

**PARUL UNIVERSITY**  
**FACULTY OF ARTS**  
**B. Arts Winter 2018 – 19 Examination**

Semester: 2

Date: 21/12/2018

Subject Code: 15193152

Time: 10.30 am to 1.00 pm

Subject Name: Learning Life Skills

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) Objective type questions. MCQS. (½ mark Each) (Any 16 out of 18)****(08)**

1. \_\_\_\_\_ focuses on the adaptive nature of emotional experience.
 

|                |                          |
|----------------|--------------------------|
| (a) creativity | (c) self esteem          |
| (b) management | (d) emotional competence |
2. Factors such as psychological safety, sense of inherent worth and absence of judgment comes under?
 

|  |                           |
|--|---------------------------|
| (a) Analytical thinking                            | (c) non verbal creativity |
| (b) Conducive Environment for Enhancing creativity | (d) verbal creativity     |
3. Exposure therapy and systematic desensitization helps in overcoming
 

|             |                   |
|-------------|-------------------|
| (a) fear    | (c) both          |
| (b) anxiety | (d) none of these |
4. This is the most important thing in life, it waits for none and if managed poorly, the person is always busy.
 

|                |             |
|----------------|-------------|
| (a) stress     | (c) time    |
| (b) management | (d) anxiety |
5. This word has been coined to indicate a mixture of friendship and enmity.
 

|                    |                 |
|--------------------|-----------------|
| (a) buddy          | (c) best friend |
| (b) agentic friend | (d) frenemy     |
6. \_\_\_\_\_ creativity is used for self-expression, a sense of satisfaction and achievement.
 

|               |               |
|---------------|---------------|
| (a) Universal | (c) Divergent |
| (b) Pure      | (d) Applied   |
7. In this situation one party wins and the other one loses.
 

|               |              |
|---------------|--------------|
| (a) lose/lose | (c) lose/win |
| (b) no deal   | (d) win/lose |
8. This type of friend is not the emotional partner but is always there to help in need, be it sharing clothes, books, room, etc.
 

|             |                    |
|-------------|--------------------|
| (a) buddy   | (c) agentic friend |
| (b) frenemy | (d) family friend  |
9. The ability to understand and share the feelings of another is called
 

|              |                    |
|--------------|--------------------|
| (a) sympathy | (c) empathy        |
| (b) apathy   | (d) both (a) & (c) |
10. It is the deliberate applications of counseling principles to oneself by oneself.
 

|                     |                     |
|---------------------|---------------------|
| (a) self-management | (c) self-confidence |
| (b) self-expression | (d) self-esteem     |
11. \_\_\_\_\_ are internally oriented motivation.
 

|               |                   |
|---------------|-------------------|
| (a) extrinsic | (c) both          |
| (b) intrinsic | (d) none of these |
12. Any relationship which is an association between two or more individuals is called
 

|                                |                           |
|--------------------------------|---------------------------|
| (a) intrapersonal relationship | (c) personal relationship |
| (b) interpersonal relationship | (d) none of these         |
13. This is about being firm and expressing one's views and emotions without hurting anyone.
 

|                    |                    |
|--------------------|--------------------|
| (a) creative       | (c) assertiveness  |
| (b) self assessing | (d) none of these. |

14. \_\_\_\_\_ motivation is the desire to accomplish, to do a good job, or to do the best.

- (a) Sociopsychological (c) Achievement  
(b) Need (d) Drive

15. There are some people who want that everyone should get the benefits and the awards. This is an example of ?

- (a) lose/win (c) lose/lose  
(b) win/win (d) win/lose

16. Identifying the target behavior is the first step toward

- (a) Creativity (c) contingency management  
(b) self-management (d) self-esteem

17. Which are the strategies to become assertive

- (a) managing extreme emotions (c) avoid experiments detrimental to assertiveness  
(b) observing one's own expressions (d) all of them

18. Self confidence is positively related to?

- (a) Creativity (c) Self management  
(b) Motivation (d) Self-esteem

**B) Objective type questions. (1 Mark Each) (Any 8 out of 10)**

**(08)**

1. Define self-esteem.

2. Define emotions.

3. What do you understand by self management?

4. Define assertiveness.

5. What does positive self esteem improve?

6. Why are goals important in our life?

7. What is self realization?

8. What do you understand by the term motivation?

9. Define extrinsic motivation.

10. Define intrinsic motivation.

**Q.2 A) Case Study. (4 Mark Each)**

**(08)**

1. What did you learn from your text Life skills for success by Alka Wadkar.

2. Do you think it will help you lead to the success?

**B) Answer the following questions. (4 Mark Each) (Any 2 out of 3)**

**(08)**

(Based on Autobiography relating with the concepts of Life Skills)

1. Write your review on wings of fire by Abdul Kalam.

2. How was 'Wings of Fire' helpful to you ?

3. What does 'Unbreakable' teach you?

**Q.3 A) Application -oriented questions. (3 Mark Each)**

**(09)**

1. Discuss achievement motivation and mention three factors important in strength of achievement motivation.

2. Talk about 'Win/win' situation with examples.

3. Discuss the various strategies for managing anger.

**B) Application -oriented questions. (3 Mark Each) (Any 3 out of 4)**

**(09)**

1. What can one achieve by achieving assertiveness?

2. Write some steps for enhancing the leadership qualities.

3. Talk about 'Win/Win' situation with examples.

4. What are the benefits of friendship?

**Q.4 A) Write Shot Note:**

**(05)**

Mention the different types of friendship that we come across.

**OR**

**A) Write Shot Note:**

**(05)**

Discuss the two steps for Overcoming Fear in detail.

**(05)**

**B) Reading Comprehension: (1 mark Each)**

Achievement motivation is a hypothetical construct designed to explain inter- and intraindividual differences in the orientation, intensity, and consistency of achievement behaviour. In adulthood also achievement motivation plays a crucial role in various aspects of human life. Achievement motivation is of special importance to educational psychologist because it is related to academic achievement and the correlation is positive and significant. Given any level of intelligence, if the achievement motivation is high, academic motivation is comparatively high. Even if a child got high intellectual potentials, he or she will not be able to get good grades if achievement motivation is low.

Achievement motivation is desire to accomplish, to do good job, or to do the best. It is drive to excel, succeed. And outperform others. It is a learned motive. Murray introduced this term in 1938 as a tendency to do something difficult as well and as quickly as possible.

1. What is achievement motivation?
2. Who coined this term?
3. Why is it important to educational psychologist?
4. When is the academic achievement high?
5. Is achievement motivation a learned motive?