

# National Testing Agency

<b>Question Paper Name :</b>	Developing Life Skills 29th August 2021 Shift 2
<b>Subject Name :</b>	Developing Life Skills
<b>Creation Date :</b>	2021-08-29 19:53:32
<b>Duration :</b>	180
<b>Total Marks :</b>	100
<b>Display Marks:</b>	Yes

## Developing Life Skills

<b>Group Number :</b>	1
<b>Group Id :</b>	94091889
<b>Group Maximum Duration :</b>	0
<b>Group Minimum Duration :</b>	120
<b>Show Attended Group? :</b>	No
<b>Edit Attended Group? :</b>	No
<b>Break time :</b>	0
<b>Group Marks :</b>	100
<b>Is this Group for Examiner? :</b>	No

## Developing Life Skills-1

<b>Section Id :</b>	940918127
<b>Section Number :</b>	1
<b>Section type :</b>	Online
<b>Mandatory or Optional :</b>	Mandatory

<b>Number of Questions :</b>	100
<b>Number of Questions to be attempted :</b>	100
<b>Section Marks :</b>	100
<b>Enable Mark as Answered Mark for Review and Clear Response :</b>	Yes
<b>Sub-Section Number :</b>	1
<b>Sub-Section Id :</b>	940918192
<b>Question Shuffling Allowed :</b>	Yes

**Question Number : 1 Question Id : 9409185958 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Which among the following theory proposes the concept 'Zone of Proximal Development'?

1. Social Constructivist Theory
2. Social Contract Theory
3. Cognitive Problem Solving
4. Cognitive Constructive theory

**Options :**

94091822417. 1

94091822418. 2

94091822419. 3

94091822420. 4

**Question Number : 2 Question Id : 9409185959 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

'Competencies are coordinated bundles of habits'. Whose words are these

1. Toulmin
2. Erikson
3. Frederic
4. Goleman

**Options :**

94091822421. 1

94091822422. 2

94091822423. 3

94091822424. 4

**Question Number : 3 Question Id : 9409185960 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

TLS Model stands for

1. Technological Life Skills Model
2. Task oriented Life Skills Model
3. Targeting Life Skills Model
4. Tentative Life Skills Education

**Options :**

94091822425. 1

94091822426. 2

94091822427. 3

94091822428. 4

**Question Number : 4 Question Id : 9409185961 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Where was Dakkar World Education Council held?

1. London
2. Senegal
3. Dubai
4. Beijing

**Options :**

94091822429. 1

94091822430. 2

94091822431. 3

94091822432. 4

**Question Number : 5 Question Id : 9409185962 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

When was P21 established?

1. 2002
2. 2001
3. 2000
4. 2004

**Options :**

94091822433. 1

94091822434. 2

94091822435. 3

94091822436. 4

**Question Number : 6 Question Id : 9409185963 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

The 10 core life skills are the contribution of which international agency?

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

**Options :**

94091822437. 1

94091822438. 2

94091822439. 3

94091822440. 4

**Question Number : 7 Question Id : 9409185964 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

One of the major consequences of high self-esteem is

1. Good mental health
2. Increased worker involvement in teams
3. Increased absenteeism
4. Decreased level of complaints from unionized workers

**Options :**

94091822441. 1

94091822442. 2

94091822443. 3

94091822444. 4

**Question Number : 8 Question Id : 9409185965 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

According to Rudd, Baker and Hoover----- is a "reasoned, purposive and introspective approach to solving problems or addressing questions".

1. Creative Thinking
2. Self Awareness
3. Problem Solving
4. Critical Thinking

**Options :**

94091822445. 1

94091822446. 2

94091822447. 3

94091822448. 4

**Question Number : 9 Question Id : 9409185966 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

What is the full form of OECD?

1. Organisation for Economic Co-operation and Development
2. Option for Economic Catering and Development
3. Organization for Education Co-operation and Development
4. Option for Educational Catering and Development

**Options :**

94091822449. 1

94091822450. 2

94091822451. 3

94091822452. 4

**Question Number : 10 Question Id : 9409185967 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Which of the following is not a basic emotion?

