courtesy

28...........thinking   is not criticism but it links between positive thinking and creative thinking

a. Creative Thinking b. Critical thinking c. Superficial thinking d. Self thinking

29......Thinking enables us to analyse information and experiences

a. Critical b. Creative c. Positive d. negative

30,Analysing the information, thinking creatively, problem solving, reasoning, evaluating are the above said skills of which type of thinking

a. Critical thinking b. Creative Thinking c. Problem solving d. Decision making.

31. Critical thinking requires basic qualities as

a. Open mindedness b. Flexibility c. Persistence d. All the above.

32. ____ includes being able to make and keep friendly relationships and also being able to end relationships constructively.

a) Interpersonal relationship skills b) Empathy c) Critical thinking d) Decision making

33. _____ means that we are able to express ourselves, both verbally and non-verbally, so that our ideas are effectively transmitted to others.

a) Interpersonal relationship skills b) Effective communication

c) Critical thinking d) Decision making

34. _____ helps us to deal constructively with problems in our lives.

a) Problem solving b) Effective communication c) Critical thinking d) Decision making

35. _____ means recognising the sources of stress in our lives, recognizing how this affects us, and acting in ways that help us control our levels of stress, by changing our environment or lifestyle and learning how to relax.

a) Problem solving b) Coping with stress c) Critical thinking d) Decision making

36. _____ means involving recognising emotions within us and others, being aware of how emotions influence behaviour and being able to respond to emotions appropriately.

a) Coping with emotions b) Coping with stress c) Critical thinking d) Decision making

37. ……………… is the ability to listen and understand others.

A. Refusal skills B. Managing skills C. Empathy D. None of the above

38. Expressing respect for others contribution belongs to …………………
    A. Negotiation skill B. Empathy C. Cooperation and teamwork D. Refusal skill

39. Influencing skills and persuasion belong to ………………..skills.
    A. Decision-Making skill B. Advocacy Skill, C. Critical thinking skill D. Communication Skill

40. Anger management skill is an example for managing …………..
    A. Anxiety B. feelings Anger, C. feelings D. None of the above

41. Determining alternative solutions to the problem is related to ……………skill.
    A. Critical thinking B. refusal skills C. problem solving skills D. effective communication skill

42. The life skills approach encompasses and balances all the three components, namely _____, Attitudes and Skills.
    a) Knowledge b) Empathy c) Sympathy d) Apathy

43. The life skills approach encompasses and balances all the three components, namely Knowledge, _____ and Skills.
    a) Attitudes b) Empathy c) Sympathy d) Apathy

44. The life skills approach encompasses and balances all the three components, namely Knowledge, Attitudes and _____.
    a) Skills b) Empathy c) Sympathy d) Apathy

45. The goal of the _____ approach is to promote healthy, sociable behavior
    a) Life skills b) Job skills c) Personal skills d) Functioning skills

46. The act of choosing between two or more courses of action.
    a) Self-awareness b) Empathy c) Critical thinking d) Decision making

47. Individual must be able to evaluate the future consequences of their present action is an example of……….skill.
    A. Communication skill B. inter-personal skill C. critical thinking skill D. None of the above

48. ……………. skill includes the verbal and non-verbal aspects
    A. Decision making B. Advocacy C. Communication D. Problem solving

49. Negotiation refusal skills directly affect one's ability to manage………….
    A. Information gathering B. Economic aspects C. Conflict Anger D. None of the above

50. Life skill education provides foundation for adults ……….behaviour.
    A. Economic B. Psychological C. Social D. C cultural

51. Self-evaluation skills help to set…………
          A. Carrier B. Goals C. Education D. Family

52. Which of the following is a popular online encyclopedia?
          a) UNIX b) LINUX c) Wikipedia d) Google

53. Wikipedia was started in the year _____
          a) 2000 b) 2001 c) 2002 d) 2003

54. An example of virtual classrooms is the one conducted by _____
          a) UNIX b) LINUX c) IGNOU d) UBUNTU

55. Challenges- problems, Choice- options available, Consequences- positive and negative consequences of each options are the
          a. Methods of problem solving b. Models of decision making
          c. Ways of Creative Thinking d. None of the above

