

National Testing Agency

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DEVELOPING LIFE SKILLS

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DEVELOPING LIFE SKILLS-1

Section Id :	512452794
Section Number :	1
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Sub-Section Id :	512452801
Question Shuffling Allowed :	Yes

**Question Number : 1 Question Id : 51245212839 Question Type : MCQ Option Shuffling : No Is
Question Mandatory : No
Correct Marks : 1 Wrong Marks : 0**

'Emotions occur as a result of physiological reactions to events'. Which among the following psychologist said so?

1. Edward Thorndike
2. Philip Bard
3. Richard Lazarus
4. William James

Options :

- 51245239457. 1
- 51245239458. 2
- 51245239459. 3
- 51245239460. 4

Question Number : 2 Question Id : 51245212840 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

Who proposed the concept 'Zone of Proximal Development'?

1. Vygotsky
2. Bacon
3. Piaget
4. Bandura

Options :

- 51245239461. 1
- 51245239462. 2
- 51245239463. 3
- 51245239464. 4

Question Number : 3 Question Id : 51245212841 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

Temporal proximity of the influencing group to the individual is known as:

1. Strength
2. Number
3. Immediacy
4. Feedback

Options :

- 51245239465. 1

51245239466. 2

51245239467. 3

51245239468. 4

Question Number : 4 Question Id : 51245212842 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Creativity has been conceptualized in terms of following

- A. Creativity as a product
- B. Creativity as a process
- C. Creativity as a potential
- D. Creativity as perseverance

Choose the **correct** answer from the options given below:

- 1. A and B only
- 2. A, B and C only
- 3. B and C only
- 4. A only

Options :

51245239469. 1

51245239470. 2

51245239471. 3

51245239472. 4

Question Number : 5 Question Id : 51245212843 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Match **List I** with **List II**

List I	List II
A.Thinking	I. Mental activity through which we transform available information in order to reach conclusions
B. Reasoning	II. An activity that involves the manipulation of mental representation of various features of the external world.
C. Decision making	III. Processing information in various ways in order to move towards desired goals.
D. Problem solving	IV. The process of choosing between two or more alternatives on the basis of information about them.

Choose the **correct** answer from the options given below:

1. A - IV, B - III, C - II, D - I
2. A - II, B - I, C - IV, D - III
3. A - III, B - IV, C - II, D - I
4. A - II, B - III, C - I, D - IV

Options :

51245239473. 1
 51245239474. 2
 51245239475. 3
 51245239476. 4

Question Number : 6 Question Id : 51245212844 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Components of empathy are:

1. Perceiving and Advancing
2. Advancing and Interpreting
3. Judging and Communicating
4. Perceiving and Communicating

Options :

51245239477. 1
 51245239478. 2
 51245239479. 3
 51245239480. 4

Question Number : 7 Question Id : 51245212845 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

Which among the following is associated with the Pickle Jar theory?

1. Table manners
2. Time management
3. Setting priorities right
4. Strategy to build a healthy body

Options :

- 51245239481. 1
- 51245239482. 2
- 51245239483. 3
- 51245239484. 4

Question Number : 8 Question Id : 51245212846 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

Which one of the following is NOT an appropriate question to ask when planning your activities?

1. Who should see my to-do list besides me?
2. Where do I put my to-do list?
3. How do I set priorities?
4. How will I schedule and follow through?

Options :

- 51245239485. 1
- 51245239486. 2
- 51245239487. 3
- 51245239488. 4

Question Number : 9 Question Id : 51245212847 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

The motivation that is due to factors within students or inherent to the task is called:

1. Intrinsic motivation
2. Behavioral motivation
3. Extrinsic motivation
4. Power Motivation

Options :

51245239489. 1

51245239490. 2

51245239491. 3

51245239492. 4

Question Number : 10 Question Id : 51245212848 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

Features of values are:

1. Values are demotivating in nature
2. Values are very specific
3. Values are highly conditional
4. Values are based on beliefs and they are not objective and are more to do with emotions

Options :

51245239493. 1

51245239494. 2

51245239495. 3

51245239496. 4

Question Number : 11 Question Id : 51245212849 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

Given below are two statements, one is labelled as **Assertion A** and the other is labelled as **Reason R**

Assertion A: People go out of their way to maintain self-esteem and to sustain the integrity of their self-concept.