1. Fear
2. Love
3. Joy
4. Sadness

**Options :**

94091822453. 1

94091822454. 2

94091822455. 3

94091822456. 4

**Question Number : 11 Question Id : 9409185968 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Which among the following is true?

1. Life skill is an inborn talent
2. Life skills cannot be developed
3. Life skills can be developed through training
4. Life skill cannot be learned

**Options :**

94091822457. 1

94091822458. 2

94091822459. 3

94091822460. 4

**Question Number : 12 Question Id : 9409185969 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Which theory postulates that there is relation between behaviour, environment and personality?

1. Problem Behaviour Theory
2. Social Learning Theory
3. Cognitive Problem Solving
4. None of these

**Options :**

94091822461. 1

94091822462. 2

94091822463. 3

94091822464. 4

**Question Number : 13 Question Id : 9409185970 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

The name of the experiment conducted by Bandura was

1. Dodo Ball Experiment
2. Bobo Ball Experiment
3. Gogo Ball Training
4. Todo Ball Stimulation

**Options :**

94091822465. 1

94091822466. 2

94091822467. 3

94091822468. 4

**Question Number : 14 Question Id : 9409185971 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

\_\_\_\_\_ and \_\_\_\_\_ are added by Bandura along with observation, imitation and modelling?

1. Attention and intelligence
2. Attention and motivation
3. Attention and memory
4. Attention and forgetting

**Options :**

94091822469. 1

94091822470. 2

94091822471. 3

94091822472. 4

**Question Number : 15 Question Id : 9409185972 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Symbolic coding is one of the elements of

1. Attention
2. Retention
3. Learning
4. Encoding

**Options :**

94091822473. 1

94091822474. 2

94091822475. 3

94091822476. 4

**Question Number : 16 Question Id : 9409185973 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Which structure indicates the lack of agreement on the ways of behaving?

1. Opportunity structure
2. Social control structure
3. Normative structure
4. All these

**Options :**

94091822477. 1

94091822478. 2

94091822479. 3

94091822480. 4

**Question Number : 17 Question Id : 9409185974 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

----- coping does not eliminate stressors, but it can help people perceive them as less threatening and thus make them less disruptive.

1. Emotional
2. Behavioral
3. Political
4. Cognitive

**Options :**

94091822481. 1

94091822482. 2

94091822483. 3

94091822484. 4

**Question Number : 18 Question Id : 9409185975 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

----- is the ability to perceive one's existence, including one's own traits, feelings, behavior, and their causes.

1. Self Motivation
2. Acceptance
3. Self Awareness
4. Self Efficacy

**Options :**

94091822485. 1

94091822486. 2

94091822487. 3

94091822488. 4

**Question Number : 19 Question Id : 9409185976 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Problem solving skill can be classified under

1. Thinking Skill
2. Coping Skill
3. Social Skill
4. Career Skill

**Options :**

94091822489. 1

94091822490. 2

94091822491. 3

94091822492. 4

**Question Number : 20 Question Id : 9409185977 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Which among the following model a decision maker uses analysis, facts and a step-by-step process to come to a decision.

1. Implicit favorite model
2. Social model
3. Bounded rationality model
4. Rational model

**Options :**

94091822493. 1

94091822494. 2

94091822495. 3

94091822496. 4

**Question Number : 21 Question Id : 9409185978 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

----- is the ability to draw conclusions based on impressions and feelings rather than hard facts.

1. Incubation
2. Invention
3. Intuition
4. Innovation

**Options :**

- 94091822497. 1
- 94091822498. 2
- 94091822499. 3
- 94091822500. 4

**Question Number : 22 Question Id : 9409185979 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Problem solving requires two distinct types of mental skill; analytical and -----.

1. Creative
2. Synthetic
3. Evaluative
4. Heuristic

**Options :**

- 94091822501. 1
- 94091822502. 2
- 94091822503. 3
- 94091822504. 4

**Question Number : 23 Question Id : 9409185980 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Which of the following is not a sign of good table manners?