56........ is an obstacle which makes difficult to achieve a desired goal
          a. Value b. Problem c. Person d. Money

57. identify and explore, set goals and look at alternatives, select and implement, evaluate and reflect are the steps of……….?
          a. Problem solving b. Creative Thinking c. Communication d. Decision making

58. _____ is the process by which people exchange information, feelings, and meaning through verbal and non-verbal messages
          a) Interpersonal communication b) Empathy c) Critical thinking d) Decision making

59. _____ are ways in which we learn to deal with various stressors.
          a) Coping skills b) Empathy c) Critical thinking d) Decision making

60. The ability to manage personal reactions to responsibilities and challenges in work and life.
          a) Coping skills b) Self Management c) Critical thinking d) Decision making

61. Self management skills include being
          a) Analytical b) Aggressive c) Stressed d) Imbalanced

62. Self management skills include being
          a) Calm b) Aggressive c) Stressed d) Imbalanced

63. Development of life skills enables the adolescent to be …………….in society.
          A. Active B. Passive C. Accepted D. Rejected

64. Ability to express feelings and feed back is related to ……………skills.

A. Motivational skill B. Management skill C. Inter-personal skill D. Decision-making skill

65. Active listening is an example for ………..ability.
A. Social B. Cultural C. Personal D. Inter-personal

66. Positive thinking is helps to manage ……………..
A. Stress B. Ager C. Happiness D. We-feeling

67. ....focus not only knowledge and attitude change, but, more important behaviour change
A. Informal education B. formal education C. life skill education D. adult education

68. Self management skills include being
a) Imaginative b) Aggressive c) Stressed d) Imbalanced

69. _____, self-awareness, self-evaluation skills and the ability to set goals are also part of self-management skills
a) Self esteem b) Pity c) Despise d) Resentment

70. Self esteem, _____ , self-evaluation skills and the ability to set goals are also part of self-management skills.
a) Self-awareness b) Pity c) Despise d) Resentment

71. Self esteem, self-awareness, _____ skills and the ability to set goals are also part of self-management skills.
a) Self-evaluation b) Pity c) Despise d) Resentment

72........ is the exchange the information between the people
a. Communicationb. Decisionsc. Behaviourd. Problem

73.......... is an ability Express ourselves both verbally and non- verbally
a. Communication b. Creative Thinking c. Decision making d. Problem solving

74. Verbal skills, Non- verbal skills, listening skills are the element of
a. self awareness b. Problem solving c. Creative Thinking d. Effective communication

75...........is an establishment of a spontaneous relationship based on respect and mutual trust
a. Rapport building b. Questioning c. Attending d. None of the above

76. rapport building , questioning, attending, reassurance, sensitivity are the sub skills of the
a. Self awareness b. Problem solving c. Coping with emotion d. Effective communication

77. .... relationship are between two are more people
a. Interpersonal b. Intra-personal c. Intimate d. None of the above

78. Communication requires that all parties have an area of communicative ………
    A. Interest B. Language C. Commonality D. Source

79. Common conception of communication means sending and ………….information.
    A. Understanding B. Analysing C. Receiving D. Reporting

80. Sender ……………………… receiver, complete the order.
    A. Encode B. Language C. Decodes D. Message

81. Feedback Received by ……………
    A. Sender B. Receiver C. People D. Messenger

82. The message has three components, the content, context, and …………
    A. Feedback B. Knowledge C. Receiver D. Treatment

83. What is the full form of INFLIBNET
    a) Information and Library Network b) Informed and Liberated Network
    c) Informed Library Network d) Information Liberation Network

84. INFLIBNET is a project of _____
    a) Google b) Yahoo c) UGC d) ICSSR

85. _____ is a virtual network of libraries of different academic institutions
    a) UNIX b) LINUX c) IGNOU d) INFLIBNET

