

National Testing Agency

Question Paper Name: Creating a Happy and Meaningful career 09th November 2019 Shift 2
Subject Name: Creating a Happy and Meaningful career
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Duration: 180
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Display Marks: Yes

Creating a Happy and Meaningful career

Group Number : 1
Group Id : 709597268
Group Maximum Duration : 0
Group Minimum Duration : 120
Revisit allowed for view? : No
Revisit allowed for edit? : No
Break time: 0
Group Marks: 100

Creating a Happy and Meaningful career

Section Id : 709597345
Section Number : 1
Section type : Online
Mandatory or Optional: Mandatory
Number of Questions: 50
Number of Questions to be attempted: 50
Section Marks: 100
Display Number Panel: Yes
Group All Questions: No

Sub-Section Number: 1
Sub-Section Id: 709597442
Question Shuffling Allowed : Yes

Question Number : 1 Question Id : 70959724381 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical
Correct Marks : 2 Wrong Marks : 0

We let our setbacks affect our self-esteem and this leads to cycles of poor performance,

which leads to feeling bad and so on. This is termed as

- a. Negative effect
- b. Negative spiral
- c. Pygmalion effect
- d. Pygmalion spiral

Question Number : 2 Question Id : 70959724382 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 2 Wrong Marks : 0

Work and sports lend themselves to the experience of flow

- a. True
- b. False
- c. Not sure

Question Number : 3 Question Id : 70959724383 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 2 Wrong Marks : 0

Four building blocks of the way we process information inside our brains are:

- a. Lenses, frames, mental models and memory
- b. Learning, bias, frames and mental models
- c. Lenses, frames, mental models and sensemaking
- d. Learning, memory, lenses and mental models

Question Number : 4 Question Id : 70959724384 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 2 Wrong Marks : 0

According to this course, social networking platforms like facebook, LinkedIn are not a stakeholder in your career decisions.

- a. True
- b. False
- c. Not sure

Question Number : 5 Question Id : 70959724385 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 2 Wrong Marks : 0

Fear distorts our:

- a. Perception
- b. Thinking
- c. Physiological functions
- d. All of the above

Question Number : 6 Question Id : 70959724386 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 2 Wrong Marks : 0

According to this course, possible way(s) of responding to failure is/are:

- a. Negative spiral
- b. Staying where we are
- c. Comeback stronger than before
- d. All of the above

Question Number : 7 Question Id : 70959724387 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 2 Wrong Marks : 0

According to this course, a suitable acronym for FEAR is:

- a. False Evidence Appearing Real
- b. False Excitement Appearing Real
- c. False Evidence Appearing Relative
- d. False Excitement Appearing Relative

Question Number : 8 Question Id : 70959724388 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 2 Wrong Marks : 0

Flow is characterized by

- a. Complete absorption in what one does
- b. Distortion of time
- c. Merging of self with task
- d. All of the above

Question Number : 9 Question Id : 70959724389 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 2 Wrong Marks : 0

According to Timothy Gallwey's work triangle, the sides are represented through

- a. Performance, Learning and Contribution
- b. Purpose, Meaning and Learning
- c. Purpose, Enjoyment and Contribution
- d. Performance, Enjoyment and Learning

Question Number : 10 Question Id : 70959724390 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 2 Wrong Marks : 0

Sometimes, the nature of stakeholder influence will be in the form of a fear or limitation

- a. True
- b. False
- c. Not sure

Question Number : 11 Question Id : 70959724391 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 2 Wrong Marks : 0

According to this course, when you are 'happy in the now' but have no vision for future,
you are in what state of mind?

- a. Current reality trap
- b. Negative spiral
- c. Stress and anxiety
- d. Positive flow

Question Number : 12 Question Id : 70959724392 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 2 Wrong Marks : 0

_____ is prioritized by the brain over other functions

- a. Metabolism
- b. Survival
- c. Fear
- d. Flow state

Question Number : 13 Question Id : 70959724393 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 2 Wrong Marks : 0

Normal light beam and laser light beam analogy was discussed in this course in relation

to which of the following concept

- a. Focus
- b. Resilience
- c. Power
- d. Coherence

Question Number : 14 Question Id : 70959724394 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 2 Wrong Marks : 0

Philosophers of ancient Rome and Greek civilizations considered work as a virtue and idleness as something to be avoided.

- a. True
- b. False
- c. Not sure

Question Number : 15 Question Id : 70959724395 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 2 Wrong Marks : 0

People sometimes consciously choose to accept other people's definition of success even if it contradicts their internal knowing.