Reason R: "Self-handicapping" is a deliberate attempt to sabotage one's performance so as to have a readymade excuse for failure.

In light of the above statements, choose the **correct** answer from the options given below

1. Both **A** and **R** are true and **R** is the correct explanation of **A**
2. Both **A** and **R** are true and **R** is not the correct explanation of **A**
3. **A** is true but **R** is false
4. **A** is false but **R** is true

Options :

51245239497. 1

51245239498. 2

51245239499. 3

51245239500. 4

Question Number : 12 Question Id : 51245212850 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

The technique '*Acronyms and Mnemonics*' is helpful to:

1. Understand abstract concepts
2. Learn skills
3. Remember lists and ordered information
4. Solve mathematical problems

Options :

51245239501. 1

51245239502. 2

51245239503. 3

51245239504. 4

Question Number : 13 Question Id : 51245212851 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

Which commission has suggested that education throughout life should be based on the four pillars; Learning to know, Learning to do, learning to live together and Learning to be?

1. World Declaration on Education for All, 1990
2. Delor's Commission Report, 1996
3. Evaluation Report of UNICEF, 2012
4. Ottawa Charter for Health Promotion, 1986

Options :

51245239505. 1

51245239506. 2

51245239507. 3

51245239508. 4

Question Number : 14 Question Id : 51245212852 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

What is DESD?

1. Life Skills Training Modules
2. Department for Students Empowerment and Development
3. A strategy for Life Skills Development
4. United Nations Decade of Education for Sustainable Development

Options :

- 51245239509. 1
- 51245239510. 2
- 51245239511. 3
- 51245239512. 4

Question Number : 15 Question Id : 51245212853 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

What was the main focus of the Ottawa Chapter?

1. Life Skills
2. Women suffrage
3. Children's rights
4. Issues of child labor

Options :

- 51245239513. 1
- 51245239514. 2
- 51245239515. 3
- 51245239516. 4

Question Number : 16 Question Id : 51245212854 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Problem Behaviour theory proposes that:

1. Learning occurs from one's environment
2. Learning is inborn
3. Learning is self-acquisition of knowledge
4. Learning occurs purely from books

Options :

- 51245239517. 1

51245239518. 2

51245239519. 3

51245239520. 4

Question Number : 17 Question Id : 51245212855 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

_____ and _____ theory form the basis for PBT.

1. Prosser and Andrea
2. Bandura and Vygotsky
3. Chomsky and Novakin
4. Rotter and Merton

Options :

51245239521. 1

51245239522. 2

51245239523. 3

51245239524. 4

Question Number : 18 Question Id : 51245212856 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

The skill of _____ argues that we are in the midst of a fundamental change in the nature of society and politics

1. Invidualization
2. Purposeful expression
3. Confidentiality
4. Thinking

Options :

51245239525. 1

51245239526. 2

51245239527. 3

51245239528. 4

Question Number : 19 Question Id : 51245212857 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Which one of the following implies an attitude of forbearance for other people's views, opinions or actions with which one is not fully in sympathy?

1. Communication
2. Compatibility
3. Tolerance
4. Consensus

Options :

- 51245239529. 1
- 51245239530. 2
- 51245239531. 3
- 51245239532. 4

Question Number : 20 Question Id : 51245212858 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

Which one of the following is the basic human need for the company of other human beings?

1. Empathy
2. Proximity
3. Cooperation
4. Affiliation

Options :

- 51245239533. 1
- 51245239534. 2
- 51245239535. 3
- 51245239536. 4

Question Number : 21 Question Id : 51245212859 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

Which one of the following is the correct sequence of the four stages of creativity?

1. Incubation, preparation, verification, illumination
2. Preparation, incubation, illumination, verification
3. Incubation, preparation, illumination, verification
4. Preparation, illumination, incubation, verification

Options :

- 51245239537. 1
- 51245239538. 2
- 51245239539. 3
- 51245239540. 4

Question Number : 22 Question Id : 51245212860 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Self-efficacy is:

- 1. A person's mental model of his or her abilities and attitudes.
- 2. A generalised evaluative attitude toward the self that influences both moods and behaviour
- 3. The process by which a person comes to know or perceive the personal attributes
- 4. A set of beliefs that one can perform adequately in a particular situation

Options :

- 51245239541. 1
- 51245239542. 2
- 51245239543. 3
- 51245239544. 4

Question Number : 23 Question Id : 51245212861 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Which one of the following principles asserts that the primary predictor for liking another person is a similarity to oneself?

