

Unit 10 - Week 8: Essential and vocational skills: survival strategies

Course outline

How does an NPTEL online course work?

week 0

Week 1: Communication skills 1: the basics

Week-2: Communication skills 2 : presentation and interaction

Week 3: Communication skills 3 : Visual, nonverbal and aural communication

Week-4: Interpersonal communication 1: individuals, groups and cultures

Week 5: Interpersonal communication 2: emotional and social skills

Week 6: Developing key traits 1: creativity, critical thinking and problem solving

Week 7: Motivation, persuasion, negotiation and leadership

Week 8: Essential and vocational skills: survival strategies

Lecture 36 : Managing Time

Lecture 37 : Managing Stress

Lecture 38 : Resilience

Lecture 39 : Work - Life Balance

Lecture 40 : Applying Soft Skills to Workplace

Quiz : Assignment 8

Week 8 Feedback Form

Week 8 Lecture Material

Text Transcripts

Books

Download Videos

Detailed Assignment Solution

Assignment 8

The due date for submitting this assignment has passed.
As per our records you have not submitted this assignment.

Due on 2020-03-25, 23:59 IST.

1) Stress causes physical problems, emotional turmoil and adverse mental health by disturbing the dynamic equilibrium in our body known as _____ 1 point

- i. Equipoise
- ii. Homeostasis
- iii. Self-regulation
- iv. Metabolism

- i.
- ii.
- iii.
- iv.

No, the answer is incorrect.
Score: 0

Accepted Answers:

ii.

2) Moderate stress leads to: 1 point

- i. Low performance
- ii. High performance
- iii. Optimal performance

- i.
- ii.
- iii.

No, the answer is incorrect.
Score: 0

Accepted Answers:

iii.

3) In demand-control model, stress occurs when environmental demands of the job are perceived to _____ the control and ability of the individual needed to interact with those demands. 1 point

- i. Exceed
- ii. Diminish

- i.
- ii.

No, the answer is incorrect.
Score: 0

Accepted Answers:

i.

4) Chronotype refers to the behavioural manifestation of underlying circadian rhythms of myriad _____ processes. 1 point

- i. Psychological
- ii. Physical
- iii. Psycho-physiological
- iv. Cognitive

- i.
- ii.
- iii.
- iv.

No, the answer is incorrect.
Score: 0

Accepted Answers:

ii.

5) The Rocks in Bucket Time Management Task implies not planning time-slots for your big issues before anything else. 1 point

- i. True
- ii. False

- i.
- ii.

No, the answer is incorrect.
Score: 0

Accepted Answers:

ii.

6) Observing one's use of time while performing activities, generating a feedback loop that allows a limit to the influence of interruptions by others falls under the realm of _____. 1 point

- i. Planning behaviors
- ii. Self-awareness of one's time use
- iii. Monitoring and controlling behaviours
- iv. Chronotype

- i.
- ii.
- iii.
- iv.

No, the answer is incorrect.
Score: 0

Accepted Answers:

iii.

7) Resilience is 1 point

- A. The ability to positively adapt, grow
- B. Thrive no matter what rides into your life.
- C. Ability to perform effectively under pressure
- D. Bounce back from adversities/difficulties

- i. All A, B, C & D are correct.
- ii. Only C is correct.
- iii. Only A & C are correct
- iv. Only A, B & C are correct.

- i.
- ii.
- iii.
- iv.

No, the answer is incorrect.
Score: 0

Accepted Answers:

i.

8) The NGO has built a recreation center for homeless young children. What is the strategy adopted here for promoting Resilience in them? 1 point

- i. Risk-Focused strategy
- ii. Asset-Focused strategy
- iii. Process-Focused strategy

- i.
- ii.
- iii.

No, the answer is incorrect.
Score: 0

Accepted Answers:

ii.

9) Longer work hours are one of the causes of work-life imbalance. This statement is. 1 point

- i. True
- ii. False

- i.
- ii.

No, the answer is incorrect.
Score: 0

Accepted Answers:

i.

10) The impact of experiences is transferred from the work domain to the non-work domain either in a negative or a positive way. This process of transmission was explained by: 1 point

- i. Segmentation model
- ii. Spillover model
- iii. Compensation model
- iv. Conflict model

- i.
- ii.
- iii.
- iv.

No, the answer is incorrect.
Score: 0

Accepted Answers:

ii.

11) Women employees are restricted during which hours of working? 1 point

- i. 7PM to 6 AM
- ii. 4PM to 5PM
- iii. 7PM to 6PM

- i.
- ii.
- iii.

No, the answer is incorrect.
Score: 0

Accepted Answers:

i.

12) The risk focused strategies for promoting resilience focus on: 1 point

- i. Preventing/reducing stressors
- ii. Improving quality of resources
- iii. Improving social capital
- iv. Mobilizing the power of human adaptation systems

- i.
- ii.
- iii.
- iv.

No, the answer is incorrect.
Score: 0

Accepted Answers:

i.

13) Communication environment consists of a wide range of channels like: 1 point

- i. Voice, texts, non-verbal communication, facial expressions, dress code
- ii. Building, roads, nature, different objects
- iii. Philosophy, psychology, spiritualism
- iv. Education, entertainment, teaching and learning

- i.
- ii.
- iii.
- iv.

No, the answer is incorrect.
Score: 0

Accepted Answers:

i.

14) Which of the following are very important components of communication? 1 point

- A. Reaction
- B. Showing facial expression
- C. Movement
- D. Listening

- i. Only B & A is correct.
- ii. Only D & C is correct.
- iii. Only C is correct.
- iv. All the options A, B, C & D are correct.

- i.
- ii.
- iii.
- iv.

No, the answer is incorrect.
Score: 0

Accepted Answers:

iv.

15) Which is more important in communication? 1 point

- A. Listening
- B. Speaking
- C. Empathetic listening
- D. Thinking

- i. Only A is correct.
- ii. Only D is correct.
- iii. Only A & D are correct.
- iv. All A, B, C & D are correct.

- i.
- ii.
- iii.
- iv.

No, the answer is incorrect.
Score: 0

Accepted Answers:

iv.