86. Which of the following is promoted by INFLIBNET?
    a) Internet surfing b) Searching c) Computerisation of libraries d) E-governance

87. Which of the following is promoted by INFLIBNET?
    a) Internet surfing b) Searching c) Access to a large database d) E-governance

88. Which of the following is promoted by INFLIBNET?
    a) Internet surfing b) Searching c) Sharing of digital content d) E-governance

89. _____ is a social interaction through messages.
    a) Communication b) Opinion c) Writing d) Survey

90. In a simple model of communication, information is sent in some form as spoken language from _____ to a receiver.
    a) Sender b) Message c) Feedback d) Content

91. There are two types of channels for communication, one is sensory channel and other is …………….channel.
    A. Non sensor B. Institutional C. Paid D. Probing

92. The process of communication is divided in to two, verbal communication and
…………… communication.
    A. Supportive B. Written C. Oral D. Non-verbal

93. Verbal communication is divided in to oral communication and ………………. communication.
    A. Verbal B. Oral C. Written D. Gesture

94. Facial expression is an example for ………….. communication.
    A. Verbal B. Non –verbal C. Formal D. Informal

95. ………….communication follows strict authority lines.
    A. Informal B. Oral C. Formal D. Verbal

96. Which of the following is an element of communication
    a) Receiver b) Text c) Tone d) Content

97. Anything that prevents understanding of the message is called ……………..
    A. Noise B. Stress C. Barrier D. Complex

98. When a person receives too many messages at the same time is called ………..
    A. Complex message B. Message overload C. Message distraction D. End message

99. When a message is too complicated to be understood is called ……………
    A. Message bias B. Message complexity C. Message over load D. Message noise

100. A loud noise that physically disrupts the communication is called ………….
    A. Cultural noise B. Somatic noise C. Syntactical noise D. Environmental noise

101. Mistake in grammar disrupt a communication, that is called…………. .
    A. Psychological noise B. Syntactical noise C. Cultural noise D. Organizational noise

102. The aim of_____ is to gain competitive advantage through using IT in a creative and productive way
    a. E-groups b. Virtual communities c. Blogging d. Information Society

103. _____is a society in which the creation, distribution, diffusion, use, integration and manipulation of information in a significant economic, political and cultural activity.
    a. Educated society b. Information society c. Elite society d. all the above

104. Information Society is seen as the successor to _____
    a. industrial society b. digital society c. Knowledge society d. None of these

105. _____concept closely related with information Society
    a. Post- Industrial Society b. Post- Fordism c. Knowledge society d. all the above

106. People can speak 100 to …………. words per minute.
    A. 150 B. 175 C. 200 D. 225 words

107. People can listen intelligently at 600 to …………. words per minute.
    A. 700 words B. 800words C. 900 words D. 1000 words

108. Thinking about other things while listening others is called ………………….
    A. Inactive listening B. Mind drift C. Listening mistake D. Passive listening

109. Listening involves decoding the sound in to …………
    A. Symbols B. Meanings C. Control D. Signs

110. ……………. helps to capture listener's attention.
    A. Message B. Communication C. Gesture D. Hints

111. _____ feedback makes a judgment about the worth, goodness, or appropriateness of
the other person's statement.
    a) Evaluative b) Supportive c) Interpretive d) Creative

112. _____ feedback attempts to explain what the other person's statement means.
    a) Creative b) Supportive c) Probing d) Interpretive

113. ………….. is the process of speaking to a group of people in a structured deliberate
manner.
    A. Speaking tips B. Public speaking C. Communication D. Message

114. Listening skill is a prerequisite of …………….
    A. Interview B. Group discussion C. Speaking D. Public discussion

115. …………….. is a conversation between two people
    A. Discussion B. Debate C. Interview D. Dialog

116. A discussion among a group of people is called………………….
    A. Interview B. Discussion C. Group Discussion D. Panel discussion

117. ……………….. is considered most useful tool for evaluating employees.
    A. Group discussion B. Interview C. Ranking D. Written test

118. The form of communication in which message is transmitted verbally
    a) Verbal Communication b) Textual Communication c) Mental Communication

