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	l skills
a) Life abilla	h) Ich 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 anothe	r person		
a) Self-awareness	b) Empathy		
c) Critical thinking	d) Creative thinking		
8 helps us to recognise and assess the factor	rs 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 pro-	blems 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.

a) Problem solving	b) Coping with stress		
c) Critical thinking	d) Decision making		
15 means involving recognising emotions within us and others, being aware of how emotions influence behaviour and being able to respond to emotions appropriately.			
a) Coping with emotions	b) Coping with stress		
c) Critical thinking	d) Decision making		
16. The life skills approach encompasses and balances all the three components, namely, Attitudes and Skills.			
a) Knowledge	b) Empathy		
c) Sympathy	d) Apathy		
17. The life skills approach encompasses and Knowledge, and Skills.	balances all the three components, namely		
a) Attitudes	b) Empathy		
c) Sympathy	d) Apathy		
18. The life skills approach encompasses and Knowledge, Attitudes and	balances all the three components, namely		
a) Skills	b) Empathy		
c) Sympathy	d) Apathy		
19. The goal of the approach is to promote healthy, sociable behavior			
a) Life skills	b) Job skills		
c) Personal skills	d) Functioning skills		
20. The act of choosing between two or more courses of action.			
a) Self-awareness	b) Empathy		
c) Critical thinking	d) Decision making		
21 is the process by which people exchange information, feelings, and meaning through verbal and non-verbal messages			
a) Interpersonal communication	b) Empathy		
c) Critical thinking	d) Decision making		
22 are ways in which we learn to deal with various stressors.			
a) Coping skills	b) Empathy		
c) Critical thinking	d) Decision making		
23. The ability to manage personal reactions to responsibilities and challenges in work and life.			
a) Coping skills	b) Self Management		
c) Critical thinking	d) Decision making		

24. Self management skills include beir	ng		
a) Analytical	b) Aggress	sive	
c) Stressed	d) Imbalar	nced	
25. Self management skills include bein	ng		
a) Calm	b) Aggress	sive	
c) Stressed	d) Imbalar	nced	
26. Self management skills include beir	ng		
a) Imaginative	b) Aggress	sive	
c) Stressed	d) Imbalar	nced	
27. Self management skills include beir	ng		
a) Calm	b) Aggressive		
c) Stressed	d) Imbalar	nced	
28, self-awareness, self-e self-management skills	valuation skills and the	ability to set goals are also part of	
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.			
a) Self-evaluation	b) Pity		
c) Despise	d) Resentr	nent	
31 is a social interaction through	ough messages.		
a) Communication	b) Opinion	c) Writing	
32. In a simple model of communication, information is sent in some form as spoken language from to a receiver.			
a) Sender	b) Message	c) Feedback	
33. Which of the following is an element	nt of communication		
a) Sender	b) Text	c) Tone	
34. Which of the following is an element of communication			
a) Message	b) Text	c) Tone	

35. Which of the following is an element of communication			
a) Channel	b) Text	c) Tone	
36. Which of the following is an eler	nent of communication		
a) Receiver	b) Text	c) Tone	
37. Which of the following is an eler	nent of communication		
a) Feedback	b) Text	c) Tone	
38. Which of the following are the co	omponents of a message?		
a) Content	b) Text	c) Tone	
39. Which of the following are the c	components of a message?		
a) Context	b) Text	c) Tone	
40. Which of the following are the co	omponents of a message?		
a) Treatment	b) Text	c) Tone	
41 is an example of ser	nsory channel		
a) sight	b) print	c) text	
42 is an example of sensory channel			
a) sound	b) print	c) text	
43 is an example of ser	nsory channel		
a) smell	b) print	c) text	
44 is an example of ser	nsory channel		
a) touch	b) print	c) text	
45 is an example of ser	nsory channel		
a) taste	b) print	c) text	
46. Which of the following is an example.	mple of an institutional ch	annel?	
a) Individual	b) Society c) 1	Face to face communication	
47. Which of the following is an example of an institutional channel?			
a) Individual	b) Society	c) Printed material	
48. Which of the following is an example of an institutional channel?			
a) Individual	b) Society	c) Electronic media	
49 feedback makes a judgment about the worth, goodness, or appropriateness of the other person's statement.			
a) Evaluative	b) Supportive	c) Interpretive	
50 feedback attempts to	o explain what the other pe	erson's statement means.	
a) Interpretive	b) Supportive	c) Probing	