- 1. Interaction principle
- 2. Intimacy principle
- 3. Similarity-attraction
- 4. Proximity principle

Options :

- 51245239545. 1
- 51245239546. 2
- 51245239547. 3
- 51245239548. 4

Question Number : 24 Question Id : 51245212862 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

The rational model of decision making disfavours :

1. Objective data and logic
2. Simplifying possible choices
3. Subjectivity and intuition
4. Unrealistic assumptions

Options :

- 51245239549. 1
- 51245239550. 2
- 51245239551. 3
- 51245239552. 4

Question Number : 25 Question Id : 51245212863 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

The two internal elements of SWOC Analysis are:

1. Weakness and Challenges
2. Strengths and Opportunities
3. Opportunities and Challenges
4. Strengths and Weaknesses

Options :

- 51245239553. 1
- 51245239554. 2
- 51245239555. 3
- 51245239556. 4

Question Number : 26 Question Id : 51245212864 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

Given below are two statements, one is labelled as **Assertion A** and the other is labelled as **Reason R**

Assertion A: One focuses on the discovery of truth and interests that are empirical, critical and rational.

Reason R: A person high on economic values focuses on usefulness and practicality.

In light of the above statements, choose the **correct** answer from the options given below

1. Both (A) and (R) are true and (R) is the correct explanation of (A).
2. Both (A) and (R) are true, but (R) is not the correct explanation of (A).
3. (A) is true, but (R) is false
4. (A) is false, but (R) is true.

Options :

- 51245239557. 1
- 51245239558. 2
- 51245239559. 3
- 51245239560. 4

Question Number : 27 Question Id : 51245212865 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

Which of the following is a common myth about attendance and punctuality in the workplace?

1. Unhappy workers are usually late and absent
2. There is no relationship between satisfaction and attendance/ tardiness
3. A certain number of sick days are owed to all employees
4. A satisfied worker is likely to show up for work more frequently than an unsatisfied worker

Options :

- 51245239561. 1
- 51245239562. 2
- 51245239563. 3
- 51245239564. 4

Question Number : 28 Question Id : 51245212866 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

Which of the following would be considered as using the time management technique of "getting off to a good start"?

1. Leave after the morning rush is over to avoid traffic jams on the freeway
2. Tackle the tough task first because this is usually your peak energy time
3. Tackle easy items first to build momentum
4. Begin the day by talking to co-workers to find out what are the hot agenda items for the day

Options :

- 51245239565. 1
- 51245239566. 2
- 51245239567. 3
- 51245239568. 4

Question Number : 29 Question Id : 51245212867 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

The Incubation Model of Creativity was designed by:

1. David Ausbel
2. Richard Morrison
3. Paul Torrance
4. Charles Pierson

Options :

- 51245239569. 1
- 51245239570. 2
- 51245239571. 3
- 51245239572. 4

Question Number : 30 Question Id : 51245212868 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

In which model, a decision-maker prefers to choose the first satisfactory alternative rather than the best alternative possible?

1. Bounded rationality model
2. Social signal model
3. Judgment heuristics and biases model
4. Classical model of alteration

Options :

- 51245239573. 1
- 51245239574. 2
- 51245239575. 3
- 51245239576. 4

Question Number : 31 Question Id : 51245212869 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Which one of the following is an outcome of analytical and critical thinking?

- 1. Decision making
- 2. Problem solving
- 3. Making judgments
- 4. All of the above

Options :

- 51245239577. 1
- 51245239578. 2
- 51245239579. 3
- 51245239580. 4

Question Number : 32 Question Id : 51245212870 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Divergent thinking is also known as:

- 1. Critical thinking
- 2. Creative thinking
- 3. Practical thinking
- 4. Analytical thinking

Options :

- 51245239581. 1
- 51245239582. 2
- 51245239583. 3
- 51245239584. 4

Question Number : 33 Question Id : 51245212871 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Which of the following thinking skill coming under LOTS?

1. Analyse
2. Apply
3. Remember
4. Create

Options :

- 51245239585. 1
- 51245239586. 2
- 51245239587. 3
- 51245239588. 4

Question Number : 34 Question Id : 51245212872 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

Who defined creativity as a generalized constellation of intellectual abilities, personality variables and problem – solving traits?