119. In _____ communication, certain rules, conventions and principles are followed while
communicating message
    a) Formal b) Informal c) Non formal d) Personal

120. _____ means pride in one's self respect
       A. Self confidence B. Self appraisel C. Self awareness D. Self esteem

121. A clear perception of your personality
       A. Awareness B. Assessment C. Identity D. Control

122. The ability to observe one's behaviour, action, thoughts, feelings and emotions.
       A. Self identification B. Self awareness C. Self evaluation D. Self assessment

123. Our response to events that disrupt or threaten to disrupt our physical and psychological functioning.
       A. Strain B. Tension C. Stress D. Disturbance

124. _____ as internal processes that activate, guide and maintain behaviour
       A. Emotion B. Motivation C. Hard work D. Goal attainment

125. Recognising and managing one's own emotions
       A. EQ B. SQ C. IQ D. PQ

126. When an individual indirectly deals with his or her anxiety and negative thoughts originating from their stress by acting in a hostile or resentful manner towards others.
       a) Reaction formation b) Acting out c) Passive aggression d) Constant aggression

127. One who understands his worth and capabilities
       A. Self worth B. Self confidence C. Self evaluation D. Self knowledge

128. It is otherwise called self discipline
       A. Self evaluation B. Self identity C. Self control D. Self assessment

129. The word emotion is derived from the _____ word 'emovere'
       A. Latin B. Greek C. French D. Portuguese

130. Communication for societal affiliations of members in an organisation and face to face discussions
       a) Formal b) Informal c) Non formal d) Personal

131. _____ communication occurs in formal and official style
       a) Personal b) Informal c) Non formal d) Formal

132. Hierarchy of authority needs to be followed in _____ communication.
       a) Formal b) Informal c) Non formal d) Personal

133. _____ communication happens among friends and family.
       a) Formal b) Informal c) Non formal d) Personal

134. The book emotional intelligence is written by _____ in 1995
        A. Daniel Coleman B. Peter Salovey C. John Mayer D. Howard Gardner

135. The word SQ (Social Quotient) is originally coined by _____
        A. Thornika B. Ketron C. Sternberg D. Vernon

136. The concept Stress was first introduced in –
        A. Social Science B. Physical Science C. Life Science D. Natural Science

137. _____ is the term used to describe distress, fatigue and feelings of not being able to cope.
        A. Tension B. Stress C. Strain D. Depression

138. The term stress has been derived from the _____ word 'stranger'
        A. Greek B. French C. Latin D. Spanish

139. Progress and actions taken by a person throughout a lifetime, especially related to that person's occupations.
        a) Career b) Hobby c) Interest d) Profession

140. A _____ is often composed of the jobs held, titles earned and work accomplished over a long period of time, rather than just referring to one position.
        a) Career b) Hobby c) Interest d) Vocation

141. A goal that you desire to achieve in a selected field or occupation with a well thought out plan to get you there.
        a) Career search b) Career selection c) Career planning d) Career guidance

142. A ____ helps you focus and make decisions on what you want to do for a living
        a) Career plan b) Career search c) Career guidance d) Career goal

143. _____ is simply goal planning with the intention of setting goals for jobs and career.
        a) Career search b) Career selection c) Career planning d) Career guidance

144. _____ is the culprit of all vision problems and ailments
        A. Mental strain B. Physical strain C. Depression D. Fatigue

145. _____ occurs when issues appear to be incompatible.
        A. Conflict B. Fight C. Stress D. Disturbance

146. _____ awareness is a key factor in resolving conflict
        A. Self B. Emotional C. Social D. Psychological

147. _____ style indicates a willingness to meet of others at the expense of the persons own needs.

