

PARUL UNIVERSITY
FACULTY OF ARTS
B.A, Summer 2018 – 19 Examination

Semester: 2
Subject Code: 15193152
Subject Name: Learning Life Skills

Date: 20/04/2019
Time: 02:00 pm to 04:30 pm
Total Marks: 60

Instructions:

1. All questions are compulsory.
2. Figures to the right indicate full marks.
3. Make suitable assumptions wherever necessary.
4. Start new question on new page.

Q.1 Do as directed.

A) Answer the following questions: (Any 16 out of 18)

(08)

1. _____ is the power to produce a positive attitude.

a. self efficacy	b. self esteem
c. self respect	d. value system
2. There is a positive relation between self esteem and attitude

a. True	b. false
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3. There is a _____ relation between self esteem and health

a. negative	b. positive
c. neither	d. both
4. _____ is an authoritarian style.

a. win-win	b. win-lose
c. lose-lose	d. lose-win
5. _____ is associated with facial expressions, posture, gestures.

a. Assertiveness	b. Culture
c. Emotions	d. Emotional development
6. Fear and anxiety are one and the same.

a. True	b. False
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7. _____ is an unpleasant feeling.

a. anxiety	b. fear
c. anger	d. stress
8. _____ is the way of communicating to fellow human beings in such a way that we understand how they are feeling.

a. Empathy	b. sympathy
c. antipathy	d. None of these
9. In a staff people become _____ when it comes to evaluation of their work.

a. Objective	b. Subjective
c. Defensive	d. Attractive
10. These are the friends related to some practical purpose.

a. Communal	b. Agentic
c. Primary	d. Frenemy
11. Using diary, calendar for planning activities on the planner is a way to manage _____.

A .time	b. stress
c. fear	d. anger
12. Which of the following is one of the techniques to manage anger as suggested by Psychologists?

a. Listening to Music	b. Psychological advancement
c. Professional help	d. Environment
13. Letter 'R' in the strategy of LADDER stands for _____.

a. Reinvent	b. Reinforce
c. Restructure	d. Reset
14. Which of the following is not the basic competency of Emotional Intelligence?

a. self awareness	b. self regulation
c. motivation	d. apathy
15. _____ is being firm in expressing one's views and emotions

a. explicitness	b. positivity
c. assertiveness	d. None of these
16. Learning and _____ are equally essential for optimum performance.

a. nature	b. motivation
c. confidence	d. None of these

17. Creativity cannot be stated as universal
 a. True b. False
18. When both the parties are stubborn, ego invested and determined the result is _____
 a. lose-lose b. lose-win
 c. win-win d. win-lose

B) Answer the following questions. (Any 8 out of 10) (08)

1. Define achievement motivation.
2. Define abundance mentality
3. What is the difference between fear and anxiety?
4. Define needs.
5. What blocks creativity?
6. Define emotional competence.
7. Define team-building.
8. Define interpersonal skills.
9. Define time management.
10. List the various types of friends.

Q.2 A) Answer the following questions: (08)

1. Define time management. What are the strategies to manage time effectively?
2. Draw and discuss the positive self-esteem cycle.

B) Answer the following questions. (Any 2 out of 3) (08)

1. Do you find any incidence of friendship that attracted you from the life story of Dr. APJ Abdul Kalam?
2. Discuss the communal harmony in the village where Dr. Kalam lived as a child. Give an example.
3. Which life skills does one learn from the book 'Wings of Fire'?

Q.3 A) Answer the following questions. (09)

1. Discuss the benefits of friendship in detail.
2. State the qualities of an effective leader.
3. What are the advantages of positive self-worth?

B) Answer the following questions. (Any 3 out of 4) (09)

1. Define needs. Discuss the sociopsychological needs.
2. What are the steps to positive thinking?
3. Define assertiveness. Discuss the nature of assertiveness.
4. Discuss the nature and characteristics of creativity.

Q.4 A) Write Short Note: (05)

Discuss the meaning and nature of interpersonal skills in detail.

OR

A) Write Short Note: (05)

Draw and explain Maslow's need hierarchy theory.

B) Read the passage and answer the questions that follow: (05)

Sometimes individuals who suffer badly due to extreme anger have to take help of a therapist. Therapies like rational emotive behaviour therapy works well in such situations. One has to focus on attribution error. The re-evaluation of assumptions and understanding all aspects of a given situation helps. Regular training in relaxation and cognitive restructuring also are recommended. The most obvious thing is to be objective and evaluate one's behaviour. In 2010, Fernandez gave a new therapy called the cognitive behavioural affective therapy (CBAT) to deal effectively with feelings of anger in three phases of treatment prevention, intervention, and postvention dealing with the onset of anger, its progression, and the residual features. There are some techniques to manage physiological effects also. Heart coherence training teaches participants specific mindfulness and biofeedback techniques to shift their heart rhythm which stabilizes the autonomic nervous system. Coherence techniques also reverse the negative effects of anger on the immune system. Hence, it is very effective.

1. According to the passage, what is the use of CBAT?
2. What else apart from therapy is recommended to mellow down your anger?
3. Under what circumstances does an individual need therapy?
4. Why are Coherence techniques useful and effective?
5. According to your understanding, what does the passage talk about?