1. You will pass the dishes
2. You will say thank you after the meal
3. You will finish the meal fast and leave the table
4. You will chew with mouth shut

**Options :**

94091822505. 1

94091822506. 2

94091822507. 3

94091822508. 4

**Question Number : 24 Question Id : 9409185981 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

According to Herbert Simon, there are three distinct stages in a decision making process.

Choose the right combination among the following.

1. Intelligence, Goal and Choice
2. Intelligence, Design and Choice
3. Intelligence, Risk and Choice
4. Intelligence, Behavior and Choice

**Options :**

94091822509. 1

94091822510. 2

94091822511. 3

94091822512. 4

**Question Number : 25 Question Id : 9409185982 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

The process of memorization involves factor(s) like

- A. Learning
- B. Retention
- C. Recall
- D. Recognition

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

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

**Options :**

- 94091822513. 1
- 94091822514. 2
- 94091822515. 3
- 94091822516. 4

**Question Number : 26 Question Id : 9409185983 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

The process of learning and to reproduce them for use when required at a later time is known as

- 1. Concept
- 2. Memory
- 3. Skills
- 4. Habits

**Options :**

- 94091822517. 1
- 94091822518. 2
- 94091822519. 3
- 94091822520. 4

**Question Number : 27 Question Id : 9409185984 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Which among the following is not a component of study skills

1. Planning
2. Repetition
3. Procrastiation
4. Organization

**Options :**

94091822521. 1

94091822522. 2

94091822523. 3

94091822524. 4

**Question Number : 28 Question Id : 9409185985 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

The type of memory which is known as 'working memory' is

1. Sensory memory
2. Short term memory
3. Long term memory
4. Procedural memory

**Options :**

94091822525. 1

94091822526. 2

94091822527. 3

94091822528. 4

**Question Number : 29 Question Id : 9409185986 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

The time management technique of \_\_\_\_\_ refers to eating meals on the run to make good use of time ordinarily spent on sitting down for meals.

1. Greasing
2. Snacking
3. Snagging
4. Grazing

**Options :**

94091822529. 1

94091822530. 2

94091822531. 3

94091822532. 4

**Question Number : 30 Question Id : 9409185987 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Which of the following is/are likely to be considered as "time leaks"?

1. Schmoozing
2. Procrastination
3. Indecisiveness
4. All of these

**Options :**

94091822533. 1

94091822534. 2

94091822535. 3

94091822536. 4

**Question Number : 31 Question Id : 9409185988 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

"You need a plan to build a house. To build a life, it is even more important to have a plan or goal." – who said this?

1. Zig Ziglar
2. A.P.J. Abdul Kalam
3. Eisenhower
4. J.F. Kennedy

**Options :**

94091822537. 1

94091822538. 2

94091822539. 3

94091822540. 4

**Question Number : 32 Question Id : 9409185989 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Coding the modelled behaviour happen through

1. Symbols
2. Hint Diagrams
3. Signs
4. All of these

**Options :**

94091822541. 1

94091822542. 2

94091822543. 3

94091822544. 4

**Question Number : 33 Question Id : 9409185990 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

The ability to relieve one's stress constructively without affecting one's morale is known as ----  
-----,

1. Stress management
2. Coping with emotions
3. Self evaluation
4. Self awareness

**Options :**

94091822545. 1

94091822546. 2

94091822547. 3

94091822548. 4

**Question Number : 34 Question Id : 9409185991 Question Type : MCQ Option Shuffling : No Is  
Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

\_\_\_\_\_ is an agreement of interest between O and P

1. Conflict resolution
2. Conflict settlement
3. Reconciliation
4. All of these

**Options :**

94091822549. 1

94091822550. 2

94091822551. 3

94091822552. 4

**Question Number : 35 Question Id : 9409185992 Question Type : MCQ Option Shuffling : No Is  
Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

\_\_\_\_\_ orientation is based on the identification process of social influence

1. Rule
2. Value
3. Role
4. Sign

**Options :**

94091822553. 1

94091822554. 2

94091822555. 3

94091822556. 4

**Question Number : 36 Question Id : 9409185993 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Alienations falls under

1. Personal control structure
2. Personal belief structure
3. Motivational instigation structure
4. Group common behavior

**Options :**

94091822557. 1

94091822558. 2

94091822559. 3

94091822560. 4

**Question Number : 37 Question Id : 9409185994 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

----- can be defined as actions or strategies that elicit a desired behavior or response by a stakeholder.

