

Course Name: Developing Soft Skills and Personality

Course Instructor: Dr. T. Ravichandran

Institute Affiliation: Indian Institute of Technology Kanpur

Assignment 3 for Week 2 (1 August 2016 to 7 August 2016)

I MCQs

1. Habit is:
 - a. Something you have complete control over
 - b. Something you do unconsciously**
 - c. Something that is deliberate and premeditated
 - d. None of the above
2. Habits are:
 - a. Behavioural responses
 - b. Behavioural patterns
 - c. Both (a) and (b)**
 - d. Neither (a) nor (b)
3. It is easy to form:
 - a. Good Habits
 - b. Bad Habits**
 - c. Both (a) and (b)
 - d. Neither (a) nor (b)
4. Great motivation and effort is required to form:
 - a. Good Habits**
 - b. Bad Habits
 - c. Both (a) and (b)
 - d. Neither (a) nor (b)
5. Which of the following is not a bad habit:
 - a. Eating junk food
 - b. Smoking cigarette
 - c. Biting your nails
 - d. None of the above**
6. You want to:
 - (i) Flaunt your bad habits
 - (ii) Hide your bad habits
 - (iii) Flaunt your good habits
 - (iv) Hide your good habits
 - a. (i) and (ii)
 - b. (ii) and (iii)**
 - c. (iii) and (iv)
 - d. (i) and (iv)
7. Bad habits may leave you:

- a. Feeling invigorated
 - b. Feeling embarrassed**
 - c. Feeling strong and healthy
 - d. Feeling refreshed
8. Good Habits are like:
- a. Purifying gold
 - b. Chiseling a diamond
 - c. Polishing Silver
 - d. All of the above**
9. Bad Habits should be:
- a. Never formed**
 - b. Formed for a short period as long as one breaks them
 - c. Formed for an extended period and then broken gradually
 - d. All of the above
10. Bad habits are usually formed:
- a. In childhood
 - b. During adolescence
 - c. In adulthood
 - d. Anytime in one's life**
11. Habits, both good and bad, are formed by:
- a. Our environment
 - b. The peer group influences
 - c. Individual belief system
 - d. All of the above**
12. Which of the following is not a habit:
- a. Hard Work
 - b. Excellence
 - c. Mediocrity
 - d. None of the above**
13. A habit-cycle is primarily born in:
- a. The mind**
 - b. The body
 - c. The action
 - d. The response
14. Which chemical in our brain is responsible for our feeling pleasure:
- a. Glutamate
 - b. Dopamine**
 - c. Glycine
 - d. Anandamide
15. A self-aware mind always seeks:
- a. Happiness
 - b. Sorrow
 - c. Balance of emotions**

- d. Extreme emotions
16. The Zeigarnik Effect is:
- a. A compulsive need to eat
 - b. A compulsive need to seek pleasure
 - c. A compulsive need to complete a task**
 - d. A compulsive need to achieve targets
17. Breaking bad habits entails:
- a. Restructuring the habit cycle
 - b. Rewiring the brain
 - c. Both (a) and (b)**
 - d. Neither (a) nor (b)
18. Which of the following is a possible cause of addiction/bad habit:
- a. Boredom
 - b. Frustration
 - c. Depression
 - d. All of the above**
19. Which chemical is activated in a flight or fight situation:
- a. Dopamine
 - b. Adrenaline**
 - c. Saliva
 - d. Tears
20. What is the one principle to adhere to in formation of good habits:
- a. Keep your brain heavy with uncompleted tasks
 - b. Keep your brain light and free**
 - c. Keep your brain remember things of the past
 - d. None of the above

II True or False:

- 1. As long as your bad habits are not known to others, they are not harmful. **False**
 - 2. Bad habits can never be broken. **False**
 - 3. Good and Bad habits are only a matter of perception, without real benefits or harm. **False**
 - 4. Your posture too is a matter of habit. **True**
 - 5. First step towards changing a habit is self-awareness. **True**
-