- a. True
- b. False
- c. Not sure

Question Number : 16 Question Id : 70959724396 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 2 Wrong Marks : 0

Others' beliefs about us can influence our performance. This is known as the

- a. Flow
- b. Pygmalion Effect
- c. Confirmation bias
- d. Placebo effect

Question Number : 17 Question Id : 70959724397 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 2 Wrong Marks : 0

In the given below matched pairs, choose the most correctly paired item.

- a. Being in the zone – focus
- b. Being in the zone – flow
- c. Being in the zone – intense energy
- d. Being in the zone – dopamine

Question Number : 18 Question Id : 70959724398 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 2 Wrong Marks : 0

The neocortical regions of human beings distinguish their cognitive abilities from reptiles.

- a. True
- b. False
- c. Not sure

Question Number : 19 Question Id : 70959724399 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 2 Wrong Marks : 0

_____ relates to perception of event or timing of event as permanent or temporary

- a. Pervasiveness
- b. Perm chrome
- c. Permanence
- d. None of the above

Question Number : 20 Question Id : 70959724400 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 2 Wrong Marks : 0

Fear of any kind triggers _____ in the body

- a. Reflex action
- b. Balanced metabolism
- c. Stress response
- d. Exhausted response

Question Number : 21 Question Id : 70959724401 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 2 Wrong Marks : 0

Pygmalion effect mainly works through influencing your own beliefs about your ability
or performance

- a. True
- b. False
- c. Not Sure

Question Number : 22 Question Id : 70959724402 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 2 Wrong Marks : 0

Happiness and productivity are:

- a. Negatively correlated
- b. Positively correlated
- c. Not correlated
- d. None of the above

Question Number : 23 Question Id : 70959724403 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 2 Wrong Marks : 0

Self-identity is a broad mental model of

- a. Who I am
- b. How much I respect and like myself
- c. How good I think I am
- d. None of the above

Question Number : 24 Question Id : 70959724404 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 2 Wrong Marks : 0

_____ relates to how a person attributes failure event to oneself

- a. Permanence
- b. Personalization
- c. Pervasiveness
- d. None of the above

Question Number : 25 Question Id : 70959724405 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 2 Wrong Marks : 0

Neurons that fire together, ____ together

- a. Grow
- b. Wire
- c. Bond
- d. Blend

Question Number : 26 Question Id : 70959724406 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 2 Wrong Marks : 0

According to Mihaly Csikszentmihalyi, the two fundamental pillars to the work of successful business leaders are explained using the concepts of

- a. Integration and differentiation
- b. Product and performance
- c. Flow and meaning
- d. Purpose and meaning

Question Number : 27 Question Id : 70959724407 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 2 Wrong Marks : 0

According to this course, when you are not 'happy in the now' but have a grand vision for future towards which you are steadily working, you are in what state of mind?

- a. Negative spiral
- b. Current reality trap
- c. Stress and anxiety
- d. Motivated flow

Question Number : 28 Question Id : 70959724408 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 2 Wrong Marks : 0

What are the two types mentoring models discussed in this course?

- a. Guru and shishya
- b. Artist and mentor
- c. Sculptor and mentor
- d. Sculptor and painter

Question Number : 29 Question Id : 70959724409 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 2 Wrong Marks : 0

The idea of 'safety in herds' is based on ____ perspective.

- a. Evolutionary
- b. Social
- c. Cultural
- d. Cognition

Question Number : 30 Question Id : 70959724410 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 2 Wrong Marks : 0

People tend to get mental problems and depression more during their holidays, if they are not actively engaging themselves in any work. This can be termed as

- a. Holiday Neurosis
- b. Sunday Neurosis
- c. Lethargic neurosis
- d. Passive holiday neurosis

Question Number : 31 Question Id : 70959724411 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 2 Wrong Marks : 0

Three ways of dealing with negative emotions are

- a. Expression, reprisal and avoidance
- b. Projection, denial and avoidance
- c. Suppression, projection and avoidance
- d. Suppression, expression and reappraisal

Question Number : 32 Question Id : 70959724412 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 2 Wrong Marks : 0

Self-esteem is a more generalized mental model of

- a. Who I am?
- b. How much I respect and like myself
- c. How good I think I am
- d. None of the above

Question Number : 33 Question Id : 70959724413 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 2 Wrong Marks : 0

Bias of selecting information from the environment to confirm our own belief is called

- a. Selective bias
- b. Environmental bias
- c. Information bias
- d. Confirmation bias

Question Number : 34 Question Id : 70959724414 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 2 Wrong Marks : 0

Positive psychologists identify ____ as a better alternative to perfectionism

- a. Realism
- b. Pragmatism
- c. Optimism
- d. Functionalism

Question Number : 35 Question Id : 70959724415 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 2 Wrong Marks : 0

In the dilemma game about framing, students exhibited which correct matching pair of framing with behavior.