1. Skill of purposeful expression of feeling
2. Skill of motivation
3. The skill of self-awareness
4. Coping of stress

**Options :**

94091822561. 1

94091822562. 2

94091822563. 3

94091822564. 4

**Question Number : 38 Question Id : 9409185995 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

The .....states that "The more rewards someone provides for us, the more we should be attracted to that individual.

1. Johari window
2. Reward theory
3. Exchange theory
4. Motivational theory

**Options :**

94091822565. 1

94091822566. 2

94091822567. 3

94091822568. 4

**Question Number : 39 Question Id : 9409185996 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

The..... principle asserts that the primary predictor for liking another person is similarity to oneself

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

**Options :**

94091822569. 1

94091822570. 2

94091822571. 3

94091822572. 4

**Question Number : 40 Question Id : 9409185997 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

An interpersonal relationship is the social association, connection or affiliation between two or more people.

1. Proximity
2. Similarity
3. Interpersonal relationship
4. Affiliation

**Options :**

94091822573. 1

94091822574. 2

94091822575. 3

94091822576. 4

**Question Number : 41 Question Id : 9409185998 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Deciding some other day I will set my goal is known as

1. Procrastination
2. Futuristic
3. Deterministic
4. Pessimistic

**Options :**

94091822577. 1

94091822578. 2

94091822579. 3

94091822580. 4

**Question Number : 42 Question Id : 9409185999 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Which one of the following is not listed in the SMART acronym for assessing a set of goals

1. Specific
2. Measurable
3. Rewarded
4. Time bounded

**Options :**

94091822581. 1

94091822582. 2

94091822583. 3

94091822584. 4

**Question Number : 43 Question Id : 9409186000 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Rearrange the six steps of motivation logically.

- A. Engage in goal directed behaviour
- B. Reassess needs deficiencies
- C. Performs
- D. Identifies needs
- E. Searches for ways to satisfy the needs
- F. Receives either rewards or punishments

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

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

**Options :**

- 94091822585. 1
- 94091822586. 2
- 94091822587. 3
- 94091822588. 4

**Question Number : 44 Question Id : 9409186001 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Positive self-talk is

- 1. Exhibiting bragging culture
- 2. Self-protecting statements
- 3. Saying positive things about yourself to other people
- 4. Saying positive things about yourself to yourself

**Options :**

- 94091822589. 1
- 94091822590. 2
- 94091822591. 3

94091822592. 4

**Question Number : 45 Question Id : 9409186002 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Aspiration management means

1. Being very ambitious
2. Planning ahead about future
3. Futuristic by nature
4. Individual's need to meet realistic goals

**Options :**

94091822593. 1

94091822594. 2

94091822595. 3

94091822596. 4

**Question Number : 46 Question Id : 9409186003 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Conflict management is something that

1. Can be very scary
2. Can be troublesome
3. Can be learned and practiced
4. Can be quality by birth

**Options :**

94091822597. 1

94091822598. 2

94091822599. 3

94091822600. 4

**Question Number : 47 Question Id : 9409186004 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

The process of education or enlightening people about values is a process of

1. Introducing maturity and thinking
2. Introducing Irresponsible behavior
3. Introducing critical thinking and critical behavior
4. Introducing critical and reflective thinking, responsible behavior

**Options :**

94091822601. 1

94091822602. 2

94091822603. 3

94091822604. 4

**Question Number : 48 Question Id : 9409186005 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

A change from 'must consciousness' into 'ought consciousness' has following effect

1. Lesser responsibility
2. Lesser importance to self-image
3. External compulsions to internal control.
4. Out of compulsion

**Options :**

94091822605. 1

94091822606. 2

94091822607. 3

94091822608. 4

**Question Number : 49 Question Id : 9409186006 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

..... is a fundamental values guaranteed in our constitution

1. Protection
2. Liberty
3. Suffering
4. Non violence

**Options :**

94091822609. 1

94091822610. 2

94091822611. 3

94091822612. 4

**Question Number : 50 Question Id : 9409186007 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Restrictions on deeds, ideas, control on action without thought indicates ----- values