1. David Ausubel
2. Spearman
3. Binet
4. Guilford

Options :

- 51245239589. 1
- 51245239590. 2
- 51245239591. 3
- 51245239592. 4

Question Number : 35 Question Id : 51245212873 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

Among the following decision-making processes, in which category a decision maker will have a good idea of the probability of outcomes for each alternative chosen?

1. Decision making under Certainty
2. Decision making under Risk
3. Decision making under Uncertainty
4. Decision making under Conflict

Options :

- 51245239593. 1

51245239594. 2

51245239595. 3

51245239596. 4

Question Number : 36 Question Id : 51245212874 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Match **List I** with **List II**

List I	List II
Theory	Thinker related to the theory
A. Social Learning Theory	I. Herbert Kelman
B. Social Influence Theory	II. Richard Jessor
C. Problem Behaviour Theory	III. Bandura
D. Field Theory	IV. Rollo May
	V. Kurt Lewin

Choose the **correct** answer from the options given below:

1. A - III, B - I, C - II, D - V
2. A - V, B - II, C - III, D - I
3. A - IV, B - II, C - I, D - III
4. A - III, B - II, C - V, D - IV

Options :

51245239597. 1

51245239598. 2

51245239599. 3

51245239600. 4

Question Number : 37 Question Id : 51245212875 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

An empathy which is a part of the quantum world of metaphysics and beyond the comprehension of most is:

1. Cognitive empathy
2. Emotional empathy
3. Spiritual empathy
4. Somatic empathy

Options :

- 51245239601. 1
- 51245239602. 2
- 51245239603. 3
- 51245239604. 4

Question Number : 38 Question Id : 51245212876 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Given below are two statements, one is labelled as **Assertion A** and the other is labelled as **Reason R**

Assertion A: A 3 to 4-year-old will readily hand over a blanket to another individual who is rubbing hands and shivering a lot

Reason R: In sensitive face-to-face communication, infants connect emotionally with their caregivers; these experiences are believed to be the foundation for empathy

In light of the above statements, choose the **correct** answer from the options given below

- 1. Both (A) and (R) are true and (R) is the correct explanation of (A)
- 2. Both (A) and (R) are true but (R) is not the correct explanation of (A)
- 3. (A) is true but (R) is false
- 4. (A) is false but (R) is true

Options :

- 51245239605. 1
- 51245239606. 2
- 51245239607. 3
- 51245239608. 4

Question Number : 39 Question Id : 51245212877 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

The attitude of seeing the consequences all the time rather than the opportunities is known as:

- 1. Pessimistic
- 2. Optimistic
- 3. Expectant
- 4. Feeling of failure

Options :

- 51245239609. 1
- 51245239610. 2

51245239611. 3

51245239612. 4

Question Number : 40 Question Id : 51245212878 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

Mood management is:

1. Emotional maturity
2. Not to show feelings
3. Management of anger
4. To avoid being sad

Options :

51245239613. 1

51245239614. 2

51245239615. 3

51245239616. 4

Question Number : 41 Question Id : 51245212879 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

The term used to describe human's desire for life-sustaining support such as food and water is:

1. Motivation
2. Secondary needs
3. Primary needs
4. Esteem needs

Options :

51245239617. 1

51245239618. 2

51245239619. 3

51245239620. 4

Question Number : 42 Question Id : 51245212880 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

Goal-setting research suggests that people will assert a higher level of effort when goals are:

1. Easy and general
2. Challenging and specific
3. Very difficult to attain the specific goals
4. Moderately easy to attain the general goals

Options :

- 51245239621. 1
- 51245239622. 2
- 51245239623. 3
- 51245239624. 4

Question Number : 43 Question Id : 51245212881 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

The tool that can be used to assess self-confidence is:

1. PE inventory
2. CAPA inventory
3. ABC scale
4. All of the above

Options :

- 51245239625. 1
- 51245239626. 2
- 51245239627. 3
- 51245239628. 4

Question Number : 44 Question Id : 51245212882 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Choose the decision-making model among the following where the decision-making process happens on the basis of accumulated experience and judgment.

1. Implicit favorite model
2. Political model
3. Behavioral model
4. Classical model

Options :

- 51245239629. 1

51245239630. 2

51245239631. 3

51245239632. 4

Question Number : 45 Question Id : 51245212883 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

The work of which one of the following psychologists is considered as the foundation of the idea of thinking skills?

