

Course Name: Developing Soft Skills and Personality

Course Instructor: Dr. T. Ravichandran

Institute Affiliation: Indian Institute of Technology Kanpur

Assignment-1

1. One's actual learning reflects through_____.

- degrees and certificates

• **behavioural modifications**

- Both of these

- None of these

2. The present course aims at changes and development of personality at_____.

- physical level

- mental and emotional level

- spiritual level

• **All of these**

3. To inculcate the behavioural change in a person, learning has to be_____.

- theoretical

• **experiential**

- conjectural

- None of these

4. Identify the speaker: "Begin with the end in mind."

- Steve Jobs

• **Stephen. R. Covey**

- Stephen Hawking

- None of these

5. Which, according to Steve Jobs, is life's change agent?

- Failure
- Success

• **Death**

- Love

6. Which of the following is/are effective in actualizing one's life-goals?

- Visualizing the goal
- Breaking it into small and achievable parts

• **Both of these**

- None of these

7. Identify the quality/qualities of truly satisfying work.

- It adds value to one's life
- It enhances one's personality

• **Both of these**

- None of these

8. Human perceptions are generally_____.

• **different, often contradictory**

- similar without exception
- Both of these
- None of these

9. Stephen Covey's experience of paradigm shift teaches us_____.

• **to consider others' perspective**

- to look at things from one's own viewpoint only

- Both of these
- None of these

10. Emotionally balanced people_____.

- feel intimidated by powerful people
- are unable to control negative emotions
- are afraid of sharing their feelings

• **None of these**

11. Perceptiveness entails being attentive to: _____.

- spoken words only

• **unspoken acts of communication**

- Both of these
- None of these

12. Self-awareness entails knowing one's_____.

- driving forces
- fears
- addictions

• **All of these**

13. Which of the following is a characteristic of high spiritual intelligence?

- Creativity
- Compassion
- Courage

• **All of these**

14. Which of the following comes at the top of Maslow's Hierarchy of Motivations?

- Physiological needs

- Love and belonging needs
- Esteem needs

- **Self-actualization**

15. People who have achieved self-actualization_____.

- have efficient perceptions of reality
- are able to accept themselves and others
- are self-reliant and independent

- **All of these**

16. Which of the following is effective in strengthening one's inner core?

- Courage
- Confidence
- Growth mindset

- **All of these**

17. Who is the author of the book *SQ: Connecting with Our Spiritual Intelligence*?

- David McClelland

- **Danah Zohar**

- Abraham Maslow
- None of these

18. What is/are the trait(s) of high spiritual intelligence?

- Humility
- Field-independence
- Positive use of adversity

- **All of these**

19. According to Danah Zohar, we must live our life as:

- **A vocation**

- A challenge
- A game
- None of these

20. Holism is a trait of high_____.

- Intelligent Quotient
- Physical Quotient

- **Spiritual Quotient**

- None of these

T/F

Spiritually intelligent people are humble and compassionate. **True**

Knowledge is the most important factor in ensuring a happy and peaceful life. **False**

Knowing how to repair a mobile phone is considered as a soft skill. **False**

To manage one's time effectively, one should commit oneself to high-value tasks. **True**

Fixed mindset people indulge in complaining and blaming others for their failures. **True**