1. Restrict
2. Conformity
3. Control
4. Confirm

**Options :**

94091822613. 1

94091822614. 2

94091822615. 3

94091822616. 4

**Question Number : 51 Question Id : 9409186008 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

-----values are relating to or done by all people or things in the world or in a particular group; applicable to all cases

1. Universal values
2. Conformity values
3. Stimulation values
4. Phony Values

**Options :**

- 94091822617. 1
- 94091822618. 2
- 94091822619. 3
- 94091822620. 4

**Question Number : 52 Question Id : 9409186009 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Decision making skill is one of the Life skills listed under ----- skill?

1. Social Skills
2. Coping Skills
3. Thinking Skills
4. Livelihood skills

**Options :**

- 94091822621. 1
- 94091822622. 2
- 94091822623. 3
- 94091822624. 4

**Question Number : 53 Question Id : 9409186010 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Recognizing and analyzing the factors that influences the attitude and behavior of an individual is known as

1. Empathy
2. Creative Thinking
3. Problem solving skill
4. Critical Thinking

**Options :**

94091822625. 1

94091822626. 2

94091822627. 3

94091822628. 4

**Question Number : 54 Question Id : 9409186011 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

.....refers to a communication style in which we express our views and protect our own interests without hurting those of others.

1. Compatibility
2. Self-assertiveness
3. Empathy
4. Problem solving

**Options :**

94091822629. 1

94091822630. 2

94091822631. 3

94091822632. 4

**Question Number : 55 Question Id : 9409186012 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

..... is the sum total, of an individual's Psychological traits, characteristics, motives, habits, attitudes, beliefs, and outlooks.

1. Personality
2. Self awareness
3. Resilience
4. Self efficacy

**Options :**

- 94091822633. 1
- 94091822634. 2
- 94091822635. 3
- 94091822636. 4

**Question Number : 56 Question Id : 9409186013 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

.....characterizes the degree to which a person is consistent or inconsistent, in how they react to certain events.

1. Perceptions
2. Motivations
3. Attitudes
4. Emotional stability

**Options :**

- 94091822637. 1
- 94091822638. 2
- 94091822639. 3
- 94091822640. 4

**Question Number : 57 Question Id : 9409186014 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

..... are the aspects of our personality or our behavior- usually negative – in which we remain stubbornly rigid in our attitudes, views and actions

1. Self esteem
2. Heredity
3. Blind spot
4. Negative motivators

**Options :**

94091822641. 1

94091822642. 2

94091822643. 3

94091822644. 4

**Question Number : 58 Question Id : 9409186015 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Which among the following is not a component of emotional intelligence?

1. Self esteem
2. Social awareness
3. Self management
4. Self awareness

**Options :**

94091822645. 1

94091822646. 2

94091822647. 3

94091822648. 4

**Question Number : 59 Question Id : 9409186016 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Higher level thinking process as per revised Bloom's Taxonomy

1. Synthesis
2. Analysing
3. Creating
4. Comprehension

**Options :**

94091822649. 1

94091822650. 2

94091822651. 3

94091822652. 4

**Question Number : 60 Question Id : 9409186017 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Fundamental process in Analytical thinking is

1. Creating a new whole
2. Synthesizing information
3. Breaking down information
4. Retrieving information

**Options :**

94091822653. 1

94091822654. 2

94091822655. 3

94091822656. 4

**Question Number : 61 Question Id : 9409186018 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

The ----- will help you split your problem into smaller parts, each of which can then be solved appropriately.

1. Flow Chart
2. Soft Systems Methodology
3. Drill Down technique
4. Cause-and-Effect Diagram

**Options :**

- 94091822657. 1
- 94091822658. 2
- 94091822659. 3
- 94091822660. 4

**Question Number : 62 Question Id : 9409186019 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

In a typical decision making process, once the problem is identified and the data is gathered what would be the next step?