1. Bloom
2. Friere
3. Tylor
4. Bruner

Options :

51245239633. 1

51245239634. 2

51245239635. 3

51245239636. 4

Question Number : 46 Question Id : 51245212884 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

In SWOC Analysis, internal factors include:

1. Artificial
2. Personal
3. Manufacturing
4. Financial

Options :

51245239637. 1

51245239638. 2

51245239639. 3

51245239640. 4

Question Number : 47 Question Id : 51245212885 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

When did Life Skills education gain prominence?

1. In the ancient times
2. During industrial revolution
3. Post renaissance times
4. During restoration times

Options :

- 51245239641. 1
- 51245239642. 2
- 51245239643. 3
- 51245239644. 4

Question Number : 48 Question Id : 51245212886 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Which one of the following has defined life skills as, "the abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life"?

1. UNICEF
2. WHO
3. UNESCO
4. OECD

Options :

- 51245239645. 1
- 51245239646. 2
- 51245239647. 3
- 51245239648. 4

Question Number : 49 Question Id : 51245212887 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

What was the central focus of 'Education for Peace' to bring about change in society?

1. Government
2. Role of teachers
3. Life style skills
4. Value of peace

Options :

- 51245239649. 1
- 51245239650. 2
- 51245239651. 3
- 51245239652. 4

Question Number : 50 Question Id : 51245212888 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

The first International Conference on Health Promotion was held in :

- 1. Ottawa
- 2. Rio De Janeiro
- 3. Indonesia
- 4. Geneva

Options :

- 51245239653. 1
- 51245239654. 2
- 51245239655. 3
- 51245239656. 4

Question Number : 51 Question Id : 51245212889 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Hamburg Declaration of 1997 is about:

- 1. Education For All
- 2. Human Rights
- 3. Adult Learning
- 4. Disaster Management

Options :

- 51245239657. 1
- 51245239658. 2
- 51245239659. 3
- 51245239660. 4

Question Number : 52 Question Id : 51245212890 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Which theory of emotion is also known as the Two-factor Theory of Emotion?

1. Cannon-Bard Theory
2. Schachter-Singer Theory
3. Evolutionary Theory
4. Cognitive Appraisal Theory

Options :

- 51245239661. 1
- 51245239662. 2
- 51245239663. 3
- 51245239664. 4

Question Number : 53 Question Id : 51245212891 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Resilience and Risk Theory says that:

1. Skills are learned from the society
2. Skills are part of the curriculum
3. People react differently to different stressful situations
4. None of the above

Options :

- 51245239665. 1
- 51245239666. 2
- 51245239667. 3
- 51245239668. 4

Question Number : 54 Question Id : 51245212892 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Observing an actual individual's performance is:

1. Inter personal model
2. Transfer Model
3. Symbolic model
4. Live model

Options :

- 51245239669. 1
- 51245239670. 2

51245239671. 3

51245239672. 4

Question Number : 55 Question Id : 51245212893 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

Vicarious experience is:

1. Passage to develop self-efficacy
2. Type of self-efficacy
3. Source of self-efficacy
4. None of the above

Options :

51245239673. 1

51245239674. 2

51245239675. 3

51245239676. 4

Question Number : 56 Question Id : 51245212894 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

The process which alters mental framework is:

1. Assimilation
2. Accommodation
3. Synchronization
4. Amalgamation

Options :

51245239677. 1

51245239678. 2

51245239679. 3

51245239680. 4

Question Number : 57 Question Id : 51245212895 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

Greater freedom is ensured in:

1. High restriction condition
2. Low restriction condition
3. Both 1 and 2
4. None of the above

Options :

- 51245239681. 1
- 51245239682. 2
- 51245239683. 3
- 51245239684. 4

Question Number : 58 Question Id : 51245212896 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

_____ is an act of positive response to the external stimuli.

1. Compliance
2. Identification
3. Internalisation
4. All of the above

Options :

- 51245239685. 1
- 51245239686. 2
- 51245239687. 3
- 51245239688. 4

Question Number : 59 Question Id : 51245212897 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

According to Kelman, the letter 'O' denotes 'one person' then the letter 'P' denotes:

1. Next person
2. Neutral person
3. Polite person
4. Punctual person

Options :

- 51245239689. 1

51245239690. 2

51245239691. 3

51245239692. 4

Question Number : 60 Question Id : 51245212898 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Low religiosity falls under:

1. Perceived environment system
2. Behaviour system
3. Personality system
4. None of the above

Options :

51245239693. 1

51245239694. 2

51245239695. 3

51245239696. 4

Question Number : 61 Question Id : 51245212899 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

What is the correct sequence of events for hunger motivation?