         A. Compromising B. Accommodating C. Avoiding D. Collaborating

148. _____ is getting information, and with that information, you make a goal, and then plan the steps needed to obtain that goal.

         a) Career search b) Career selection c) Career guidance d) Career planning

149. _____ is estimating, predicting and calculating all the steps necessary to achieving your goals.

         a) Career search b) Career selection c) Career planning d) Career guidance

150. _____refers to services and activities intended to assist individuals, of any age and at any point throughout their lives, to make educational, training and occupational choices and to manage their careers.

         a) Career search b) Career selection c) Career guidance d) Career planning

151. _____ provides one-on-one or group professional assistance in exploration and decision making tasks related to choosing a major/occupation, or further professional training.

         a) Career search b) Career counseling c) Career planning d) Career guidance

152. One of the major functions of _____ centres is to provide information and guidance on Career opportunities.

         a)Career search b) Career selection c) Career guidance d) Career planning

153. Eustress means _____.

         A.Good stress B. Bad stress C. Normal stress D. Mental stress

154. This style is used when both partners look for common ground.

         A. Compromising B. Collaborating C. Competitive D. Accommodating

155. _____ refers to the ongoing internal conversation with ourselves which influences how we feel and behave

         A. Self talk B. Self conversation C. Self evaluation D. Self assessment

156. To act one's own best interest.

         A. Assertive behaviour B. Aggressive behavior C. Social behaviour D. Positive behavior

157. _____ is a fair or exposition for employers, recruiters and schools to meet with prospective job seekers.

         a) Techno fair b) Job fair c) Information fair d) Talent hunt

158. _____ networking can be generally described as the process of interacting with, obtaining contact details of, and getting to know corporate recruiters.

a) Techno fair b) Talent hunt c) Information fair d) Job fair

159. A _____ is a document used by individuals to present their background and skill sets for employment.

   a) Vital statistics b) Résumé c) Population register d) Personal data

160. A typical _____ contains a summary of relevant job experience and education.

   a) Vital statistics b) Personal data c) Population register d) Résumé

161. The résumé is typically one of the first items, that is used to screen applicants, often followed by an interview, when seeking employment.

   a) Vital statistics b) Résumé c) Population register d) Personal data

162. _____ is an ongoing lifelong process which helps to learn and achieve more in career.

   A. Career planning B. Career development C. Career design D. Career skill

163. _____ means advice and information about careers that helps one to decide , chose and pursue career.

   A. Career guidance B. Career development C. Career planning D. Career training

164. A _____ is a formal presentation of a job application.

   A. Resume B. Application C. Job letter D. Personal data

165. _____ Resume balances the functional and chronological approaches.

   A. Hybrid B. Functional C. Reverse D. Organised

166. _____ are professionals trained to help clients assess their own strength and weaknesses, evaluate their goals and values.

   A. Teacher B. Counsellor C. Trainer D. Guide

167. In.......is a mental reaction as feeling usually reacted toward a specific   situation

   a. Emotion b. Communication c. Solution d. None of the above

168. Coping with......... involves recognizing emotions with us and others and being aware of   how emotion influence behavior

   a. Stress b. Emotion c. Empathy d.Communication

169. An .... Experience is characterized by both external and internal changes in the human being

   a. Emotional b. Stress c. Self image d. None of the above

170. A_____, is a longer, more detailed synopsis which includes a summary of your

educational and academic background, as well as teaching and research experience, publications, presentations, awards, honors, affiliations, and other details.

      a) Curriculum vitae b) Vital statistics c) Population register d) Personal data

171. Which of the following provide information on career and job opportunities?

      a) Carnival b) Career magazines c) Shopping malls d) Help desk

172. In_____, job opportunities are searched through Websites that provide the relevant information.

      a)   Carnival b) Computerised job Search c) Shopping malls d) Career magazines

173. Which of the following is a Computerised job Search website?

      a) Google.com b) Yahoo.com c) Monster.com d) Sify.com

174. Which of the following is a Computerised job Search website?

      a) Google.com b) Yahoo.com c) Naukri.com d) Sify.com

175..........is our body reaction to people and events and to our own thoughts

      a. Emotion b. Stress c. Relationship d. None of the above

176.......... Can cause lower self esteem, decreased academic performance, self blame and self doubt

      a. Repeated stress b. Repeated emotion c. Interpersonal relationship d. none of the above

177....... Is the ability to imagine or invent something new

      a. Creativity b. Capacity c. Communication d. Awareness

178. Curious, seek problems, enjoys Challenge, optimistic imagination are the characteristic of

      a. Creative person b. Problem person c. Ideal person d. None of the above.