1. Selecting the alternative
2. Implementation
3. Assessing and Planning
4. Monitoring and evaluation

**Options :**

- 94091822661. 1
- 94091822662. 2
- 94091822663. 3
- 94091822664. 4

**Question Number : 63 Question Id : 9409186020 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Find out the odd one from the following

1. Creative thinking
2. Convergent thinking
3. Critical thinking
4. Decision making

**Options :**

94091822665. 1

94091822666. 2

94091822667. 3

94091822668. 4

**Question Number : 64 Question Id : 9409186021 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

'I recognize how you feel' is an example for one of the following skills

1. Self awareness
2. Sympathy
3. Empathy
4. Compassion

**Options :**

94091822669. 1

94091822670. 2

94091822671. 3

94091822672. 4

**Question Number : 65 Question Id : 9409186022 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Verbal skills, non-verbal skills and listening skills are the elements associated with-----?

1. Communication
2. Interpersonal skills
3. Problem solving
4. Creativity

**Options :**

94091822673. 1

94091822674. 2

94091822675. 3

94091822676. 4

**Question Number : 66 Question Id : 9409186023 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Body language and nonverbal messages account for .....of all communication

1. 36%
2. 45%
3. 55%
4. 21%

**Options :**

94091822677. 1

94091822678. 2

94091822679. 3

94091822680. 4

**Question Number : 67 Question Id : 9409186024 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Skills that help us understand our self, our emotional intelligence, our thoughts, beliefs and opinions on things are known as

1. Intra-personal skills
2. Inter-personal skills
3. Verbal skills
4. Communication skills

**Options :**

94091822681. 1

94091822682. 2

94091822683. 3

94091822684. 4

**Question Number : 68 Question Id : 9409186025 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

The ability to accept others problems and feelings without emotional distress as if we were in such distress situation is

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

**Options :**

94091822685. 1

94091822686. 2

94091822687. 3

94091822688. 4

**Question Number : 69 Question Id : 9409186026 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

The Johari window is

1. A model of meta communication
2. A model of self-disclosure
3. A model of relational stages
4. A model of contextual communication

**Options :**

94091822689. 1

94091822690. 2

94091822691. 3

94091822692. 4

**Question Number : 70 Question Id : 9409186027 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

How to improve Self formation

1. Identify and recognise your strengths to improve your confidence
2. Develop a positive attitude
3. Learn to praise yourself
4. All of these

**Options :**

94091822693. 1

94091822694. 2

94091822695. 3

94091822696. 4

**Question Number : 71 Question Id : 9409186028 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

..... is how person perceives himself positively or negatively

1. Self image
2. Self control
3. Self esteem
4. Self talk

**Options :**

94091822697. 1

94091822698. 2

94091822699. 3

94091822700. 4

**Question Number : 72 Question Id : 9409186029 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

The acronym SWOC stands for

1. Special Weapons for Operations Criteria
2. Services, Worldwide Optimization, and Commitment
3. Strengths Worldwide Overcome Challenges
4. Strengths, Weaknesses, Opportunities, and Challenges

**Options :**

94091822701. 1

94091822702. 2

94091822703. 3

94091822704. 4

**Question Number : 73 Question Id : 9409186030 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Which of the following is false regarding why a SWOC Analysis is used?

1. To build on the strengths of an individual
2. To minimize the weaknesses of an individual
3. To reduce opportunities available to an individual
4. To counteract Challenges in an individual

**Options :**

94091822705. 1

94091822706. 2

94091822707. 3

94091822708. 4

**Question Number : 74 Question Id : 9409186031 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Revised Bloom's Taxonomy is

1. Uni-dimensional
2. Two-dimensional
3. Three-dimensional
4. Linear Model

**Options :**

94091822709. 1

94091822710. 2

94091822711. 3

94091822712. 4

**Question Number : 75 Question Id : 9409186032 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Which is not an element of critical thinking

1. Reflecting
2. Reasoning
3. Recognizing
4. Evaluating

**Options :**

94091822713. 1

94091822714. 2

94091822715. 3

94091822716. 4

**Question Number : 76 Question Id : 9409186033 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Herbert Alexander Simon is associated with what type of decision making model?