- A. Energy level to its set point
- B. A bout of eating
- C. Presence of an energy deficit
- D. Satiation
- E. Hunger

Choose the **correct** answer from the options given below

1. A, B, C, D, E
2. C, E, B, A, D
3. A, D, B, C, E
4. B, C, A, E, D

Options :

- 51245239697. 1
- 51245239698. 2
- 51245239699. 3
- 51245239700. 4

Question Number : 62 Question Id : 51245212900 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Which of the following could be a weakness?

- 1. Developing market such as the Internet
- 2. Competitors with access to better channels of distribution
- 3. Poor quality of goods and services
- 4. Special marketing expertise

Options :

- 51245239701. 1
- 51245239702. 2
- 51245239703. 3
- 51245239704. 4

Question Number : 63 Question Id : 51245212901 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

According to Johari Window, identify the self-situations that create misunderstanding between the two and become the most explosive situation for interpersonal conflicts.

- 1. Undiscovered self
- 2. Blind self
- 3. Open Self
- 4. Hidden Self

Options :

- 51245239705. 1
- 51245239706. 2
- 51245239707. 3
- 51245239708. 4

Question Number : 64 Question Id : 51245212902 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Which is the aspect of Self Concept ?

1. Personal Identity
2. Social Identity
3. Both 1 & 2
4. None of the above

Options :

- 51245239709. 1
- 51245239710. 2
- 51245239711. 3
- 51245239712. 4

Question Number : 65 Question Id : 51245212903 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

What is the source of self-knowledge ?

1. Self-Perception
2. Self-comparison
3. Feedback from others
4. All of the above

Options :

- 51245239713. 1
- 51245239714. 2
- 51245239715. 3
- 51245239716. 4

Question Number : 66 Question Id : 51245212904 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Johari Window was developed by ?

1. Joseph Kevin and Peter Mosh
2. Joseph Luft & Harry Ingham
3. Anita Kelly and David Gladson
4. Joseph Ratzinger and Mathew Heley

Options :

- 51245239717. 1

51245239718. 2

51245239719. 3

51245239720. 4

Question Number : 67 Question Id : 51245212905 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

A behavior that is aimed at benefiting another person and the goal is to increase their welfare is:

1. Altruism
2. Egoism
3. Compassion
4. Empathy

Options :

51245239721. 1

51245239722. 2

51245239723. 3

51245239724. 4

Question Number : 68 Question Id : 51245212906 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

..... is the first step in creating what you want and mastering your life.

1. Motivation
2. Self esteem
3. Self-awareness
4. Decision making

Options :

51245239725. 1

51245239726. 2

51245239727. 3

51245239728. 4

Question Number : 69 Question Id : 51245212907 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

If you see someone hurt, you too might feel physical pain is an example of:

1. Cognitive empathy
2. Emotional empathy
3. Spiritual empathy
4. Somatic empathy

Options :

- 51245239729. 1
- 51245239730. 2
- 51245239731. 3
- 51245239732. 4

Question Number : 70 Question Id : 51245212908 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

Which is not true of assertive communication?

1. It expresses feelings clearly and directly
2. It does not judge or dictate others
3. It treats others with respect and dignity.
4. It ensures that communicators can always get what they want

Options :

- 51245239733. 1
- 51245239734. 2
- 51245239735. 3
- 51245239736. 4

Question Number : 71 Question Id : 51245212909 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

The final aim of negotiation is to:

1. Reach an agreement
2. End a dispute
3. Win at all cost
4. Implement an agreement between two parties

Options :

- 51245239737. 1
- 51245239738. 2

51245239739. 3

51245239740. 4

Question Number : 72 Question Id : 51245212910 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

_____ means to impart understanding of the message.

1. Encoding
2. Receiving
3. Decoding
4. Feedback

Options :

51245239741. 1

51245239742. 2

51245239743. 3

51245239744. 4

Question Number : 73 Question Id : 51245212911 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

_____ are problems arising from expression.

1. Cultural barriers
2. Semantic problems
3. Wrong assumptions
4. Selecting problems

Options :