179. Which is an aspect of self concept

      a. Personal identity b. Social identity c. both a and b d. None of the above

180. The process through which we new information forms of behavior, or attitudes from other people

      A. Socialization B. Social process C. Social learning D. Social behavior

181. _____ are often powerful reactions

      A. Angry B. Emotion C. Stress D. Strain

182. _____ propounded theory of multiple intelligence

      A. Stenberg B. Gardner C. Goleman D. Mayer

183. _____ is the evaluation of various aspects of the social world

      A. Personality B. Social awareness C. Attitude D. Outlook

184. The process through which we select organise, and interpret input from our sensory receptions

       A. Attitude B. Perception C. Behaviour D. Action

185. _____ is how we perceive our value to the world and how valuable we think we are to others.

       a) Self Esteem b) Self Criticism c) Self Pity d) Mortification

186. Which of the following are some outward signs of positive self-esteem

       a) Hatred b) Pity c) Confidence d) Self Criticism

187. Which of the following are some outward signs of positive self-esteem

       a) Hatred b) Pity c) Non-blaming behavior d) Mortification

188. _____ is a social network of individuals who interact through specific media, potentially crossing geographical and political boundaries in order to pursue mutual interests or goal.

       a. Blogging b. E-group c. Virtual Communities d. All the above

189. ____websites are usually maintained by an individual with regular entries of commentary, descriptions of events or other materials such as graphics or video

       a. blogging b. E-groups c. Virtual community d. Social network

190. Ability to deal effectively with the emotional side of life.
       A. EQ B. IQ C. SQ D. PQ

191. _____ involves the ability to produce work that is both novel and appropriate
       A. Participation B. Creativity C. Assertive behaviour D. Performance

192. Individuals unique and relatively stable patterns of behaviour thoughts and feelings.
       A. Attitude B. Social behavior C. Personality D. Social perception

193. Events or situations in our environment that cause stress
       A. Stressors B. Activators C. Encounters D. Creators

194. Attitudes individuals hold concerning their jobs.
       A. Job attainment B. Job promotion C. Job satisfaction D. Job advancement

195. _____ is the systematic process by which one selects career goals and the path to these goals.
       A. Career planning B. Career development C. Career training D. Career choosing

196. _____ resume is preferred for applications to jobs that require very specific

skills or clearly defined personality traits.

     A. Hybrid B. Functional C. Organised D. Chronological

197. _____ communication will help to maintain positive support, confidence and trust with your peers, clients and employer.

     A. Healthy B. Interpersonal C. Follow- up D. Verbal

198. _____ is directly linked to an individual's growth and satisfaction

     A. Career planning B. Career designing C. Career development D. Career advancement

199. Which of the following are some outward signs of positive self-esteem

     a) Hatred b) Pity c) Optimism d) Mortification

200. Which of the following are some outward signs of positive self-esteem

     a) Hatred b) Pity c) The ability to say no d) Mortification

201. _____ enables us to respond appropriates to change in the emotional climate to others.

     A. Sympathy B. Empathy C. Attitude D. Outlook

202. Hopeful about the future and have positive attitude towards life.

     A. Self esteem B. Optimism C. Self management D. Self confidence

203. People with _____ intelligence may have noble sentiment and care for the poor.

     A. Psychological B. Social C. Spiritual D. Emotional

204. _____ stress describes stress experience concerning the future.

