

National Testing Agency

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Creating Happy and Meaningful career

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|--------------------------------------|----------|
| Group Number : | 1 |
| Group Id : | 89951474 |
| Group Maximum Duration : | 0 |
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| Show Attended Group? : | No |
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Creating Happy and Meaningful career-A

| | |
|--|-----------|
| Section Id : | 89951489 |
| Section Number : | 1 |
| Section type : | Online |
| Mandatory or Optional : | Mandatory |
| Number of Questions : | 25 |
| Number of Questions to be attempted : | 25 |

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|-------------------------------------|-----------|
| Section Marks : | 50 |
| Mark As Answered Required? : | Yes |
| Sub-Section Number : | 1 |
| Sub-Section Id : | 899514111 |
| Question Shuffling Allowed : | Yes |

Question Number : 1 Question Id : 8995146507 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No
Correct Marks : 2 Wrong Marks : 0

Your definition of success is

1. Partly influenced by society
2. Partly influenced by your own ideas
3. Both A and B
4. None of the above

Options :

89951425660. 1
89951425661. 2
89951425662. 3
89951425663. 4

Question Number : 2 Question Id : 8995146508 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No
Correct Marks : 2 Wrong Marks : 0

The journal activity and mind maps that are part of this course are designed to

1. Create exponential change
2. Create awareness of our mental patterns
3. Replace conscious thoughts
4. Sustain mental energy

Options :

- 89951425664. 1
- 89951425665. 2
- 89951425666. 3
- 89951425667. 4

Question Number : 3 Question Id : 8995146509 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0

Replacing judgments with your preferences, sticking to facts instead of generalized conclusions and questioning your assumptions will help avoid which of the following bias?

- 1. Selection bias
- 2. Loss aversion
- 3. Status-quo bias
- 4. Observer bias

Options :

- 89951425668. 1
- 89951425669. 2
- 89951425670. 3
- 89951425671. 4

Question Number : 4 Question Id : 8995146510 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0

We sometimes conform to society's notion of success because of

1. The fear of being left out
2. Following societal norms
3. Not knowing what to do
4. All of the above

Options :

- 89951425672. 1
- 89951425673. 2
- 89951425674. 3
- 89951425675. 4

Question Number : 5 Question Id : 8995146511 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0

'Personal values' refers to

1. Beliefs and constructs that an individual hold as important in one's life
2. Things that are costly and expensive to a person
3. Personal desires to value an object
4. Collective values of all things belonging to a person

Options :

- 89951425676. 1
- 89951425677. 2
- 89951425678. 3
- 89951425679. 4

Question Number : 6 Question Id : 8995146512 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 2 Wrong Marks : 0

According to this course, what school of thought was suggested as an alternative to "perfectionism"?

1. Realism
2. Nihilism
3. Optimalism
4. Pragmatism

Options :

89951425680. 1
89951425681. 2
89951425682. 3
89951425683. 4

Question Number : 7 Question Id : 8995146513 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0

What state do we experience, when we have no 'happiness in the now' and also no 'vision for future'?

1. Negative spiral
2. Current reality trap
3. Stress and anxiety state
4. Flow

Options :

89951425684. 1
89951425685. 2

89951425686. 3

89951425687. 4

Question Number : 8 Question Id : 8995146514 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0

When we perceive a potentially dangerous stimuli, our body follows a response pattern which is termed as

1. Stand and Deliver
2. Reflex or React
3. Think and Act
4. Fight or Flight

Options :

89951425688. 1

89951425689. 2

89951425690. 3

89951425691. 4

Question Number : 9 Question Id : 8995146515 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0

'Safety in herds' refers to

1. Blindly following members of society.
2. Hiding along with other members of society during danger.
3. Following norms of society to minimize one's risk exposure.
4. All of the above.

Options :

89951425692. 1
89951425693. 2
89951425694. 3
89951425695. 4

Question Number : 10 Question Id : 8995146516 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0

'Coherence of laser beam of light' is an analogy for

1. Having good working skills and ethics.
2. Your work being in line with your personal values.
3. Working in natural light environment instead of artificial light.
4. Focusing on work like laser beam.

