

Course Name: Developing Soft Skills and Personality

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Assignment 1 for Week 1 (18 July 2016 – 24 July 2016)

1. **Which of the following is an ideal mode of learning?**
 - a. Reproduction of memorized ideas
 - b. Acquiring degrees and certificates
 - c. Increase in knowledge base
 - d. **None of the above**

2. **Choose the correct sequence to fill in the blanks:** Learning is a _____ interaction with the environment that results in a _____ change in _____.
 - a. Behavioral/permanent/human
 - b. **Human/permanent/behavior**
 - c. Permanent/behavior/human
 - d. None of the above

3. **Which of the following channels Vasudeva in Herman Hesse's *Siddhartha* used to acquire and impart learning?**
 - a. Mountain
 - b. **River**
 - c. Book
 - d. None of the above

4. **Learning needs to be _____?**
 - a. **Experiential**
 - b. Theoretical
 - c. Practical
 - d. Applicable

5. **80% of your happiness depends upon?**
 - a. Leisure Time
 - b. Work Time
 - c. **People you interact with**

d. None of the above

6. Soft-Skills are also known as:

- a. Easy Skills
- b. People's Skills**
- c. Technical Skills
- d. Presentation Skills

7. Which influential speaker/author has talked about the effective habit of beginning with an end in mind?

- a. Steven Covey**
- b. Dalai Lama
- c. Robin Sharma
- d. Brian Tracy

8. According to Steve Jobs, keeping what in your mind helped him to take some of the most important decisions in life?

- a. His long-term goal
- b. His imminent death**
- c. His romantic aspirations
- d. All of the above

9. Perception is:

- a. The way we see things
- b. The way we touch/hear/smell
- c. The inferences we make based on primary sensing**
- d. Both (a) and (b)

10. Which of the following statements are TRUE?

- (i) Optimist: Sees the negative part of life
- (ii) Pessimist: Sees the positive part of life
- (iii) Optimist: Sees the glass as half full
- (iv) Pessimist: Sees the glass as half empty

- a. (i) and (ii)
- b. (ii) and (iii)
- c. (i) and (iv)
- d. (iii) and (iv)**

11. Which of the following statements is/are true:

- a. Two people can view a single situation in two different manners
- b. One person can be perceived differently by different people
- c. Both (a) and (b)**
- d. Neither (a) nor (b)

12. Which of the following is not a characteristic of a successful person:

- a. Empathizing with others
- b. Performing low-value tasks**
- c. Balancing work and pleasure
- d. Setting time-bound goals

13. Self-Management skills consist of:

- a. Awareness
- b. Confidence
- c. Mind-Set
- d. All of the above**

14. Which of the following statements is False:

- a. Successful people manage stress well
- b. Successful people have high degree of tolerance
- c. Successful people never fail**
- d. Successful people have high level of motivation

15. The Japanese term *kaikaku* means:

- a. Radical Change**
- b. Incurable Hope
- c. Continuous Improvement
- d. Prolonged Defeat

16. At the lowest level of Abraham Maslow's pyramid of needs are:

- a. Physiological Needs**
- b. Safety Needs
- c. Emotional Needs
- d. Psychological Needs

17. Self-Actualization is:

- a. Expression of one's creativity
- b. Efficient perceptions of reality
- c. Comfortable acceptance of self and others
- d. All of the above**

18. Who propounded the Three-Need Theory?

- a. Abraham Maslow
- b. David McClelland**
- c. Sigmund Freud
- d. Carl Jung

19. Which is not part of the Three-Needs?

- a. Love
- b. Money**
- c. Supremacy
- d. Winning

20. Which of the following does not comprise N-Ach Trait?

- a. Calculated Risks
- b. Challenging goals
- c. Personal Satisfaction
- d. Material Reward**

21. Mark as True or False:

- 1. Law of Abundance implies that the universe is generous, but one has to fight/compete for one's share. False**
- 2. Love, according to Maslow is the highest form of need. False**
- 3. Self-actualized individuals constantly seek company of other individuals. False**
- 4. Intelligence Quotient can determine achievement and sustainment of all your goals. False**
- 5. Having one's own convictions is essential for spiritual growth and development. True**

