

**MCQ of Unit 2 of LIFE SKILLS EDUCATION (BED232) Sem IV**

S.No.	Ques	A	B	C	D	ANS
1	Which model is used for decision making?	SWOT model	MBTI model	POWER model	Johari window model	C
2	Which method is not used to enhance life skills?	Case study	Debate	stress	Roleplay	C
3	The values of life skills are:	Aware of their rights and responsibilities	Concerned about the welfare of others	Capable of having an influence on the world	All the above	D
4	These are defined as psychosocial abilities for adaptive and positive behavior:	Recreational skills	Soft skills	Life skills	Vocational skills	C
5	It is defined the feeling or pity and sorrow for some one else misfortune:	Empathy	Sympathy	Values	Courtesy	B
6	This relationships are between two are more people.	Inter personal	Intra -personal	Intimate	cordial	A
7	It involves recognizing emotions with us and others, being aware of how emotion influence behavior.	Coping with stress	Coping with emotion	Empathy	Communication	B
8	It is our body reaction to people and events and to our own thoughts.	Emotion	Stress	Relationship	Awareness	B
9	It describe in detail what happened to a community, family or individual	Role play	Act	A case study	Play	C
10	These are the activities structured to feel like the real experiencience.	simulations	communication	Drama	games	A
11	Which method is used to enhance life skills?	stress	audio -visual activities	self unawareness	MBIT	B
12	Critical thinking requires basic qualities as:	Open-mindedness	Flexibility	Persistence	All the above	D
13	It is an informal dramatization in which people act out a suggested situation.	Debate	Role play	Caase study	grouping	B

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14	It is to think about and try to come up with ideas or solutions to a problem, either on your own or in a group.	creativity	analysis	brainstorming	synthesis	C
15	The life skills approach encompasses and balances all the three components, namely Knowledge, _____ and Skills.	Attitudes	Empathy	Sympathy	Apathy	A
16	A novel way of seeing or doing things that generates new ideas, has a shifting perspective conceives something new and builds on other ideas.	Critical thinking	Creative thinking	Self-awareness	sympathy	B
17	The ability to imagine what life is like for another person is called	Self-awareness	Empathy	Critical thinking	Creative thinking	B
18	What's the source of self knowledge?	Self perception	Social comparison	Feedback from others	All the above	D
19	It can be regarded as an outcome of cognitive processes.	Problem solving	Decision making	Empathy	Critical thinking	B
20	It is the ability to see yourself clearly and objectively through reflection and introspection.	Critical thinking	Creative thinking	Problem solving	Self-awareness	D
21	In SWOT analysis, T stands for what?	Treatment	Tiredness	Threat	Thinking	C
22	In OCEAN model, E stands for what?	Effectiveness	Extroversion	Empathetic	Elasticity	B
23	It is the translation of the German term Einfühlung, meaning, 'to feel as one with'	Sympathy	Sympathetic	Empathy	Empathetic	C
24	According to Daniel Goleman, "It is a master aptitude, a capacity that profoundly affects all other abilities, either facilitating or interfering	Critical thinking	Creative thinking	Interpersonal Skills	Emotional intelligence	D
25	These skills help us to relate in positive ways with people we interact.	Critical thinking	Creative thinking	Interpersonal Skills	Empathy	C
26	Any aspect that you do not know about yourself, but others within the group have become aware of, is in your which area among four quadrants of Leheri window model?	known area	unknown area	hidden area	blind area	D

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27	It is an ability to analyze information and experiences in an objective manner.	Creative	Critical Thinking	Problem solving	Decision making	B
28	Productive thinking occurs when you effectively combine creative and critical thinking with:	Knowledge of Ideas	Interpersonal skill	Products	Inputs	A
29	For decision making skill which one is helpful?	Active listening	Writing	Reading	verbalism	A
30	Verbal skills, Social skills and body language are important aspects of which skill?	Critical thinking	Creative thinking	Interpersonal Skills	Effective communication	D

S.No.	Descriptive Question
1	What is the need of Life Skills Education?
2	What is the difference between Livelihood skills and life skills?
3	How brainstorming process enhance Life skills?
4	What is the importance of Interpersonal relationship for a teacher?
5	How can problem solving integrated within teaching learning process?