Options :

89951425696. 1
89951425697. 2
89951425698. 3
89951425699. 4

Question Number : 11 Question Id : 8995146517 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0

Fear influences

1. Perception
2. Thinking
3. Physiology
4. All of the above

Options :

- 89951425700. 1
- 89951425701. 2
- 89951425702. 3
- 89951425703. 4

Question Number : 12 Question Id : 8995146518 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No 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 condition is called as

- 1. Sunday neurosis
- 2. Lethargic neurosis
- 3. Psychoneurosis
- 4. Disrupted neurosis

Options :

- 89951425704. 1
- 89951425705. 2
- 89951425706. 3
- 89951425707. 4

Question Number : 13 Question Id : 8995146519 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0

According to Mihaly Csikszentmihalyi, there are two fundamental pillars to the work of successful business leaders

1. They directly contribute to workflow and well-being of the organization
2. They enjoy their work and they sense a feeling of meaning and contribution to their work
3. They develop leadership qualities and good people management skills
4. They align organization's goals with ethical values and bottom-line.

Options :

- 89951425708. 1
- 89951425709. 2
- 89951425710. 3
- 89951425711. 4

Question Number : 14 Question Id : 8995146520 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0

Mammals can be trained to perform tasks better than reptiles. This is primarily because of

1. Better developed memory functions in mammals than reptiles
2. Herd mentality in mammals
3. Care and nurturing ability of mammals
4. Faster learning rate in reptiles

Options :

- 89951425712. 1
- 89951425713. 2
- 89951425714. 3

89951425715. 4

Question Number : 15 Question Id : 8995146521 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0

According to the lecture video, the metaphorical lens that filters new information entering our brain is related to

1. Unbounded awareness
2. Self-awareness
3. Spotlight awareness
4. Bounded awareness

Options :

89951425716. 1
89951425717. 2
89951425718. 3
89951425719. 4

Question Number : 16 Question Id : 8995146522 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0

The two types of mentoring models or styles mentioned in this course are?

1. Influencer and Guru
2. Sculptor and Gardner
3. Mentor and sculptor
4. Mentor and partner

Options :

89951425720. 1

89951425721. 2

89951425722. 3

89951425723. 4

Question Number : 17 Question Id : 8995146523 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0

According to Schwartz and McCarthy, our body can perform better if we treat our workday as

1. Series of sprints
2. A relay race
3. Lifting heavy weights
4. A long marathon

Options :

89951425724. 1

89951425725. 2

89951425726. 3

89951425727. 4

Question Number : 18 Question Id : 8995146524 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0

According to the course, which of the following influences an individual's notion of success?

1. Personal values
2. Family and friends
3. Both options A and B.
4. None of the above.

Options :

89951425728. 1

89951425729. 2

89951425730. 3

89951425731. 4

Question Number : 19 Question Id : 8995146525 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0

Unconscious conformity is

1. Conforming to everything others say in an unconscious manner
2. Taking others opinion and making them your own, without conscious knowledge of doing so
3. Accepting everything that others say
4. Not accepting anything you have learned through society

Options :

89951425732. 1

89951425733. 2

89951425734. 3

89951425735. 4

Question Number : 20 Question Id : 8995146526 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0

'Wisdom of the crowd' means.

1. Grouping of wise and old people to discuss a particular topic
2. Crowd consisting of intelligent people doing new things
3. Giving advice to younger generation
4. Collective knowledge of people applied in a particular context

Options :

89951425736. 1

89951425737. 2

89951425738. 3

89951425739. 4

Question Number : 21 Question Id : 8995146527 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0

The three polarities of work discussed in this course are

1. Fun versus useful, Love versus money, happiness in the now versus vision for future
2. Happiness versus money, Fun in the now versus vision for future, Love versus useful
3. Happiness versus useful, Money versus fun, Vision for future versus love for what you do now
4. None of the above

Options :

89951425740. 1

89951425741. 2

89951425742. 3

89951425743. 4

Question Number : 22 Question Id : 8995146528 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0

Bias of selecting information from the environment in order to confirm our own beliefs is called

1. Confirmation Bias
2. Cognitive dissonance
3. Selection bias
4. Anchoring bias

Options :

89951425744. 1

89951425745. 2

89951425746. 3

89951425747. 4

Question Number : 23 Question Id : 8995146529 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0

According this course, an apt expansion to understand FEAR is

1. False Excitement Appearing Real
2. False Evidence Against Rules
3. False Evidence Appearing Real
4. Fake Enthusiasm Appearing Real

Options :

89951425748. 1

89951425749. 2

89951425750. 3

89951425751. 4

Question Number : 24 Question Id : 8995146530 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0

According to Martin Seligman, the dimensions of explanatory style that influence resilience are

1. Pragmatic, optimistic, realistic
2. Positive spiral, negative spiral and resilience
3. Performance, enjoyment and learning
4. Permanence, Pervasiveness and Personalization

Options :

89951425752. 1

89951425753. 2

89951425754. 3

89951425755. 4

Question Number : 25 Question Id : 8995146531 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0

Failure is

1. A fixed status given to us by society
2. A phase of life that cannot be changed
3. A mental framing that can be understood and overcome
4. A label that cannot be challenged once it is given