51245239745. 1

51245239746. 2

51245239747. 3

51245239748. 4

Question Number : 74 Question Id : 51245212912 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

The Johari window has four quadrants containing four different selves:

1. Hidden, blind, social, open
2. Open, hidden, unknown, social
3. Unknown, social, blind, aware
4. Unknown, blind, hidden, open

Options :

- 51245239749. 1
- 51245239750. 2
- 51245239751. 3
- 51245239752. 4

Question Number : 75 Question Id : 51245212913 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Delor's Commission Report was published in:

1. 1994
2. 1996
3. 1986
4. 1998

Options :

- 51245239753. 1
- 51245239754. 2
- 51245239755. 3
- 51245239756. 4

Question Number : 76 Question Id : 51245212914 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

_____concept of Bandura plays a role in shaping one's behaviour, attitude and belief.

1. Levelling
2. Compelling
3. Modelling
4. Dwelling

Options :

- 51245239757. 1
- 51245239758. 2

51245239759. 3

51245239760. 4

Question Number : 77 Question Id : 51245212915 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

The influents having more role in:

1. Social Persuasion
2. Cultural Persuasion
3. Social Modelling
4. Proactive experiences

Options :

51245239761. 1

51245239762. 2

51245239763. 3

51245239764. 4

Question Number : 78 Question Id : 51245212916 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

The framework of PBT was first applied in tri-ethnic group of:

1. Florida
2. South Western Colorado
3. Los Vegas
4. Los Angeles

Options :

51245239765. 1

51245239766. 2

51245239767. 3

51245239768. 4

Question Number : 79 Question Id : 51245212917 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

Risk behaviours are also designated as _____ by Jessor.

1. Life styles
2. Risk outcomes
3. Risk environment
4. All of the above

Options :

- 51245239769. 1
- 51245239770. 2
- 51245239771. 3
- 51245239772. 4

Question Number : 80 Question Id : 51245212918 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

It is the ability to identify the problems correctly, understanding its sources and causes very constructively. Which one?

1. Problem solving
2. Critical thinking
3. Decision making
4. Selective attention

Options :

- 51245239773. 1
- 51245239774. 2
- 51245239775. 3
- 51245239776. 4

Question Number : 81 Question Id : 51245212919 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Meeting deadlines at work, Traffic jam, Encounters with irritating personalities are included in the :

1. Catastrophes
2. Micro stressor
3. Ambient stressor
4. Eustress

Options :

- 51245239777. 1
- 51245239778. 2
- 51245239779. 3
- 51245239780. 4

Question Number : 82 Question Id : 51245212920 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

.....is generally considered as an anti-social interaction, with frequently negative outcomes.

1. Creativity
2. Attraction
3. Aggression
4. Intimacy

Options :

- 51245239781. 1
- 51245239782. 2
- 51245239783. 3
- 51245239784. 4

Question Number : 83 Question Id : 51245212921 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

.....means standing in other person's shoes; understanding their thoughts and emotions and giving advice to them.

1. Negotiation
2. Tolerance
3. Teamwork
4. Empathy

Options :

- 51245239785. 1
- 51245239786. 2
- 51245239787. 3
- 51245239788. 4

Question Number : 84 Question Id : 51245212922 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

----- is an event, experience or environmental stimulus that causes stress in an individual.

1. Eustress
2. Stressor
3. Strain
4. Coping

Options :

- 51245239789. 1
- 51245239790. 2
- 51245239791. 3
- 51245239792. 4

Question Number : 85 Question Id : 51245212923 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

When you use an assertive message, the text stresses that you:

1. Put the message in the order given in the text
2. Put intentions first so you're not seen as manipulative
3. Choose the best order for your particular situation and goal
4. Keep each element in a separate sentence

Options :

- 51245239793. 1

51245239794. 2

51245239795. 3

51245239796. 4

Question Number : 86 Question Id : 51245212924 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

Which of these is the first step in listening process?

1. Stop talking
2. Receiving
3. Interpreting
4. Responding

Options :

51245239797. 1

51245239798. 2

51245239799. 3

51245239800. 4

Question Number : 87 Question Id : 51245212925 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

.....is the tendency to generate or recognize novel ideas, alternatives, or possibilities that may be useful in solving problems, communicating with others, and entertaining ourselves and others.

