

UNIVERSITY OF CALICUT
SCHOOL OF DISTANCE EDUCATION

CCSS – UG (SDE)

V SEMESTER

OPEN COURSE

LIFE SKILL EDUCATION

(For the UG candidates with core course other than Sociology)

QUESTION BANK

1. Those competencies that assist people in functioning well in the environments in which they live
 - a) Life skills
 - b) Job skills
 - c) Personal skills
 - d) Functioning skills
2. The abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life.
 - a) Life skills
 - b) Job skills
 - c) Personal skills
 - d) Functioning skills
3. According to _____, life skills are the abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life.
 - a) WHO
 - b) UNICEF
 - c) IMF
 - d) UNEDP
4. _____ defines life skills as “a behaviour change or behaviour development approach designed to address a balance of three areas: knowledge, attitude and skills”.
 - a) WHO
 - b) UNICEF
 - c) IMF
 - d) UNEDP

5. A behaviour change or behaviour development approach designed to address a balance of three areas: knowledge, attitude and skills
- a) Life skills
 - b) Job skills
 - c) Personal skills
 - d) Functioning skills
6. Recognition of 'self' and identifying our strengths and weaknesses, desires and dislikes.
- a) Self-awareness
 - b) Empathy
 - c) Critical thinking
 - d) Creative thinking
7. The ability to imagine what life is like for another person
- a) Self-awareness
 - b) Empathy
 - c) Critical thinking
 - d) Creative thinking
8. _____ helps us to recognise and assess the factors that influence attitudes and behaviour.
- a) Self-awareness
 - b) Empathy
 - c) Critical thinking
 - d) Creative thinking
9. A novel way of seeing or doing things that generates new ideas, has a shifting perspective conceives something new and builds on other ideas.
- a) Self-awareness
 - b) Empathy
 - c) Critical thinking
 - d) Creative thinking
10. _____ can teach people how to actively make decisions and what effects these different decisions are likely to have.
- a) Self-awareness
 - b) Empathy
 - c) Critical thinking
 - d) Decision making
11. _____ includes being able to make and keep friendly relationships and also being able to end relationships constructively.
- a) Interpersonal relationship skills
 - b) Empathy
 - c) Critical thinking
 - d) Decision making
12. _____ means that we are able to express ourselves, both verbally and non-verbally, so that our ideas are effectively transmitted to others.
- a) Interpersonal relationship skills
 - b) Effective communication
 - c) Critical thinking
 - d) Decision making
13. _____ helps us to deal constructively with problems in our lives.
- a) Problem solving
 - b) Effective communication
 - c) Critical thinking
 - d) Decision making
14. _____ means recognising the sources of stress in our lives, recognizing how this affects us, and acting in ways that help us control our levels of stress, by changing our environment or lifestyle and learning how to relax.

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24. Self management skills include being

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|---------------|---------------|
| a) Analytical | b) Aggressive |
| c) Stressed | d) Imbalanced |

25. Self management skills include being

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|-------------|---------------|
| a) Calm | b) Aggressive |
| c) Stressed | d) Imbalanced |

26. Self management skills include being

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|----------------|---------------|
| a) Imaginative | b) Aggressive |
| c) Stressed | d) Imbalanced |

27. Self management skills include being

- | | |
|-------------|---------------|
| a) Calm | b) Aggressive |
| c) Stressed | d) Imbalanced |

28. _____, self-awareness, self-evaluation skills and the ability to set goals are also part of self-management skills

- | | |
|----------------|---------------|
| a) Self esteem | b) Pity |
| c) Despise | d) Resentment |

29. Self esteem, _____, self-evaluation skills and the ability to set goals are also part of self-management skills.

- | | |
|-------------------|---------------|
| a) Self-awareness | b) Pity |
| c) Despise | d) Resentment |

30. Self esteem, self-awareness, _____ skills and the ability to set goals are also part of self-management skills.

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|--------------------|---------------|
| a) Self-evaluation | b) Pity |
| c) Despise | d) Resentment |

31. _____ is a social interaction through messages.

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|------------------|------------|------------|
| a) Communication | b) Opinion | c) Writing |
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32. In a simple model of communication, information is sent in some form as spoken language from _____ to a receiver.