Options :

89951425756. 1

89951425757. 2

89951425758. 3

89951425759. 4

Creating Happy and Meaningful career-B

| | |
|---------------------------------------|-----------|
| Section Id : | 89951490 |
| Section Number : | 2 |
| Section type : | Online |
| Mandatory or Optional : | Mandatory |
| Number of Questions : | 25 |
| Number of Questions to be attempted : | 25 |
| Section Marks : | 50 |
| Mark As Answered Required? : | Yes |
| Sub-Section Number : | 1 |
| Sub-Section Id : | 899514112 |
| Question Shuffling Allowed : | Yes |

Question Number : 26 Question Id : 8995146532 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No
Correct Marks : 2 Wrong Marks : 0

Mind-maps referred in this course is designed to

1. Create incremental change
2. Replace conscious thoughts
3. Create awareness of our mental patterns
4. Channel mental energy

Options :

- 89951425760. 1
- 89951425761. 2
- 89951425762. 3
- 89951425763. 4

Question Number : 27 Question Id : 8995146533 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0

What state do we experience, when we have a clear 'vision for future' and we also experience 'happiness now'?

1. Negative spiral
2. Current reality trap
3. Stress and anxiety state
4. Flow

Options :

- 89951425764. 1
- 89951425765. 2
- 89951425766. 3
- 89951425767. 4

Question Number : 28 Question Id : 8995146534 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0

Goals are clear and feedback is immediate in which of the following mental state

1. Happy
2. Flow
3. Focused
4. Optimal stress

Options :

- 89951425768. 1
- 89951425769. 2
- 89951425770. 3
- 89951425771. 4

Question Number : 29 Question Id : 8995146535 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0

According to this course, the four building blocks of the way we process information inside our brains are

1. Frames, lenses, mental models and memory
2. Frames, biases, memory and flow
3. Flow, lenses, biases and memory
4. Perception, choices, biases and frames

Options :

- 89951425772. 1
- 89951425773. 2
- 89951425774. 3

89951425775. 4

Question Number : 30 Question Id : 8995146536 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0

In sports, 'flow' is also characterized as

1. Euphoric state
2. Being in the moment
3. Being with the one
4. Being in the zone

Options :

89951425776. 1
89951425777. 2
89951425778. 3
89951425779. 4

Question Number : 31 Question Id : 8995146537 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0

According to dilemma experiment, the group allocated with social frame of reference exhibited higher levels of ____ and the group allocated with business frame of reference exhibited higher levels of ____

1. Compatibility and competitive spirit
2. Participatory behavior and cooperation
3. Cooperativeness and competitiveness
4. Competitiveness and cooperativeness

Options :

- 89951425780. 1
- 89951425781. 2
- 89951425782. 3
- 89951425783. 4

Question Number : 32 Question Id : 8995146538 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0

If physical energy is about the _____ of energy, then emotional energy is about the _____ of energy.

- 1. Quality, quantity
- 2. Increase, decrease
- 3. Decrease, increase
- 4. Quantity, quality

Options :

- 89951425784. 1
- 89951425785. 2
- 89951425786. 3
- 89951425787. 4

Question Number : 33 Question Id : 8995146539 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0

Three types of reappraisal lenses are ____ lens, ____ lens and ____ lens.

1. Short, narrow and wide
2. Reverse, long and wide
3. Inverse, long and wide
4. Long, short and wide

Options :

89951425788. 1
89951425789. 2
89951425790. 3
89951425791. 4

Question Number : 34 Question Id : 8995146540 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0

According to Timothy Gallwey, work can be considered as a triangle with three parameters at each of its corners. They are _____, _____ and _____.

1. Enjoyment, growth and meaning
2. Performance, enjoyment and learning
3. Happiness, meaning and learning
4. Performance, meaning and learning

Options :

89951425792. 1
89951425793. 2
89951425794. 3
89951425795. 4

Question Number : 35 Question Id : 8995146541 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0

Apart from fear, _____ can also lead to an aroused state of mind and body and can therefore be sometimes confused with fear.

1. Empathy
2. Excitement
3. Sorrow
4. Expectation

Options :

89951425796. 1
89951425797. 2
89951425798. 3
89951425799. 4

Question Number : 36 Question Id : 8995146542 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0

Pygmalion Effect is a phenomenon whereby _____ influence _____

1. Objectives, reward
2. Performance, expectations
3. Expectations, performance
4. Rewards, performance

Options :

89951425800. 1
89951425801. 2
89951425802. 3

89951425803. 4

Question Number : 37 Question Id : 8995146543 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0

According to Daniel Goleman, mirror neurons is the _____ of leaders.

