PREVIEW QUESTION BANK

Module Name : ntr24-ed14 Mentoring and Counselling Skills for teachers-ENG
Exam Date : 18-May-2024   Batch : 09:00-12:00

Sr. No.	Client Question ID	Question Body and Alternatives	Marks	Negative Marks
		Objective Question		
1	15691001	Teaching is defined as an 1. Interactive process 2. Informative process 3. Intellectual process 4. Initiative process A1 : 1 A2 : 2 A3 : 3 A4 : 4	1.0	0.00
		Objective Question		
2	15691002	Teacher should be 1. An Artist, Scientist and Craftsman 2. An Artist, Dramatist and Sculptor 3. An Actor, Leader and Sculptor 4. An Actor, Writer and Poet A1 : 1 A2 : 2 A3 : 3 A4 : 4	1.0	0.00
		Objective Question		
3	15691003	Slash careerists belong to 1. Gen x 2. Gen Y 3. Gen Z 4. Gen Alpha A1 : 1	1.0	0.00

A2 : 2

A3 : 3

A4 : 4

Objective Question				
4	15691004		1.0	0.00

Personality is

1. A combination of attitude, behavior and competencies of students
2. A combination of attitude, skill and knowledge of students
3. The sum of the physical, cognitive, emotional and social characteristics of students
4. A combination of behavior and knowledge

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question				
5	15691005		1.0	0.00

"Learning" indicates

1. Relatively permanent change in behavior
2. Acquiring general competencies
3. Listening to classroom instruction
4. Reading the textbooks and notes

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question				
6	15691006		1.0	0.00

_____is not a Social characteristic.

1. Interested in recreation and games
2. Increased socialization with peers
3. Self-centered attitude
4. Problem solving ability

A1 : 1

A2 : 2			
A3 : 3			
A4 : 4			

Objective Question

7	15691007		1.0	0.00

NEP 2020 aimed to achieve equitable access to the highest-quality education for all learners by the year

1. 2020
2. 2015
3. 2030
4. 2040

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

8	15691008		1.0	0.00

The characteristic of a silent student is

1. Do not participate in class activity on their own
2. Teacher-dependent
3. Optimistic
4. Excessive concern about grades

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

9	15691009		1.0	0.00

The generation which is called "Zoomers" is

1. Gen x
2. Gen Y
3. Gen Z
4. Gen Alpha

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question				
10	15691010		1.0	0.00

Gen Z Learners are born during the period from

1. 1946 – 1964
2. 1965 – 1980
3. 1981 – 1996
4. 1997 – 2012

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question				
11	15691011		1.0	0.00

The word VUCA was coined by

1. US Army
2. UK Army
3. Indian Army
4. Russian Army

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question				
12	15691012		1.0	0.00

The factor which is not a personal factor in learning is

1. Motivation
2. Interest
3. Needs
4. Relationship

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question				
13	15691013		1.0	0.00

The term "Mentoring" originated from

1. Roman mythology
2. Greek mythology
3. Norse mythology
4. Egyptian mythology

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question				
14	15691014		1.0	0.00

The word "Mentor" was a character

1. In Homer's story
2. In Plato's story
3. In Aristotle's story
4. In Socrates' story

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question				
15	15691015		1.0	0.00

Telemachus in Homer's Odyssey was assigned a

1. Odysseus
2. Athena
3. Mentor
4. Achilles

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

16	15691016		1.0	0.00

The appropriate form of Mentoring is

1. Helping a student to score grades
2. Solving a student's problem
3. Guiding a student for growth
4. Helping student financially

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

17	15691017		1.0	0.00

In educational setting, mentee refers to

1. A student
2. A teacher
3. Supporting staff
4. Parent

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

18	15691018		1.0	0.00

The book "Les Aventures de Telemaque" (1699) was published by

1. Homer
2. Fénelon
3. Plato
4. Aristotle

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question				
19	15691019	The number of dimensions in Garvey's research is 1. 2 2. 3 3. 4 4. 5 A1 : 1 A2 : 2 A3 : 3 A4 : 4	1.0	0.00

Objective Question				
20	15691020	The form of mentoring in which the mentor is typically younger or more junior than the mentee is 1. Hierarchical mentoring 2. Peer mentoring 3. Reverse mentoring 4. Reciprocal mentoring A1 : 1 A2 : 2 A3 : 3 A4 : 4	1.0	0.00