     A. Time B. Encounter C. Anticipatory D. Situational

205. The concept of stress was first introduced by _____ in 1936.

     A. Hans Selye B. Ogden Tanner C. Goleman D. Shaun Killian

206. What ate the some simple, positive thinking techniques that can be used to help improve self esteem called?

     a) Assertions b) Affirmations c) Assignments d) Mortification

207. _____ are encouraging messages we can give ourselves every day until they become part of our feelings and beliefs.

     a) Assertions b) Affirmations c) Assignments d) Mortification

208. The capacity for introspection and the ability to recognize oneself as an individual separate from the environment and other individuals.

     a) Self management b) Self appraisal c) Self awareness d) Mortification

209. The ability to control one's emotions, behavior, and desires in order to obtain some reward, or avoid some punishment.

a)Self control b) Self appraisal c) Self awareness d) Mortification

210. A measurement of a person's ability to monitor his or her emotions, to cope with pressures and demands, and to control his or her thoughts and actions.
   a) Emotional quotient b) Intelligence quotient c) Awareness quotient d) Social Intelligence

211. The ability to assess and affect situations and relationships with other people
   a) Emotional quotient b) Intelligence quotient c) Awareness quotient d) Social Intelligence

212. A measurement of a person's intellect
   a)   a) Emotional quotient b) Intelligence quotient c) Awareness quotient d) Social Intelligence

213. ___ is the capacity to effectively negotiate complex social relationships and environments.
   a) Emotional quotient b) Intelligence quotient c) Social Intelligence d) IQ & EQ

214. Personal identity defines self in terms of......
   a. Intra personal relationship b. Interpersonal relationship
   c. Both a and b d. None of the above

215. Social identity defines self in terms of.......
   a. Group membershipb. Individualc. Both a and bd. None of the above

216. Self is the mental apparatus that allows people to think consciously about.....
   a. Friend b. Others c. Themselves d. None of the above

217. What is the important consequence of self thinking
   a. Planning b. Decision making and self control c. Introspection d. All the above

218. Write any one of the consequence of self thinking
   a. Perspective talking b. Self conceptualization and evaluation
   c. Both a and b d. None of the above

219. What is the source of self knowledge
   a. Self perception b. Social comparison c. Feedback from others d.All the above

220. What are all the factors influencing self concept
   a. Biological makeupb. Culture values and beliefs
   c. Coping with stress tolerance d. All the above

221. Self Concept is influenced by
   a. Stressful life events b. Previous experience
   c. Role transition d. Incomplete crisis of psychological development

222. Instead of reflecting or problem-solving, an individual takes maladaptive action.
    a) Reaction formation b) Acting out c) Passive aggression d) Constant aggression

223. Self image means "How you see..............
    a. Others b. Yours c. Your friend d. None of the above

224. _____ is an aggregated measure of self- and social-awareness, evolved social beliefs and attitudes, and a capacity and appetite to manage complex social change.
    a) Emotional quotient b) Intelligence quotient c) Social Intelligence d) IQ & EQ

225. The ability to deal efficiently and thoughtfully, keeping one's own identity, employing apposite social inputs with a wider understanding of social environment; considering empathetic co-operation as a base of social acquaintance
    a) Emotional quotient b) Intelligence quotient c) Social Intelligence d) IQ & EQ

226. Which of the following is a symptom of stress?
    a) Nervousness b) Joy c) Relaxed attitude d) Rejoice

227. Which of the following is a symptom of stress?
    a) Irritability b) Joy c) Relaxed attitude d) Rejoice

228. Which of the following is a symptom of stress?
    a) Insecurity b) Joy c) Relaxed attitude d) Rejoice

229. Which is a division of Johari window
    a. Public area and hidden area b. Unknown area and blind area
    c. Both a and b d. None of the above

230. Information that we want communicate is called as...
    a. Encoding b. Message c. Feedback d. decoding

231. Which of the following is a symptom of stress?
    a) Social Withdrawal b) Joy c) Relaxed attitude d) Rejoice

232. Which of the following is a symptom of stress?
    a) Loss of Appetite b) Joy c) Relaxed attitude d) Rejoice

233. Which of the following is a symptom of stress?
    a) Exhaustion b) Joy c) Relaxed attitude d) Rejoice

234. Which of the following is a symptom of stress?

a) Rejoice b) Joy c) Relaxed attitude d) Depression

235. Which of the following is a symptom of stress?
a) Insomnia b) Joy c) Relaxed attitude d) Rejoice

236. Dealing with stress by turning to a social network for support
a) Affiliation b) Humour c) Sublimation d) Black humour