1. Rational
2. Social
3. Organizational
4. Administrative

**Options :**

94091822717. 1

94091822718. 2

94091822719. 3

94091822720. 4

**Question Number : 77 Question Id : 9409186034 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

----- is the means by which previously acquired knowledge, skills and understanding are used to satisfy the demands of an unfamiliar situation

1. Project Method
2. Heuristic Approach
3. Problem solving
4. Concept Mapping

**Options :**

94091822721. 1

94091822722. 2

94091822723. 3

94091822724. 4

**Question Number : 78 Question Id : 9409186035 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Classical/rational model of decision making is an example for also known as

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

**Options :**

94091822725. 1

94091822726. 2

94091822727. 3

94091822728. 4

**Question Number : 79 Question Id : 9409186036 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

What is the purpose of Johari Window

1. To help you see things positively
2. To help in decision making
3. To develop self-awareness
4. To demonstrate that you are better than your peers

**Options :**

94091822729. 1

94091822730. 2

94091822731. 3

94091822732. 4

**Question Number : 80 Question Id : 9409186037 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

"Empathy derives from a sort of physical imitations of another's emotional expression which then evokes the same feelings in the imitator as well." This definition was given by

1. Rogers
2. Haynes and Avery
3. Goleman
4. WHO

**Options :**

94091822733. 1

94091822734. 2

94091822735. 3

94091822736. 4

**Question Number : 81 Question Id : 9409186038 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

The ability to risk or sacrifice yourself to alleviate the suffering of another

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

**Options :**

94091822737. 1

94091822738. 2

94091822739. 3

94091822740. 4

**Question Number : 82 Question Id : 9409186039 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

A technique in which a person assumes the social role of others is

1. Modelling
2. Role play
3. Structured play
4. Comparing

**Options :**

94091822741. 1

94091822742. 2

94091822743. 3

94091822744. 4

**Question Number : 83 Question Id : 9409186040 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Which among the following is not a level of self-awareness?

1. Situation
2. Differentiation
3. Comparison
4. Permanance

**Options :**

94091822745. 1

94091822746. 2

94091822747. 3

94091822748. 4

**Question Number : 84 Question Id : 9409186041 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

..... can be termed as the ability to think independently, responsibly, and productively.

1. Critical thinking
2. Decision making
3. Problem solving
4. Concept mapping

**Options :**

94091822749. 1

94091822750. 2

94091822751. 3

94091822752. 4

**Question Number : 85 Question Id : 9409186042 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

----- is built on the bricks of optimism and confidence

1. Creativity
2. Motivation
3. Empathy
4. Self awareness

**Options :**

94091822753. 1

94091822754. 2

94091822755. 3

94091822756. 4

**Question Number : 86 Question Id : 9409186043 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

An expression of concern for another person's misfortune and feeling pity is

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

**Options :**

94091822757. 1

94091822758. 2

94091822759. 3

94091822760. 4

**Question Number : 87 Question Id : 9409186044 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

..... is a balanced curiosity leading to a deeper understanding of a human being

1. Empathy
2. Sympathy
3. SWOC
4. Co-operation

**Options :**

94091822761. 1

94091822762. 2

94091822763. 3

94091822764. 4

**Question Number : 88 Question Id : 9409186045 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

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

**Assertion A:** Changing the client's perception requires persuasive skills and direction from the counselor and such input is known as the lead.

**Reason R:** Counsellor should make minimum verbal responses and maintain silence so that clients feel some ensure to continue, and the will choose to continue with minimum input from the counselor, thus counselor taking a good lead.

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 cone explanation of (A)
2. Both (A) and (R) are true but (R) is not the fated explanation of (A)
3. (A) is true but (R) is false
4. (A) is false but (R) is true

**Options :**

94091822765. 1

94091822766. 2

94091822767. 3

94091822768. 4

**Question Number : 89 Question Id : 9409186046 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Recent researches show that creativity is correlated with:

- A. Intelligence
- B. Psychoticism
- C. Openness to experience
- D. Agreeableness

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

- 1. A, B and C
- 2. A Only
- 3. B and A
- 4. A, B and D

**Options :**

- 94091822769. 1
- 94091822770. 2
- 94091822771. 3
- 94091822772. 4

**Question Number : 90 Question Id : 9409186047 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Which is the best technique to help you to improve your memory?