Objective Question				
21	15691021	Encouraging peer mentors 1. Unloads the mentor 2. Competes with the mentor 3. Loads the peer 4. Helps the peer mentor A1 : 1 A2 : 2 A3 : 3	1.0	0.00

A4 : 4

Objective Question		

22	15691022	1.0	0.00

The purpose of Garvey's mentoring relationship dimensions is

1. To represent continuum to describe the relationship
2. To evaluate the success of mentoring programs
3. To predict the future of mentoring
4. To categorize different types of mentors

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question		

23	15691023	1.0	0.00

The most important skill that Mentoring requires is

1. Numerical skills
2. Financial skills
3. Interpersonal skills
4. Negotiation skills

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question		

24	15691024	1.0	0.00

In the early 1990s, mentoring began in the United Kingdom in which sector ?

1. Business
2. Healthcare
3. Education
4. Technology

A1 : 1

A2 : 2

A3 : 3

| | | A4 : 4 | | | |

Objective Question

25	15691025		1.0	0.00

A mentor is a

1. A strict supervisor
2. An inexperienced guide
3. A trusted ally
4. A passive observer

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

26	15691026		1.0	0.00

A mentee is

1. An inexperienced guide
2. A mentor's assistant
3. A learner or protege
4. A colleague

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

27	15691027		1.0	0.00

The form of mentoring which is traditional and focuses on fast-tracking the mentee's career is

1. Hierarchical mentoring
2. Peer mentoring
3. Reverse mentoring
4. Reciprocal mentoring

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question				
28	15691028	The first stage in the mentoring process is 1. Clarify Expectations, Goals, Roles and Logistics 2. Develop a Plan 3. Support and Encourage 4. Develop Relationship A1 : 1 A2 : 2 A3 : 3 A4 : 4	1.0	0.00

Objective Question				
29	15691029	The component not applicable to building rapport in mentoring is 1. Establishing trust 2. Interacting with mentee 3. Assessing psychological characteristics 4. Setting goals A1 : 1 A2 : 2 A3 : 3 A4 : 4	1.0	0.00

Objective Question				
30	15691030	According to Stephen Covey, the behavior of trusted leaders is 1. Being an introvert 2. Being secretive 3. Being a person demonstrating respect 4. Being an extrovert A1 : 1 A2 : 2 A3 : 3 A4 : 4	1.0	0.00

Objective Question

| 31 | 15691031 | | 1.0 | 0.00 |

The purpose of clarifying expectations, goals, roles and logistics in mentoring is

1. To build rapport with the mentee
2. To advice the mentee
3. To establish trust
4. To align the mentor-mentee relationship

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

| 32 | 15691032 | | 1.0 | 0.00 |

The mentoring stage which focuses on helping the mentee build self-awareness is

1. Develop a Relationship
2. Clarify Expectations, Goals, Roles and Logistics
3. Develop a Plan
4. Support and Encourage

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

| 33 | 15691033 | | 1.0 | 0.00 |

The mentoring style which emphasizes waiting for things to happen in a natural way is

1. Active Listening
2. Prescribing
3. Letting Go
4. Advisory

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

| 34 | 15691034 | | 1.0 | 0.00 |

The main role of a mentor acting in a prescribing style is

1. Taking responsibility for solving mentee's problems
2. Giving space to the opinion of the mentee
3. Encouraging the mentee to step out of their comfort zone
4. Showing empathy towards the mentee's challenges

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

35	15691035		1.0	0.00

The type of mentoring which involves a one-mentor supervising multiple mentees is

1. Informal Mentoring
2. Formal Mentoring
3. Group Mentoring
4. Peer Mentoring

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

36	15691036		1.0	0.00

The preferred mode of communication for most mentors is

1. Written communication
2. Oral communication
3. Virtual communication
4. Face-to-face communication

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

37	15691037		1.0	0.00

The mentoring skill which involves providing instructions on how to handle problems is

1. Active Listening
2. Assertive Communication
3. Prescribing
4. Cooperative Style

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question	
38	15691038

The purpose of the SWOT analysis for mentors is

1. To evaluate the performance of the mentor
2. To identify areas of improvement in the mentoring process
3. To assess the mentor's psychological characteristics
4. To develop a mentoring action plan

