

**Course Name: Developing Soft Skills and Personality**

**Course Instructor: Dr. T. Ravichandran**

**Institute Affiliation: Indian Institute of Technology Kanpur**

**Assignment-3**

1. To form or maintain a bad habit, it often takes\_\_\_\_\_.

- great effort
- will power
- motivation

• **None of these**

2. In case of good habits, people tend to\_\_\_\_\_.

- feel embarrassed and hide them

• **feel proud and showcase them**

- Both of these

- None of these

3. Bad habits, in the long run show their indications on\_\_\_\_\_.

- one's health
- body language

• **Both of these**

- None of these

4. The story of the nail of the wall imparts the moral that\_\_\_\_\_.

- good deeds can totally erase bad deeds

• **bad deeds leave a permanent mark**

- Both of these
  - None of these
5. Which of the following is an example of good habit?
- Procrastination
  - Addiction

• **Time management.**

- Stealing
6. Bad habits should be\_\_\_\_\_.
- encouraged

• **nipped in the bud**

- dismissed
  - All of these
7. In *The Guide*, the protagonist takes the decision of changing from \_\_\_\_\_ to \_\_\_\_\_.
- a guide, a dancer
  - a guide, a priest

• **a sinner, a saint**

- None of these
8. The point of transformation in Raju indicates that circumstance \_\_\_\_\_.
- makes a man

• **reveals a man**

- Both of these
- None of these

9. Identify the speaker: "The beast is within us."

• **William Golding**

- R. K. Narayan
- Samuel Beckett
- None of these

10. According to Aristotle, excellence is not an act, but a\_\_\_\_\_.

- thought

• **habit**

- dream
- None of these

11. Which of the following is a habit?

- Skin colour.
- Hair growth.
- Malaria.

• **Laziness**

12. The tendency to experience intrusive thoughts about a task once initiated and left uncompleted is called\_\_\_\_\_.

• **The Zeigarnik Effect**

- The Hawthorne Effect
- The Butterfly Effect
- Placebo Effect

13. Identify the effective way(s) to deal with emotional break-ups?

- Giving it a symbolic completion.

- Setting different goals.
- Remembering the bad things.

• **All of these**

14. Which of the following is/are true of good habits?

- Do not give instant gratification.
- Difficult to form.
- Give long term benefits.

• **All of these**

15. Identify the speaker: “Remember that sometimes not getting what you want is a wonderful stroke of luck.”

- Sigmund Freud

• **Dalai Lama**

- Aristotle
- None of these

16. In which play by Shakespeare the following lines occur:

“This above all, to thine ownself be true,  
And it must follow, as the night the day,  
Thou canst not then be false to any man.”

- *Macbeth*
- ***Hamlet***
- *Othello*
- *King Lear*

17. Internalisation of the Zeigarnik Effect and rewiring the brain accordingly, bring about\_\_\_\_\_.

- essential motivation
- resolution of tension
- feel-good factor

• **All of these**

18. A person willing to change a bad habit should\_\_\_\_\_.

- start with a tiny bit
- reduce the frequency
- replace it with a good one

• **All of these**

19. Identify the trait(s) of highly successful people?

- Extremely hardworking.
- Doing the extra work with a smile.
- Never looking at the watch and working.

• **All of these**

20. Identify the hindrance(s) of keeping the brain light and free.

- Leaving a task unfinished.
- Playing video games.
- Watching tele-serials.

• **All of these**

T/F

Our habits often become part of our personality or character. **True**

An unfinished task fades away from the mind with one's focus on new goals. **False**

Ear-worms are a particular type of worms that live inside the human ear. **False**

The Zeigarnik Effect is always productive and hence desirable. **False**

The human brain has the ability to differentiate a good habit from a bad habit. **False**

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