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Courses » Developing Soft Skills and Personality

Announcements **Course** Ask a Question Progress Mentor

Unit 4 - Week- 3

Course outline

How to Access the Portal ?

Week-1

Week- 2

Week- 3

- LECTURE 13: HABITS: GUIDING PRINCIPLES
- LECTURE 14: HABITS: IDENTIFYING GOOD AND BAD HABITS
- LECTURE 15: HABITS: HABIT CYCLE
- LECTURE 16: BREAKING BAD HABITS
- LECTURE 17: USING THE ZEIGARNIK EFFECT FOR PRODUCTIVITY AND PERSONAL GROWTH
- LECTURE 18: FORMING HABITS OF SUCCESS

Assignment - 3

The due date for submitting this assignment has passed.

As per our records you have not submitted this assignment. **Due on 2018-09-19, 23:59 IST.**

1) Which chemical is activated in a flight or fight situation: **1 point**

- Dopamine
- Adrenaline
- Serotonin
- Oxytocin

No, the answer is incorrect.

Score: 0

Accepted Answers:

Adrenaline

2) Bad habits, in the long run show their indications on: **1 point**

- One's health
- Body language
- Both of these
- None of these

No, the answer is incorrect.

Score: 0

Accepted Answers:

Both of these

3) Habit is perceived by most people as something they do: **1 point**

- Without thinking
- Regularly
- Spontaneously

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Skills and Personality	ce De	<input type="radio"/> Imaginary	
Week- 4		<input type="radio"/> Whimsical	
Week- 5		<input type="radio"/> Behavioral	
Week - 6		<input type="radio"/> Delayed	
Week- 7			
Week- 8			
DOWNLOAD VIDEOS			

No, the answer is incorrect.
Score: 0
Accepted Answers:
Behavioral

5) The process of breaking bad habits involves: **1 point**

Rewiring of the brain
 Re-configuring the habit-chain loop
 Both of these
 None of these

No, the answer is incorrect.
Score: 0
Accepted Answers:
Both of these

6) Unfinished activity results in: **1 point**

Anxiety
 Dissonance
 Both of these
 None of these

No, the answer is incorrect.
Score: 0
Accepted Answers:
Both of these

7) The ability to change habits at any time depends on: **1 point**

Using dopamine in a constructive way
 Self-awareness
 Correct perception of reality
 All of these

No, the answer is incorrect.
Score: 0
Accepted Answers:
All of these

8) What is the most important factor in retaining or changing a habit? **1 point**

Peer group influence
 Environment
 Individual perception
 None of these

No, the answer is incorrect.
Score: 0

Accepted Answers:*Individual perception*

9) Which of the following is a trait of bad habits?

1 point

- Instant gratification
- Poor long-term results
- Both of these
- None of these

No, the answer is incorrect.**Score: 0****Accepted Answers:***Both of these*

10) Which of the following is an example of good habit?

1 point

- Procrastination
- Addictions
- Using time discreetly
- Stealing

No, the answer is incorrect.**Score: 0****Accepted Answers:***Using time discreetly*

11) Disinterestedness in health and hygiene is an instance of:

1 point

- Good habit
- Bad habit
- Both of these
- None of these

No, the answer is incorrect.**Score: 0****Accepted Answers:***Bad habit*

12) Bad habits, if continued unregulated, can bring about:

1 point

- Rich dividends
- Ugly mishaps
- Hidden potentials
- None of these

No, the answer is incorrect.**Score: 0****Accepted Answers:***Ugly mishaps*

13) Bad habits should be:

1 point

- Encouraged
- Nipped at the bud
- Glorified

All of these

No, the answer is incorrect.

Score: 0

Accepted Answers:

Nipped at the bud

14 Behavioral responses turn into behavioral patterns through:

1 point

- Self-control
- Frequent repetitions
- Insight
- None of these

No, the answer is incorrect.

Score: 0

Accepted Answers:

Frequent repetitions

15 The story of the nail on the wall imparts the moral that:

1 point

- Good deeds can totally erase bad deeds
- Bad deeds leave a permanent mark
- Both of these
- None of these

No, the answer is incorrect.

Score: 0

Accepted Answers:

Bad deeds leave a permanent mark

16 In *The Guide*, the protagonist takes the decision of changing from ___ to ___.

1 point

- A sinner, a martyr
- A guide, a dancer
- A guide, a priest
- A lover, a mystic

No, the answer is incorrect.

Score: 0

Accepted Answers:

A sinner, a martyr

17 The point of transformation in Raju in *The Guide* indicates that circumstances:

1 point

- Makes a man
- Breaks a man
- Reveals a man
- None of these

No, the answer is incorrect.

Score: 0

Accepted Answers:

Reveals a man

18 Dopamine is a chemical that induces:

1 point

- Pain
- Pleasure
- Depression
- Anxiety

No, the answer is incorrect.

Score: 0

Accepted Answers:

Pleasure

19) Which of the following is crucial in forming addictive habits?

1 point

- Serotonin
- Dopamine
- Adrenaline
- Oxytocin

No, the answer is incorrect.

Score: 0

Accepted Answers:

Dopamine

20) In case of an enormous task, one should preferably:

1 point

- Delay and defer
- Divide it into small manageable chunks
- Jump into it with brute force
- None of these

No, the answer is incorrect.

Score: 0

Accepted Answers:

Divide it into small manageable chunks

21) Hard work is a habit but idleness is natural

1 point

- True
- False

No, the answer is incorrect.

Score: 0

Accepted Answers:

False

22) An incomplete task fades away from the mind with one's focus on new goals.

1 point

- True
- False

No, the answer is incorrect.

Score: 0

Accepted Answers:

False

23) One can break a bad habit whenever one wants.

1 point

- True

False

No, the answer is incorrect.

Score: 0

Accepted Answers:

False

24) One's posture is a matter of habit.

1 point

True

False

No, the answer is incorrect.

Score: 0

Accepted Answers:

True

25) As long as your bad habits are not known to others, they are not harmful.

1 point

True

False

No, the answer is incorrect.

Score: 0

Accepted Answers:

False

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