A1 : 1

A2 : 2

A3 : 3

A4 : 4

1.0   0.00

Objective Question

| 39 | 15691039 | | 1.0 | 0.00 |

The quality which is not considered desirable in a mentor is

1. Kindness
2. Patience
3. Judgmental
4. Trustworthiness

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

| 40 | 15691040 | | 1.0 | 0.00 |

The type of mentoring relationship which is usually long-term and based on personal and professional respect is

1. Formal Mentoring
2. Group Mentoring
3. Informal Mentoring
4. One-to-One Mentoring

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

41	15691041		1.0	0.00

The founding father of stress is

1. Sigmund Freud
2. Eric Berne
3. Carl Jung
4. Hans Selye

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

42	15691042		1.0	0.00

Most important nutrition advice for teens of today is to

1. Never skip breakfast
2. Never skip dinner
3. Undergo fasting
4. Never skip meals

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

43	15691043		1.0	0.00

The blind area of Johari Window represents

1. Information known to both self and others
2. Information known only to self
3. Information known only to others
4. Information unknown to both self and others

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

44	15691044		1.0	0.00

Eustress is

1. Positive stress
2. Negative stress
3. External stress
4. Internal stress

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

45	15691045		1.0	0.00

Time Management is about

1. Spending time
2. Saving time
3. Wasting time
4. Worrying about time

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

46	15691046		1.0	0.00

Drinking water

1. Increases blood content
2. Improves water level
3. Removes toxins from the body
4. Cleans the stomach

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question				
47	15691047	Garden fresh Lunch promotes 1. Thinking 2. Sleep 3. Tiredness 4. Dizziness A1 : 1 A2 : 2 A3 : 3 A4 : 4	1.0	0.00
Objective Question				
48	15691048	The ego state which is to be avoided to the maximum extent is 1. Free Child 2. Adapted Child 3. Natural Child 4. Adult A1 : 1 A2 : 2 A3 : 3 A4 : 4	1.0	0.00
Objective Question				
49	15691049		1.0	0.00

Pareto rule is

1. 20% effort 80% results
2. 40% effort 60% results
3. 60% effort 40% results
4. 80% effort 20% results

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question				
50	15691050		1.0	0.00

The quadrant of Johari Window that represents aspects known to both self and others is

1. Open area
2. Hidden area
3. Blind area
4. Unknown area

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question				
51	15691051		1.0	0.00

The most desirable ego state is

1. Parent
2. Adult
3. Child
4. Infant

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question				
52	15691052		1.0	0.00

The Quantity of water to drink everyday (inclusive of all liquids) in summer is

1. Body Weight X 40 ml
2. Body Weight X 30 ml
3. Body Weight X 20 ml
4. Body Weight X 50 ml

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

53	15691053		1.0	0.00

Counselling is

1. Providing advice and directives to clients
2. Facilitating personal growth and development
3. Diagnosing mental illnesses
4. Administering medication to clients

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

54	15691054		1.0	0.00

The specific behaviour problem of students can be dealt by

1. Teachers
2. Principal
3. Parents
4. Trained Counsellors

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

55	15691055		1.0	0.00

The term used for the emotional reaction that counsellors may have towords their clients, based on their own experiences is

1. Transference
2. Countertransference
3. Vicarious trauma
4. Compassion fatigue

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question				
56	15691056	One of the major aims of student counselling is to 1. Empower the student 2. Advise the student 3. Judge the student 4. Teach the student A1 : 1 A2 : 2 A3 : 3 A4 : 4	1.0	0.00
Objective Question				
57	15691057	The first stage in the counselling process is 1. Relationship building 2. Assessment 3. Intervention 4. Termination A1 : 1 A2 : 2 A3 : 3 A4 : 4	1.0	0.00
Objective Question				
58	15691058		1.0	0.00

The father of Counselling Psychology is

1. Sigmund Freud
2. Carl Rogers
3. Albert Ellis
4. William James

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

| 59 | 15691059 | | 1.0 | 0.00 |

The major task of the professional counselling for the students is to

1. Control their behaviour
2. Punish their behaviour
3. Modify their behaviour
4. Reward their behaviour

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

| 60 | 15691060 | | 1.0 | 0.00 |

The characteristic of an effective counsellor-counselee relationship does not include