5011		`	
51 feedback attempts to assist the other communicator.			
a) Evaluative	b) Supportive	c) Interpretive	
52 feedback attempts	to gain additional information	or clarify a point.	
a) Interpretive	b) Supportive	c) Probing	
53 feedback attempts to d	iscover what the other commu	nicator means.	
a) Interpretive	b) Supportive	c) Understanding	
54. The form of communication in v	which message is transmitted v	verbally	
a) Verbal Communication	b) Textual Communication	c) Mental Communication	
55. In communication, certai communicating message	n rules, conventions and princ	iples are followed while	
a) Formal	b) Informal	c) Non formal	
56. Communication for societal affi discussions	liations of members in an orga	nisation and face to face	
a) Formal	b) Informal	c) Non formal	
57 communication occurs in	formal and official style		
a) Formal	b) Informal	c) Non formal	
58. Hierarchy of authority needs to	be followed in commun	nication.	
a) Formal	b) Informal	c) Non formal	
59 communication happens among friends and family			
a) Formal	b) Informal	c) Non formal	
60 communication happen	ns among friends and family.		
a) Formal	b) Informal	c) Non formal	
61. Progress and actions taken by a person throughout a lifetime, especially related to that person's occupations.			
a) Career	b) Hobby	c) Interest	
62. A is often composed of the jobs held, titles earned and work accomplished over a long period of time, rather than just referring to one position.			
a) Career	b) Hobby	c) Interest	
63. A goal that you desire to achieve in a selected field or occupation with a well thought out plan to get you there.			
a) Career search	b) Career selection	c) Career planning	
64. A helps you focus and mal	ke decisions on what you want	t to do for a living	
a) Career plan	b) Career search	c) Career goal	
65 is simply goal planning with the intention of setting goals for jobs and career.			
a) Career search	b) Career selection	c) Career planning	

66 is getting information, and with that information, you make a goal, and then plan the steps needed to obtain that goal.			
a) Career search	b) Career selection	c) Career planning	
67 is estimating, predicting and goals.	calculating all the steps	necessary to achieving your	
a) Career search	b) Career selection	c) Career planning	
68refers to services and active any point throughout their lives, to may to manage their careers.			
a) Career search	b) Career selection	c) Career guidance	
69 provides one-on-one or grou making tasks related to choosing a major/o		-	
a) Career search	b) Career counseling	c) Career planning	
70. One of the major functions of Career opportunities.	centres is to provide inf	formation and guidance on	
a) Career search	b) Career selection	c) Career guidance	
71 is a fair or exposition for emp job seekers.	bloyers, recruiters and s	chools to meet with prospective	
a) Techno fair	b) Job fair	c) Information fair	
72 networking can be generally described as the process of interacting with, obtaining contact details of, and getting to know corporate recruiters.			
a) Techno fair	b) Job fair	c) Information fair	
73. A is a document used by individuals to present their background and skill sets for employment.			
a) Vital statistics	b) Résumé	c) Population register	
74. A typicalcontains a summary of relevant job experience and education.			
a) Vital statistics	b) Résumé	c) Population register	
75. The résumé is typically one of the first items, that is used to screen applicants, often followed by an interview, when seeking employment.			
a) Vital statistics	b) Résumé	c) Population register	
76. A, is a longer, more detailed synopsis which includes a summary of your educational and academic background, as well as teaching and research experience, publications, presentations, awards, honors, affiliations, and other details.			
a) Curriculum vitae	b) Vital statistics	c) Population register	
77. Which of the following provide information on career and job opportunities?			
a) Carnival	b) Career magazines	c) Shopping malls	

78. In, job opportunities information.	are searched through Web	osites that provide the relevant		
a) Carnival	b) Computerised job Searc	ch c) Shopping malls		
79. Which of the following is a Co	omputerised job Search websi	te?		
a) Google.com	b) Yahoo.com	c) Monster.com		
80. Which of the following is a Co	omputerised job Search websi	te?		
a) Google.com	b) Yahoo.com	c) Naukri.com		
81 is how we perceive others.	e our value to the world and	how valuable we think we are to		
a) Self Esteem	b) Self Criticism	c) Self Pity		
82. Which of the following are so	me outward signs of positive s	self-esteem		
a) Hatred	b) Pity	c) Confidence		
83. Which of the following are so	me outward signs of positive s	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 so	me outward signs of positive s	self-esteem		
a) Hatred	b) Pity c) An awar	eness of personal strengths		
86. Which of the following are some outward signs of positive self-esteem				
a) Hatred b) P	ity c) An ability to ma	ke mistakes and learn from them		
87. Which of the following are some outward signs of positive self-esteem				
a) Hatred b) P	c) An abilit	y to accept mistakes from others		
88. Which of the following are some outward signs of positive self-esteem				
a) Hatred b) P	rity c) An abilit	y to solve problems		
89. Which of the following are some outward signs of positive self-esteem				
a) Hatred b) P		bendent and cooperative attitude		
90. Which of the following are some outward signs of positive self-esteem				
a) Hatred b) Pity	c) Feeling comfortable with	th a wide range of emotions		
911. 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 s	sense of personal limitations		

