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reviewer3@nptel.iitm.ac.in ▼

Courses » Developing Soft Skills and Personality

Announcements **Course** Ask a Question Progress Mentor

## Unit 3 - Week- 2

### Course outline

How to Access the Portal ?

Week-1

Week- 2

Lecture 7:  
CONFLICT RESOLUTION SKILLS: SEEKING WIN-WIN SOLUTION

Lecture 8:  
INTER-PERSONAL CONFLICTS: TWO EXAMPLES

Lecture 9:  
INTER-PERSONAL CONFLICTS: TWO SOLUTIONS

Lecture 10:  
TYPES OF CONFLICTS: BECOMING A CONFLICT RESOLUTION EXPERT

Lecture 11:  
TYPES OF STRESS: SELF-AWARENESS ABOUT

### Assignment 2

The due date for submitting this assignment has passed.

As per our records you have not submitted this assignment. **Due on 2018-09-12, 23:59 IST.**

1) Identify the effective way(s) of regulating stress: **1 point**

- Healthy habits
- Meditation
- Mindfulness
- All of these

No, the answer is incorrect.

Score: 0

Accepted Answers:

All of these

2) What type of people are perceived as ambitious but relaxed? **1 point**

- Type A
- Type B
- Type AB
- Type C

No, the answer is incorrect.

Score: 0

Accepted Answers:

Type AB

3) Which of the following expression is a communication blocker? **1 point**

- You never understand me
- I'm listening, go on
- Nodding

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Quiz :  
Assignment 2

WEEK 2 -  
FEEDBACK -  
Developing Soft  
Skills and  
Personality

Answer Key for  
Assignment 2

Week- 3

Week- 4

Week- 5

Week - 6

Week- 7

Week- 8

DOWNLOAD  
VIDEOS

- Giving them team task
- Brainstorming
- Punishing both of them
- None of these

**No, the answer is incorrect.**

**Score: 0**

**Accepted Answers:**

*Giving them team task*

5) To resolve conflicts skilfully, one should focus on

**1 point**

- The other person
- The problem itself
- Oneself
- The environment

**No, the answer is incorrect.**

**Score: 0**

**Accepted Answers:**

*The problem itself*

6) Identify the trait(s) of the accommodating type of people:

**1 point**

- Unassertive
- Cooperative
- Putting relationships before all
- All of these

**No, the answer is incorrect.**

**Score: 0**

**Accepted Answers:**

*All of these*

7) The finest conflict resolution skills are needed to deal with:

**1 point**

- Interpersonal conflicts
- Intrapersonal conflicts
- Intragroup conflicts
- Intergroup conflicts

**No, the answer is incorrect.**

**Score: 0**

**Accepted Answers:**

*Intrapersonal conflicts*

8) Identify the trait(s) of Eustress?

**1 point**

- Increased level of adrenaline
- Finding creative solutions
- Positivity
- All of these

**No, the answer is incorrect.**

**Score: 0**

**Accepted Answers:**

*All of these*

9) Identify the trait(s) of conflict:

**1 point**

- It is an opportunity to understand opposing preferences
- It is an inescapable part of life
- It is recurrent in any relationship
- All of these

**No, the answer is incorrect.**

**Score: 0**

**Accepted Answers:**

*All of these*

10) During conflicts, a person with a destructive mentality:

**1 point**

- Finds disagreements about personality and character
- Attacks individuals
- Both of these
- None of these

**No, the answer is incorrect.**

**Score: 0**

**Accepted Answers:**

*Both of these*

11) Active listening involves:

**1 point**

- Listening without interrupting
- Putting one's ideas in other's mouth
- Being preoccupied with one's own thoughts
- None of these

**No, the answer is incorrect.**

**Score: 0**

**Accepted Answers:**

*Listening without interrupting*

12) Bertrand Russell's approach of instilling wisdom into two conflicting persons entails

**1 point**

- Convincing each that the other's limitations are only normal and human
- Making them confront each other and fight till they are tired
- Convincing them that they should avoid meeting each other
- None of these

**No, the answer is incorrect.**

**Score: 0**

**Accepted Answers:**

*Convincing each that the other's limitations are only normal and human*

13) Which of the following is a good and effective way of resolving conflicts?

**1 point**

- Demanding solution
- Emphasising need
- Breaking up

None of these

**No, the answer is incorrect.**

**Score: 0**

**Accepted Answers:**

*Emphasising need*

14) A person should aim at:

**1 point**

- Killing stress altogether
- Regulating stress
- Giving stress to others
- None of these

**No, the answer is incorrect.**

**Score: 0**

**Accepted Answers:**

*Regulating stress*

15) Complete the following: Stress is caused owing to \_\_\_\_\_ between situational demands and an individual's ability to handle it. **1 point**

- Symmetry
- Interaction
- Identity
- Imbalance

**No, the answer is incorrect.**

**Score: 0**

**Accepted Answers:**

*Imbalance*

16) In order to master the art of regulating stress, one should:

**1 point**

- Master the intrapersonal stresses
- Try to regulate interpersonal, intergroup stresses
- Help others with stress
- All of these

**No, the answer is incorrect.**

**Score: 0**

**Accepted Answers:**

*All of these*

17) When one can handle stress successfully:

**1 point**

- One stays calm in difficult times
- One completes tasks easier and better
- One creates time to relax
- All of these

**No, the answer is incorrect.**

**Score: 0**

**Accepted Answers:**

*All of these*

18) During conflicts, a person willing to resolve should:

**1 point**

- Never listen to the other
- Never apologise
- Both of these
- None of these

**No, the answer is incorrect.**

**Score: 0**

**Accepted Answers:**

*None of these*

19) Which of the following is an effective way of resolving conflicts?

**1 point**

- Negotiation
- Considering both sides
- A win-win attitude
- All of these

**No, the answer is incorrect.**

**Score: 0**

**Accepted Answers:**

*All of these*

20) A life without any conflict would be:

**1 point**

- Peaceful
- Monotonous
- Happy
- None of these

**No, the answer is incorrect.**

**Score: 0**

**Accepted Answers:**

*Monotonous*

21) Stress is always negative and thus undesirable

**1 point**

- True
- False

**No, the answer is incorrect.**

**Score: 0**

**Accepted Answers:**

*False*

22) Being calm and collected is an effective way of resolving conflicts

**1 point**

- True
- False

**No, the answer is incorrect.**

**Score: 0**

**Accepted Answers:**

*True*

23) Resolving conflicts in a constructive manner destroys group performance and cohesion

**1 point**

- True

False

**No, the answer is incorrect.**

**Score: 0**

**Accepted Answers:**

*False*

24 People generally don't like disagreements

**1 point**

True

False

**No, the answer is incorrect.**

**Score: 0**

**Accepted Answers:**

*True*

25 People with stress-handling skills are more cheerful and relaxed both at work and home

**1 point**

True

False

**No, the answer is incorrect.**

**Score: 0**

**Accepted Answers:**

*True*

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