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| a) Sender | b) Message | c) Feedback |
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33. Which of the following is an element of communication

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|-----------|---------|---------|
| a) Sender | b) Text | c) Tone |
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34. Which of the following is an element of communication

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|------------|---------|---------|
| a) Message | b) Text | c) Tone |
|------------|---------|---------|

78. In_____, job opportunities are searched through Websites that provide the relevant information.
a) Carnival b) Computerised job Search c) Shopping malls
79. Which of the following is a Computerised job Search website?
a) Google.com b) Yahoo.com c) Monster.com
80. Which of the following is a Computerised job Search website?
a) Google.com b) Yahoo.com c) Naukri.com
81. _____ is how we perceive our value to the world and how valuable we think we are to others.
a) Self Esteem b) Self Criticism c) Self Pity
82. Which of the following are some outward signs of positive self-esteem
a) Hatred b) Pity c) Confidence
83. Which of the following are some outward signs of positive self-esteem
a) Hatred b) Pity c) Self-direction
84. Which of the following are some outward signs of positive self-esteem
a) Hatred b) Pity c) Non-blaming behavior
85. Which of the following are some outward signs of positive self-esteem
a) Hatred b) Pity c) An awareness of personal strengths
86. Which of the following are some outward signs of positive self-esteem
a) Hatred b) Pity c) An ability to make mistakes and learn from them
87. Which of the following are some outward signs of positive self-esteem
a) Hatred b) Pity c) An ability to accept mistakes from others
88. Which of the following are some outward signs of positive self-esteem
a) Hatred b) Pity c) An ability to solve problems
89. Which of the following are some outward signs of positive self-esteem
a) Hatred b) Pity c) An independent and cooperative attitude
90. Which of the following are some outward signs of positive self-esteem
a) Hatred b) Pity c) Feeling comfortable with a wide range of emotions
91. Which of the following are some outward signs of positive self-esteem
a) Hatred b) Pity c) Optimism
92. Which of the following are some outward signs of positive self-esteem
a) Hatred b) Pity c) An ability to trust others
93. Which of the following are some outward signs of positive self-esteem
a) Hatred b) Pity c) A good sense of personal limitations

94. Which of the following are some outward signs of positive self-esteem
- a) Hatred b) Pity c) Good self-care
95. Which of the following are some outward signs of positive self-esteem
- a) Hatred b) Pity c) The ability to say no
96. What are the some simple, positive thinking techniques that can be used to help improve self-esteem called?
- a) Assertions b) Affirmations c) Assignments
97. _____ are encouraging messages we can give ourselves every day until they become part of our feelings and beliefs.
- a) Assertions b) Affirmations c) Assignments
98. The capacity for introspection and the ability to recognize oneself as an individual separate from the environment and other individuals.
- a) Self management b) Self appraisal c) Self awareness
99. As a form of intelligence, self-awareness can be an understanding of one's own knowledge, attitudes, and opinions.
- a) Self management b) Self appraisal c) Self awareness
100. The ability to control one's emotions, behavior, and desires in order to obtain some reward, or avoid some punishment.
- a) Self control b) Self appraisal c) Self awareness
101. A measurement of a person's ability to monitor his or her emotions, to cope with pressures and demands, and to control his or her thoughts and actions.
- a) Emotional quotient b) Intelligence quotient c) Awareness quotient
102. The ability to assess and affect situations and relationships with other people
- a) Emotional quotient b) Intelligence quotient c) Awareness quotient
103. A measurement of a person's intellect
- a) Emotional quotient b) Intelligence quotient c) Awareness quotient
104. ____ is the capacity to effectively negotiate complex social relationships and environments.
- a) Emotional quotient b) Intelligence quotient c) Social Intelligence
105. _____ is an aggregated measure of self- and social-awareness, evolved social beliefs and attitudes, and a capacity and appetite to manage complex social change.
- a) Emotional quotient b) Intelligence quotient c) Social Intelligence
106. The ability to deal efficiently and thoughtfully, keeping one's own identity, employing apposite social inputs with a wider understanding of social environment; considering empathetic co-operation as a base of social acquaintance
- a) Emotional quotient b) Intelligence quotient c) Social Intelligence

107. Which of the following is a symptom of stress?
a) Nervousness b) Joy c) Relaxed attitude
108. Which of the following is a symptom of stress?
a) Panic attack b) Joy c) Relaxed attitude
109. Which of the following is a symptom of stress?
a) Irritability b) Joy c) Relaxed attitude
110. Which of the following is a symptom of stress?
a) Insecurity b) Joy c) Relaxed attitude
111. Which of the following is a symptom of stress?
a) Social Withdrawal b) Joy c) Relaxed attitude
112. Which of the following is a symptom of stress?
a) Loss of Appetite b) Joy c) Relaxed attitude
113. Which of the following is a symptom of stress?
a) Exhaustion b) Joy c) Relaxed attitude
114. Which of the following is a symptom of stress?
a) Depression b) Joy c) Relaxed attitude
115. Which of the following is a symptom of stress?
a) Insomnia b) Joy c) Relaxed attitude
116. Dealing with stress by turning to a social network for support
a) Affiliation b) Humour c) Sublimation
117. Indirect resolution of conflict with neither adverse consequences nor consequences marked by loss of pleasure.
a) Affiliation b) Humour c) Sublimation
118. Redirects stressful thoughts to good things that are either occurring or have not occurred.
a) Positive reappraisal b) Displacement c) Repression
119. When an individual redirects their emotional feelings about one situation to another, less threatening one, it is called _____
a) Positive reappraisal b) Displacement c) Repression
120. _____ occurs when an individual attempts to remove all their thoughts, feelings, and anything related to the stressful situation out of their awareness in order to be disconnected from the entire situation.
a) Positive reappraisal b) Displacement c) Repression
121. _____ just means that you approach the unpleasantness in a more positive and productive way.
a) Positive thinking b) Repression c) Depression