237. Indirect resolution of conflict with neither adverse consequences nor consequences marked by loss of pleasure.
a) Affiliation b) Humour c)Black humour d) Sublimation

238. Redirects stressful thoughts to good things that are either occurring or have not occurred.
a) Positive reappraisal b) Displacement c) Repression d) Depression

239. When an individual redirects their emotional feelings about one situation to another, less threatening one, it is called _____
a) Positive reappraisal b) Depression c) Repression d) Displacement

240. _____ occurs when an individual attempts to remove all their thoughts, feelings, and anything related to the stressful situation out of their awareness in order to be disconnected from the entire situation.
a) Positive reappraisal b) Displacement c) Repression d) Depression

241. _____ just means that you approach the unpleasantness in a more positive and productive way.
a) Positive thinking b) Repression c) Depression d) Problemsolving

242. It is a form of behavior characterized by a confident declaration or affirmation of a statement without need of proof
a) Aggression b) Assertion c) Allegiance d) Reassurance

243. An individual substitutes their feelings or thoughts or behavior with the exact opposite.
a) Reaction formation b) Acting out c) Passive aggression d) Constant aggression

ANSWER KEY
1. A
2. B
3. A
4. A

5. D
6. C
7. A
8. B
9. C
10. C
11. A
12. B
13. D
14. D
15. D
16. A
17. C
18. A
19. A
20. B
21. C
22. D
23. C
24. D
25. A
26. A
27. B
28. B
29. A
30. A
31. D
32. A
33. B
34. A
35. B
36. A
37. C
38. C
39. B
40. C
41. C
42. A
43. A
44. A

45. A
46. D
47. C
48. C
49. C
50. C
51. B
52. C
53. B
54. C
55. B
56. B
57. A
58. A
59. A
60. B
61. A
62. A
63. C
64. C
65. D
66. A
67. C
68. A
69. A
70. A
71. A
72. A
73. A
74. D
75. A
76. D
77. A
78. C
79. C
80. D
81. A
82. D
83. A
84. C

85. D
86. C
87. C
88. C
89. A
90. A
91. B
92. D
93. C
94. B
95. C
96. A
97. C
98. B
99. B
100. D
101. B
102. D
103. B
104. A
105. D
106. B
107. B
108. B
109. B
110. C
111. A
112. D
113. B
114. B
115. C
116. C
117. B
118. A
119. A
120. D
121. A
122. B
123. C
124. B

125. A
126. C
127. B
128. C
129. A
130. B
131. D
132. A
133. B
134. A
135. A
136. C
137. B
138. C
139. A
140. A
141. C
142. D
143. C
144. A
145. A
146. A
147. B
148. D
149. C
150. C
151. B
152. C
153. A
154. B
155. A
156. A
157. B
158. D
159. B
160. D
161. B
162. B
163. A
164. A

165.	A
166.	B
167.	A
168.	B
169.	A
170.	A
171.	B
172.	B
173.	C
174.	C
175.	B
176.	A
177.	A
178.	A
179.	C
180.	C
181.	B
182.	B
183.	C
184.	B
185.	A
186.	C
187.	C
188.	C
189.	A
190.	A
191.	B
192.	C
193.	A
194.	C
195.	A
196.	B
197.	C
198.	D
199.	C
200.	C
201.	B
202.	B
203.	B
204.	C

205.	A
206.	B
207.	B
208.	C
209.	A
210.	A
211.	A
212.	B
213.	C
214.	B
215.	A
216.	C
217.	D
218.	C
219.	D
220.	D
221.	B
222.	B
223.	B
224.	C
225.	C
226.	A
227.	A
228.	A
229.	A
230.	B
231.	A
232.	A
233.	A
234.	D
235.	A
236.	A
237.	D
238.	A
239.	D
240.	C
241.	A
242.	B
243.	A