- a. Social-cooperativeness, business-competitiveness
- b. Social-competitiveness, business-cooperativeness
- c. Social-collectivity, business-compatibility
- d. Social-compatibility, business-collectivity

Question Number : 36 Question Id : 70959724416 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 2 Wrong Marks : 0

Self-efficacy is a mental model of

- a. Who I am
- b. How much I respect and like myself
- c. How good I think I am in a particular domain
- d. None of the above

Question Number : 37 Question Id : 70959724417 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 2 Wrong Marks : 0

_____ is a bias that is emotional in nature and we perceive current state of affairs as our
reference point

- a. Status quo bias
- b. Confirmation bias
- c. Selective bias
- d. Reference bias

Question Number : 38 Question Id : 70959724418 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 2 Wrong Marks : 0

In flow state, both happiness and productivity are high

- a. True
- b. False
- c. Not sure

Question Number : 39 Question Id : 70959724419 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 2 Wrong Marks : 0

According to the research on 'effect of arousal on performance', performance peaks

during ____ aroused state of mind

- a. Low
- b. Moderately
- c. Highly
- d. No

Question Number : 40 Question Id : 70959724420 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 2 Wrong Marks : 0

Failure can influence

- a. Self-esteem
- b. Self-identity
- c. Self-efficacy
- d. All of the above

Question Number : 41 Question Id : 70959724421 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 2 Wrong Marks : 0

____ relates to how effects of some events spill over to other events in life

- a. Permanence
- b. Personalization
- c. Pervasiveness
- d. None of the above

Question Number : 42 Question Id : 70959724422 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 2 Wrong Marks : 0

According to this course, when you are not 'happy in the now' and you have no clear

'vision for the future', you are in what state of mind?

- a. Current reality trap
- b. Negative spiral
- c. Negative flow
- d. Resilient

Question Number : 43 Question Id : 70959724423 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 2 Wrong Marks : 0

According to this course, there is no difference in 'labelling yourself as a failure' versus
'labelling a failed event as failure'. Both will eventually end up merging together in our
mental models.

- a. True
- b. False
- c. Not Sure

Question Number : 44 Question Id : 70959724424 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 2 Wrong Marks : 0

According to this course, we can create and maintain mental filters to work for us, rather
than against us.

- a. False
- b. True
- c. Not sure

Question Number : 45 Question Id : 70959724425 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 2 Wrong Marks : 0

To achieve flow state of mind, we should not balance challenge of a task and the skills
required to finish the same task

- a. True
- b. False
- c. Not sure

Question Number : 46 Question Id : 70959724426 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 2 Wrong Marks : 0

According to this course, we should avoid which of the following mental habits in order to create and sustain a positive change in our life

- a. Judgements
- b. Creating generalized conclusions
- c. Buying into assumptions
- d. All of the above

Question Number : 47 Question Id : 70959724427 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 2 Wrong Marks : 0

According to this course, _____ creates similar arousal effects in our mind and body, like that of fear of failure.

- a. Ambition
- b. Affection
- c. Excitement
- d. Achievement

Question Number : 48 Question Id : 70959724428 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 2 Wrong Marks : 0

Which of the following activities provides the least opportunity to experience flow state of mind?

- a. Work
- b. Art
- c. Active leisure
- d. Passive leisure

Question Number : 49 Question Id : 70959724429 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 2 Wrong Marks : 0

Sometimes, our reptilian and mammalian brain areas takeover and influence our thinking and decision making

- a. True
- b. False
- c. Not sure

Question Number : 50 Question Id : 70959724430 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 2 Wrong Marks : 0

Select the right pair of polarities of work that are discussed in this course?

- a. Love versus useful, fun versus money, happiness in the now versus vision for the future
- b. Useful versus money, fun versus love, happiness in the now versus vision for the future
- c. Fun versus useful, love versus money, happiness in the now versus vision for the future
- d. Happiness versus vision, love versus useful, money in the future versus fun for now