1. Trust
2. Collaboration
3. Dependency
4. Empathy

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

| 61 | 15691061 | | 1.0 | 0.00 |

The first and foremost criteria in selection of a psychology test is

1. Who will be tested
2. Stimulus and response demands of the test
3. Content to be tested
4. Standardisation

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

| 62 | 15691062 | | 1.0 | 0.00 |

Standardized tests are designed by

1. Classroom Teachers
2. Psychologists
3. School Principals
4. Administrative Staff

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

| 63 | 15691063 | | 1.0 | 0.00 |

The goal of counselling is

1. To solve client's problems
2. To advice the client
3. To direct the client's actions
4. To assist the client in solving his/her own problems

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

| 64 | 15691064 | | 1.0 | 0.00 |

The ethical principle that requires counsellors to respect the confidentiality of client information is

1. Justice
2. Fidelity
3. Beneficence
4. Autonomy

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

| 65 | 15691065 | | 1.0 | 0.00 |

Before, you start counselling, you should

1. Dress Well
2. Prepare Well
3. Mock Practice
4. Clear your own Stuff/Issues

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

| 66 | 15691066 | | 1.0 | 0.00 |

Empathy involves

1. Feeling sorry for someone
2. Putting others before yourself
3. Putting yourself in someone else's position
4. Feeling happy for someone

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

| 67 | 15691067 | | 1.0 | 0.00 |

Placebo effect

1. Lowers stress level of student
2. Increases stress level of student
3. Lowers stress level of counsellor
4. Increases stress level of counsellor

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question				
68	15691068	Reflection of feelings means	1.0	0.00

Reflection of feelings means

1. Talk by the student
2. Questioning by the Teacher-counsellor
3. Expression of the problem by the counsellor
4. Expression of feelings by the counsellor

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question				
69	15691069	Paraphrasing in counselling means	1.0	0.00

Paraphrasing in counselling means

1. Shortening the problem
2. Restating the problem but not in exact words
3. Communicating the important statements in the problem
4. Summarizing the problem

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question				
70	15691070		1.0	0.00

During the process of counselling, nodding the head in agreement and sympathizing is

1. Agreeing
2. Empathetic resonance
3. Listening
4. Accepting

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question			
71	15691071		1.0	0.00

The one action which will not help you to build rapport with someone is

1. Matching body posture
2. Using the same communication style
3. Frequent eye contact
4. Talking at a different pace

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question			
72	15691072		1.0	0.00

The primary purpose of counselling skills for teachers is

1. Enhancing grades
2. Enhancing students' well-being
3. Enhancing discipline in the class
4. Enhancing physical abilities

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question			
73	15691073		1.0	0.00

Teachers demonstrate empathy through reflecting feelings

1. By ignoring students' emotions
2. By restating students' feelings in their own words
3. By criticizing students' emotions
4. By avoiding emotional discussions

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

74	15691074		1.0	0.00

Empathy is important for teachers as

1. It helps teachers maintain discipline in the classroom
2. It encourages students to suppress their emotions
3. It fosters trust and rapport with students
4. It helps to solve problems

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

75	15691075		1.0	0.00

Skillful questioning is significant for teachers

1. To focus on institutional issues
2. To focus deeper into students' thoughts and feelings
3. To focus on academic performance
4. To focus on students' issues

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

76	15691076		1.0	0.00

Teachers encompass non-verbal communication by

1. Using a letter
2. Using gestures and body language
3. Using language
4. Using e-mails

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

| 77 | 15691077 | The primary goal of counselling strategies is | 1.0 | 0.00 |

1. To enforce specific behaviours
2. To promote self-awareness and positive change
3. To judge and criticize clients
4. To ignore clients' concerns

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

| 78 | 15691078 | The approach that focuses on identifying and challenging negative thought patterns and behaviours is | 1.0 | 0.00 |

1. Narrative Therapy
2. Expressive Therapies
3. Cognitive-Behavioural Therapy (CBT)
4. Strengths-Based Approach

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

| 79 | 15691079 | | 1.0 | 0.00 |

The main emphasis of Solution-Focused Brief Therapy (SFBT) is

1. Identifying and amplifying existing resources and strengths
2. Identifying and challenging negative thought patterns
3. Providing information and resources to clients
4. Encouraging mindfulness techniques

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

| 80 | 15691080 | | 1.0 | 0.00 |

The technique which is used to help clients cultivate present-moment awareness and reduce stress is

1. Psychoeducation
2. Narrative Therapy
3. Mindfulness-Based Techniques
4. Reality Therapy

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

| 81 | 15691081 | | 1.0 | 0.00 |

Transactional analysis emphasizes understanding

1. Family dynamics and social systems
2. Interpersonal transactions and communication patterns
3. The influence of experiences on behavior
4. Cultural and societal influences on individual behavior