94. Which of the following are sor	ne outward signs of positive se	elf-esteem
a) Hatred	b) Pity	c) Good self-care
95. Which of the following are sor	ne outward signs of positive so	elf-esteem
a) Hatred	b) Pity	c) The ability to say no
96. What ate the some simple, pos esteem called?	itive thinking techniques that	can be used to help improve self-
a) Assertions	b) Affirmations	c) Assignments
97 are encouraging messa our feelings and beliefs.	ages we can give ourselves eve	ery day until they become part of
a) Assertions	b) Affirmations	c) Assignments
98. The capacity for introspection from the environment and other		oneself as an individual separate
a) Self management	b) Self appraisal	c) Self awareness
99. As a form of intelligence, self attitudes, and opinions.	2-awareness can be an underst	anding of one's own knowledge,
a) Self management	b) Self appraisal	c) Self awareness
100. The ability to control one's er or avoid some punishment.	motions, behavior, and desires	in order to obtain some reward,
a) Self control	b) Self appraisal	c) Self awareness
101. A measurement of a person's and demands, and to control l	ability to monitor his or her on the base of the base	1 1
a) Emotional quotient	b) Intelligence quotient	c) Awareness quotient
102. The ability to assess and affect	ct 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 effective	ely negotiate complex social r	elationships and environments.
a) Emotional quotient	b) Intelligence quotient	c) Social Intelligence
105 is an aggregated mea attitudes, and a capacity and a	asure of self- and social-aware appetite to manage complex so	
a) Emotional quotient	b) Intelligence quotient	c) Social Intelligence
		one's own identity, employing social environment; considering
a) Emotional quotient	b) Intelligence quotient	c) Social Intelligence

107. Which of the following is a s	ymptom of stress?			
a) Nervousness	b) Joy	c) Relaxed attitude		
108. Which of the following is a s	ymptom of stress?			
a) Panic attack	b) Joy	c) Relaxed attitude		
109. Which of the following is a s	ymptom of stress?			
a) Irritability	b) Joy	c) Relaxed attitude		
110. Which of the following is a s	ymptom of stress?			
a) Insecurity	b) Joy	c) Relaxed attitude		
111. Which of the following is a s	ymptom of stress?			
a) Social Withdrawal	b) Joy	c) Relaxed attitude		
112. Which of the following is a s	ymptom 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 s	ymptom of stress?			
a) Depression	b) Joy	c) Relaxed attitude		
115. Which of the following is a s	ymptom 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 t	o good things that are either o	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

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	40. Treatment	69. Career counseling
skills	41. sight	70. Career guidance
12. Effective communication	42. sound	71. Job fair
13. Problem solving	43. smell	72. Job fair
14. Coping with stress	44. touch	73. Résumé
15. Coping with emotions	45. taste	74. Résumé
16. Knowledge	46. Face to face	75. Résumé
17. Attitude	communication	76. Curriculum vitae
18. Skill	47. Printed material	77. Career magazines
19. Life skill	48. Electronic media	78. Computerised job Search
20. Decision making	49. Evaluative	79. Monster.com
21. Interpersonal	50. Interpretive	80. Naukri.com
communication	51. Supportive	81. Self Esteem
22. Coping skills	52. Probing	82. Confidence
23. Self Management	53. Understanding	83. Self-direction
24. Analytical	54. Verbal Communication	84. Non-blaming behavior
25. Calm	55. Formal	85. An awareness of personal
26. Imaginative	56. Informal	strengths
27. Resourceful	57. Formal	86. An ability to make mistakes
28. Self esteem	58. Formal	and learn from them
29. Self awareness		

LIFE SKILL EDUCATION

87. An ability to accept mistakes from others	98. Self awareness	113. Exhaustion
	99. Self awareness	114. Depression
88. An ability to solve problems	100. Self control	115. Insomnia
89. An independent and	101. Emotional quotient	116. Affiliation
cooperative attitude	102. Emotional quotient	117. Sublimation
90. Feeling comfortable with a wide range of emotions	103. Intelligence quotient	118. Positive reappraisal
	104. Social Intelligence	119. Displacement
91. Optimism	105. Social intelligence	120. Repression
92. An ability to trust others	106. Social Intelligence	121. Positive thinking
93. A good sense of personal	107. Nervousness	122. Assertion
limitations	108. Panic attack	123. Reaction formation
94. Good self-care	109. Irritability	124. Acting out
95. The ability to say no	110. Insecurity	125. Passive aggression
96. Affirmations	·	123. 1 435170 45510351011
97. Affirmations	111. Social Withdrawal	
	112. Loss of Appetite	

©

Reserved