- 1. Use of Mnemonics
- 2. Proactive interference
- 3. Mass learning
- 4. Mental set

**Options :**

- 94091822773. 1
- 94091822774. 2
- 94091822775. 3

94091822776. 4

**Question Number : 91 Question Id : 9409186048 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
<b>Phenomenon</b>	<b>Explanation</b>
A. Thinking	I. Process of choosing between two or more alternatives on the basis of information about them
B. Reasoning	II.Processing information in various ways to move towards the desired goal
C. Decision making	III. Mental activity through which we transform available information in order to reach a conclusion
D. Problem solving	IV.An activity that involves the manipulation of mental representation of various features of the external world

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

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

**Options :**

94091822777. 1

94091822778. 2

94091822779. 3

94091822780. 4

**Question Number : 92 Question Id : 9409186049 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Selye largely ignored the contribution of one of the following in stress

1. Adrenal medulla
2. Anterior pituitary
3. Adrenal cortex
4. Chronic psychological factors

**Options :**

94091822781. 1

94091822782. 2

94091822783. 3

94091822784. 4

**Question Number : 93 Question Id : 9409186050 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

We can cope with stress by becoming aware of our irrational, upsetting thoughts and replacing them with rational, calming thoughts. This view represents.

1. Cognitive behavioural approach
2. Psychoanalytical approach
3. Socio-cultural approach
4. Bio-social approach

**Options :**

94091822785. 1

94091822786. 2

94091822787. 3

94091822788. 4

**Question Number : 94 Question Id : 9409186051 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

A 17 year old woman has been bingeing on large quantities of food, above and beyond, what most people would eat under similar circumstances. She then engages in purging behaviour as often as 3 or 4 times a week. She feels she has no control over it. The results of her physical examination are normal and she is of normal weight. She is most likely suffering from

1. Anorexia nervosa
2. Bulimia nervosa
3. Binge-eating disorder
4. Eating disorder not otherwise specified

**Options :**

94091822789. 1

94091822790. 2

94091822791. 3

94091822792. 4

**Question Number : 95 Question Id : 9409186052 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Handling feelings appropriately, ability to soothe oneself, and ability to shake off rampant anxiety are the characteristics of which of the components of Emotional Intelligence as proposed by Goleman ?

1. Knowing one's emotions
2. Managing emotions
3. Motivating oneself
4. Handling relationships

**Options :**

94091822793. 1

94091822794. 2

94091822795. 3

94091822796. 4

**Question Number : 96 Question Id : 9409186053 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Which one of the following can be primarily employed to assess creativity?

1. Abstract thinking.
2. Convergent thinking
3. Divergent thinking.
4. Symbolic thinking.

**Options :**

94091822797. 1

94091822798. 2

94091822799. 3

94091822800. 4

**Question Number : 97 Question Id : 9409186054 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

Creativity comprises of four stages. Choose the correct sequence of stages

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

**Options :**

94091822801. 1

94091822802. 2

94091822803. 3

94091822804. 4

**Question Number : 98 Question Id : 9409186055 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. Social stigma
3. Social cognition
4. Mindfulness

**Options :**

94091822805. 1

94091822806. 2

94091822807. 3

94091822808. 4

**Question Number : 99 Question Id : 9409186056 Question Type : MCQ Option Shuffling : No Is**

**Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

..... is defined as people's beliefs about their capabilities to produce designated levels of performance that exercise influence over events that affect their lives.

1. Motivation
2. Perception
3. Self Efficacy
4. Reflection

**Options :**

94091822809. 1

94091822810. 2

94091822811. 3

94091822812. 4

**Question Number : 100 Question Id : 9409186057 Question Type : MCQ Option Shuffling : No**

**Is Question Mandatory : No**

**Correct Marks : 1 Wrong Marks : 0**

..... is the process by which individuals gather sensory information and assign meaning to it

1. Perception
2. Attitude
3. Vision
4. Self management

**Options :**

94091822813. 1

94091822814. 2

94091822815. 3

94091822816. 4