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

| 82 | 15691082 | | 1.0 | 0.00 |

The modality that is particularly beneficial for clients who struggle to articulate their thoughts and feelings verbally is

1. Cognitive-Behavioural Therapy (CBT)
2. Reality Therapy
3. Expressive Therapies
4. Strengths-Based Approach

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

83	15691083		1.0	0.00

CBT was developed by

1. Sigmund Freud
2. Carl Rogers
3. Ivan Pavlov
4. Aaron Beck

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

84	15691084		1.0	0.00

REBT was developed by

1. Albert Ellis
2. Aaron Beck
3. Wilhelm Wundt
4. Eric Berne

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

85	15691085		1.0	0.00

Solution Focused Therapy was founded by

1. Steve de Shazer
2. Wilhelm Wundt
3. Albert Ellis
4. Aaron Beck

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question		
86	15691086	1.0 0.00

Students prefer teachers who

1. Are firm, fair and consistent
2. Are flexible and carefree
3. Give more grades
4. Give more freedom

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question		
87	15691087	1.0 0.00

The first action for handling a quiet/nervous parent is

1. To make them talk
2. To make them comfortable
3. To keep talking about the issues
4. To write the statements

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question		
88	15691088	1.0 0.00

Holistic Approach in counselling considers

1. Only physical well-being
2. Only emotional well-being
3. Physical, emotional, social, and cognitive well-being
4. Physical and Cognitive well-being

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

| 89 | 15691089 | | 1.0 | 0.00 |

Teacher burnout is

1. A state of unhappiness experienced by educators
2. A state of discontentment experienced by educators
3. A state of exhaustion experienced by educators
4. A state of decreased motivation experienced by educators

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

| 90 | 15691090 | | 1.0 | 0.00 |

The aspect of self-care practices which focuses on engaging in regular exercise and maintaining a balanced diet is

1. Emotional Well-Being
2. Mental Well-Being
3. Physical Well-Being
4. Professional Well-Being

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

| 91 | 15691091 | | 1.0 | 0.00 |

Engaging in hobbies outside of work is primarily aimed at

1. Balancing workload
2. Promoting relaxation
3. Boosting stress levels
4. Caring for personal interests

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question			
92	15691092	One of the causes of high workload for teachers is	1.0	0.00

One of the causes of high workload for teachers is

1. Extensive paperwork
2. Students behaviour
3. Academic work
4. Personal work

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

93	15691093		1.0	0.00

Teachers can implement self-care practices by

1. Seeking support from colleagues
2. Seeking support from family
3. Proactively seeking support from all concerned
4. Neglecting to identify self-care activities that fit into one's schedule

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

94	15691094		1.0	0.00

The purpose of keeping a gratitude journal is

1. To record moments of stress
2. To document failures
3. To reflect on positive experiences
4. To document work done

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

95	15691095		1.0	0.00

Recommended practice for enhancing emotional well-being among teachers is

1. Engaging in regular exercise
2. Setting boundaries between work and personal life
3. Practicing mindfulness and meditation
4. Disconnecting from colleagues

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

96	15691096		1.0	0.00

Feelings of isolation and frustration among teachers are get violent or severe by

1. Lack of support
2. Professional development
3. Workload
4. Class sizes

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question

97	15691097		1.0	0.00

One of the prevention strategies for teacher burnout is

1. Engaging in self-care activities
2. Changing work place
3. Encouarging boundaries between work and personal life
4. Training in stress management

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question				
98	15691098		1.0	0.00

The primary reason for teachers to prioritize self-care is

1. To avoid colleagues' criticism
2. To maintain well-being and effectiveness
3. To achieve perfection in teaching
4. To compete with other educators

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question				
99	15691099		1.0	0.00

A sign of emotional exhaustion in teachers is

1. Lack of motivation
2. Feeling emotionally drained and detached
3. Sense of less efficacy
4. Decreased job satisfaction

A1 : 1

A2 : 2

A3 : 3

A4 : 4

Objective Question				
100	15691100		1.0	0.00

Establishing clear boundaries between work and personal life is called

1. Person-work balance
2. Boundaries balance
3. Work-life balance
4. Person-career balance

A1 : 1

A2 : 2

A3 : 3

A4 : 4