122. It is a form of behavior characterized by a confident declaration or affirmation of a statement without need of proof
- a) Aggression b) Assertion c) Allegiance
123. An individual substitutes their feelings or thoughts or behavior with the exact opposite.
- a) Reaction formation b) Acting out c) Passive aggression
124. Instead of reflecting or problem-solving, an individual takes maladaptive action.
- a) Reaction formation b) Acting out c) Passive aggression
125. When an individual indirectly deals with his or her anxiety and negative thoughts originating from their stress by acting in a hostile or resentful manner towards others.
- a) Reaction formation b) Acting out c) Passive aggression

ANSWER KEY

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|---------------------------------------|--------------------------------|-----------------------------------------------------|
| 1. Life skills | 30. Self evaluation | 59. Informal |
| 2. Life skills | 31. Communication | 60. Informal |
| 3. WHO | 32. Sender | 61. Career |
| 4. UNICEF | 33. Sender | 62. Career |
| 5. Life skill | 34. Message | 63. Career planning |
| 6. Self-awareness | 35. Channel | 64. Career goal |
| 7. Empathy | 36. Receiver | 65. Career planning |
| 8. Critical thinking | 37. Feedback | 66. Career planning |
| 9. Creative thinking | 38. Content | 67. Career planning |
| 10. Decision making | 39. Context | 68. Career guidance |
| 11. Interpersonal relationship skills | 40. Treatment | 69. Career counseling |
| 12. Effective communication | 41. sight | 70. Career guidance |
| 13. Problem solving | 42. sound | 71. Job fair |
| 14. Coping with stress | 43. smell | 72. Job fair |
| 15. Coping with emotions | 44. touch | 73. Résumé |
| 16. Knowledge | 45. taste | 74. Résumé |
| 17. Attitude | 46. Face to face communication | 75. Résumé |
| 18. Skill | 47. Printed material | 76. Curriculum vitae |
| 19. Life skill | 48. Electronic media | 77. Career magazines |
| 20. Decision making | 49. Evaluative | 78. Computerised job Search |
| 21. Interpersonal communication | 50. Interpretive | 79. Monster.com |
| 22. Coping skills | 51. Supportive | 80. Naukri.com |
| 23. Self Management | 52. Probing | 81. Self Esteem |
| 24. Analytical | 53. Understanding | 82. Confidence |
| 25. Calm | 54. Verbal Communication | 83. Self-direction |
| 26. Imaginative | 55. Formal | 84. Non-blaming behavior |
| 27. Resourceful | 56. Informal | 85. An awareness of personal strengths |
| 28. Self esteem | 57. Formal | 86. An ability to make mistakes and learn from them |
| 29. Self awareness | 58. Formal | |

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| 87. An ability to accept mistakes from others | 98. Self awareness | 113. Exhaustion |
| 88. An ability to solve problems | 99. Self awareness | 114. Depression |
| 89. An independent and cooperative attitude | 100. Self control | 115. Insomnia |
| 90. Feeling comfortable with a wide range of emotions | 101. Emotional quotient | 116. Affiliation |
| 91. Optimism | 102. Emotional quotient | 117. Sublimation |
| 92. An ability to trust others | 103. Intelligence quotient | 118. Positive reappraisal |
| 93. A good sense of personal limitations | 104. Social Intelligence | 119. Displacement |
| 94. Good self-care | 105. Social intelligence | 120. Repression |
| 95. The ability to say no | 106. Social Intelligence | 121. Positive thinking |
| 96. Affirmations | 107. Nervousness | 122. Assertion |
| 97. Affirmations | 108. Panic attack | 123. Reaction formation |
| | 109. Irritability | 124. Acting out |
| | 110. Insecurity | 125. Passive aggression |
| | 111. Social Withdrawal | |
| | 112. Loss of Appetite | |

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