1. Motivational mechanism
2. Downfall
3. Primary attribute
4. Secret weapon

Options :

89951425804. 1
89951425805. 2
89951425806. 3
89951425807. 4

Question Number : 38 Question Id : 8995146544 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0

Three ways of dealing with negative emotions are _____, _____ and _____.

1. Expression, communication and avoidance
2. Projection, communication and Reappraisal
3. Suppression, Reappraisal and communication
4. Suppression, Expression and Reappraisal

Options :

89951425808. 1
89951425809. 2

89951425810. 3

89951425811. 4

Question Number : 39 Question Id : 8995146545 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0

Fear has the effect of ____ perception.

1. Strengthening
2. Broadening
3. Narrowing
4. Diminishing

Options :

89951425812. 1

89951425813. 2

89951425814. 3

89951425815. 4

Question Number : 40 Question Id : 8995146546 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0

The four building blocks of the way we process information inside our brains are- lenses,

_____, mental models and our memory.

1. Feelings
2. Emotions
3. Frames
4. Sentiments

Options :

- 89951425816. 1
- 89951425817. 2
- 89951425818. 3
- 89951425819. 4

Question Number : 41 Question Id : 8995146547 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0

We experience something and that is our subjective experience, but that subjective experience then leaves us to create and revise and re enforce our _____.

- 1. Lenses
- 2. Memory
- 3. Mental models
- 4. Frames

Options :

- 89951425820. 1
- 89951425821. 2
- 89951425822. 3
- 89951425823. 4

Question Number : 42 Question Id : 8995146548 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0

The bias of selecting information from the environment in order to confirm your own belief is called _____ bias.

1. Consent
2. Approval
3. Validation
4. Confirmation

Options :

89951425824. 1
89951425825. 2
89951425826. 3
89951425827. 4

Question Number : 43 Question Id : 8995146549 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0

Two primary reasons which help us in crafting our own work experiences and our careers.

The first reason is 'safety in herds'. The second reason is called 'wisdom of the _____'.

1. Individual
2. Herd
3. Family
4. Crowd

Options :

89951425828. 1
89951425829. 2
89951425830. 3

89951425831. 4

Question Number : 44 Question Id : 8995146550 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0

_____ is defined as the body-mind system's response to perceived threat.

1. Isolation
2. Stress
3. Fear
4. Pressure

Options :

89951425832. 1
89951425833. 2
89951425834. 3
89951425835. 4

Question Number : 45 Question Id : 8995146551 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0

_____ effect is the effect where one person's expectation about another person's behavior or performance actually lands up influencing that person's behavior or performance.

1. Psychological
2. Physiological
3. Pygmalion
4. Rosenthal

Options :

89951425836. 1

89951425837. 2

89951425838. 3

89951425839. 4

Question Number : 46 Question Id : 8995146552 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0

_____ is just a mental attitude that is rooted in the fear and non-acceptance of failure.

1. Optimatism
2. Minimalism
3. Atheism
4. Perfectionism

Options :

89951425840. 1

89951425841. 2

89951425842. 3

89951425843. 4

Question Number : 47 Question Id : 8995146553 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0

_____ is an approach that elevates most of the problems associated with perfectionism without compromising on performance or excellence.

1. Minimalism
2. Optimalism
3. Pessimism
4. None of the above

Options :

89951425844. 1
89951425845. 2
89951425846. 3
89951425847. 4

Question Number : 48 Question Id : 8995146554 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0

According to this course, 'Who I am' refers to self-_____. 'How much I like and respect myself' refers to self-_____ and 'How good I think I am in specific tasks or areas' refers to self-_____ respectively.

1. Self-esteem, self-worth, self-efficacy
2. Self-Identity, self-esteem, self-efficacy
3. Self-realization, self-worth and self-esteem
4. Self-realization, self-esteem, self-evaluation

Options :

89951425848. 1

89951425849. 2

89951425850. 3

89951425851. 4

Question Number : 49 Question Id : 8995146555 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0

Psychologists have defined a term called ‘ _____ ’ to denote the quality that allows people

to come back even stronger than where they were before prior to the failure.

1. Elastic
2. Rebound
3. Strength
4. Resilience

Options :

89951425852. 1

89951425853. 2

89951425854. 3

89951425855. 4

Question Number : 50 Question Id : 8995146556 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 2 Wrong Marks : 0

_____ is the tendency to take every failure or setback very personally and to blame oneself completely for it.

1. Personalization
2. Publicity
3. Inclusion
4. Materialization

Options :

89951425856. 1
89951425857. 2
89951425858. 3
89951425859. 4