1. Critical Thinking
2. Motivation
3. Communication
4. Creativity

Options :

51245239801. 1

51245239802. 2

51245239803. 3

51245239804. 4

Question Number : 88 Question Id : 51245212926 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

..... means the ability to put aside personal differences, to work toward common goals, and recognize teamwork is worth more than individual contribution.

1. Teamwork
2. Empathy
3. Motivation
4. Communication

Options :

- 51245239805. 1
- 51245239806. 2
- 51245239807. 3
- 51245239808. 4

Question Number : 89 Question Id : 51245212927 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

.....is the process of doing multiple tasks within the stipulated time frame judiciously.

1. Decision making
2. Communication
3. Time management
4. Motivation

Options :

- 51245239809. 1
- 51245239810. 2
- 51245239811. 3
- 51245239812. 4

Question Number : 90 Question Id : 51245212928 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

----- is the process of identifying and selecting a course of action to solve.

1. Functional Fixedness
2. Decision Making
3. Creativity
4. Judgment

Options :

- 51245239813. 1

51245239814. 2

51245239815. 3

51245239816. 4

Question Number : 91 Question Id : 51245212929 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

.....are the technical competence, subject knowledge and domain knowledge.

1. Critical thinking skills
2. Hard skills
3. Creativity
4. Soft Skills

Options :

51245239817. 1

51245239818. 2

51245239819. 3

51245239820. 4

Question Number : 92 Question Id : 51245212930 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

.....means knowing one's internal states, preferences, resources, and intuitions.

1. Self esteem
2. Self-image
3. Ideal self
4. Emotional Intelligence

Options :

51245239821. 1

51245239822. 2

51245239823. 3

51245239824. 4

Question Number : 93 Question Id : 51245212931 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

..... are convictions about a person's desired characteristics or ways of behaving such as "ambitious", "forgiving", or "polite."

1. Instrumental values
2. Terminal values
3. Habits
4. Beliefs

Options :

- 51245239825. 1
- 51245239826. 2
- 51245239827. 3
- 51245239828. 4

Question Number : 94 Question Id : 51245212932 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

..... deals with what we think about ourselves, which may include judgments, evaluations, logical conclusions, and things that are easy to put words to.

1. Conceptual self-awareness
2. Embodied self-awareness
3. Emotional self-awareness
4. Public self-awareness

Options :

- 51245239829. 1
- 51245239830. 2
- 51245239831. 3
- 51245239832. 4

Question Number : 95 Question Id : 51245212933 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Which among the following relates to social identity concept?

1. Intelligent Quotient
2. Emotional intelligence
3. Spiritual intelligence
4. Personal identity

Options :

- 51245239833. 1
- 51245239834. 2
- 51245239835. 3
- 51245239836. 4

Question Number : 96 Question Id : 51245212934 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Which part of brain is called second level of awareness?

- 1. Neocortex
- 2. Basal ganglia
- 3. Limbic part
- 4. Cerebrum

Options :

- 51245239837. 1
- 51245239838. 2
- 51245239839. 3
- 51245239840. 4

Question Number : 97 Question Id : 51245212935 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

..... represents the degree to which an individual is social or antisocial, outgoing or shy, assertive or passive, active or inactive and talkative or quiet.

- 1. Introversion
- 2. Agreeableness
- 3. Extroversion
- 4. Consensus

Options :

- 51245239841. 1
- 51245239842. 2
- 51245239843. 3
- 51245239844. 4

Question Number : 98 Question Id : 51245212936 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

..... is our ability to sustain high-level performance under stress.

1. Resilience
2. Perception
3. Incubation
4. Self-Esteem

Options :

- 51245239845. 1
- 51245239846. 2
- 51245239847. 3
- 51245239848. 4

Question Number : 99 Question Id : 51245212937 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

..... are the psychological drives that impel you to action.

1. Self-Efficacy
2. Motivators
3. Intelligence
4. Heredity and Environment

Options :

- 51245239849. 1
- 51245239850. 2
- 51245239851. 3
- 51245239852. 4

Question Number : 100 Question Id : 51245212938 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

The concept of understanding, how we are shaped by other's opinion of us is referred to as

1. Social mirroring
2. Mindfulness
3. Social Loafing
4. Social Reasoning

Options :

- 51245239853. 1

3/26/2021

51245239854. 2

51245239855. 3

51245239856. 4