UNIVERSITY OF CALICUT

SCHOOL OF DISTANCE EDUCATION

V SEMESTER

OPEN COURSE

LIFESKILL DEVELOPMENT-MCQ

1. What is defined by World Health Organization as "the abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life".

a) Life Skill b) Personal Skill c) Social Skill d) Community Skill

2. How many Life Skills and Strategies are listed by the UNICEF, UNESCO and WHO?

a) 4 b) 6 c) 8 d)10

3. Which of the following is not included in the Core life Skills listed by the UNICEF, UNESCO and WHO?

a) problem solving b) critical thinking c) effective communication skills d) Critical Care

4. Which of the following is not included in the Core life Skills listed by the UNICEF, UNESCO and WHO?

a) decision-making b) creative thinking c) interpersonal relationship skills d) Intrapersonal stability

5. Which of the following is not included in the Core life Skills listed by the UNICEF, UNESCO and WHO?

a) selfawareness building skills b) empathy c) coping with stress and emotions d) Charity work

6. What refers to skills to increase the internal locus of control, so that the individual believes that they can make a difference in the world and affect change.

a) Coping and self-management skills b) Decision Making c) Creative Thinking d) Critical thinking

7) What can be defined as the ability of a person to be able to decide what he/she wants in life.

a) Coping and self-management skills b) Decision Making c) Creative Thinking d) Critical thinking

8) What is the process whereby information is enclosed in a package and is channeled and imparted by a sender to a receiver via some medium called?

a) Communication b) Decision Making c) Creative Thinking d) Critical thinking

9) Which of the following is not a component of Message?

a) Content b) Context c) Treatment d) Evaluation

10) Which channel of communication is based on the five senses of sight, sound, touch, smell and taste?

a) Sensory b) Instrumental c) Emotional d) Institutional

11) Which channels are the chosen methods of disseminating information-face to face communication, printed materials and electronic media

a) Sensory b) Instrumental c) Emotional d) Institutional

12) What refers to the form of communication in which message is transmitted verbally ?

a) Verbal b) Non verbal c) Emotional d) Mental

13) What type of communication includes face to face conversations

a)Oral b) Written c) Emotional d) Mental

14) In what type of communication are written signs or symbols used to communicate?

a) Oral b) Written c) Emotional d) Mental

15) What is communication other than oral written, such as gestures, body language, posture, tone of voice or facial expressions called?

a) Verbal b) Non verbal c) Emotional d) Mental

16) In what type of communication are certain rules, conventions and principles followed while communicating message?

a) Formal b) Non verbal c) Emotional d) Mental

17) What type of Communication is established for societal affiliations and face to face discussions?

a) Informal b) Formal c) Written d) Mental

18) In any communication model, what is interference with the decoding of messages sent over a channel by an encoder called?

a) Noise b) Medium c) Feedback d) Reception

19) What is the selective activity which involves the reception and the interpretation of aural stimuli called?

a) Hearing b) Listening c) Saying d) Repeating

20) What is the process of speaking to group of people in a structured, deliberate manner intended to inform, influence or entertain the listeners called?

a) Public Speaking b) Preaching c) Reading d) Debating

21) What is the systematic process by which one selects career goals and the path to these goals called?

a) Career selection b) Career listing c) Career Identification d) Career Planning

22) What refers to an occupation or a profession that usually involves special training or formal education, and is considered to be a person’s lifework.

a) Career b) Hobby c) Recreation d) Entertainment

23) What represents the entire sequence of activities and events related to an individual's career or the on-going/lifelong process of developing one’s career?

a) Career selection b) Career Development c) Career Identification d) Career Planning

24) What is a formal presentation of a job applicant's education, skills, and work experiences called?

a) Self Evaluation b) Self Introduction c) Resume d) Self Appraisal

25) What is a brief written summary of an individual's education, work experience, and accomplishments called?

a) Self Evaluation b) Self Introduction c) Resume d) Self Appraisal

26) What can be defined as our basic sense of self-worth that comes from all the thoughts, feelings and experiences we have accumulated about ourselves in life?
a) Self Respect b) Self awareness c) Self Esteem d) Self Consciousness
27) What is having a clear perception of your personality, including strengths, weaknesses, thoughts, beliefs, motivation, and emotions called?
a) Self Respect b) Self awareness c) Self Esteem d) Self Consciousness
28) What is the capacity to perceive the self in relatively objective terms whilst maintaining a sense of subjectivity called?
a) Self Respect b) Self awareness c) Self Esteem d) Self Consciousness
29) What is the ability to control impulses and reactions, and is another name for self-discipline called?
a) Self Control b) Self awareness c) Self Esteem d) Self Consciousness
30) What is the ability to perceive, control, and evaluate emotions called?
a) Cognitive Intelligence b) Personal Intelligence c) Emotional Intelligence d) Social Intelligence
31) Who is the author of the book, 'Emotional Intelligence' published in 1995?
a) Herbert Spencer b) Alwyn Toffler c) Daniel Goleman d) Herbert Risely
32) What is understanding the feelings of others, which enables us to respond appropriately to changes in the emotional climate of others called?
a) Sympathy b) Empathy c) Dyspathy d) Apathy
33) What is the exclusive human capacity to effectively navigate and negotiate complex social relationships and environments called?
a) Cognitive Intelligence b) Personal Intelligence c) Emotional Intelligence d) Social Intelligence
34) What is the mental ability to understand the motives, emotions, intentions and actions of other people and to motivate and influence the behaviour of people called?
a) Cognitive Intelligence b) Personal Intelligence c) Emotional Intelligence d) Social Intelligence
35) Who coined the term 'Social Intelligence'?
a) Pavlov b) Bruner c) Skinner d) Thorndike
36) What is any action or situation that places special physical or psychological demands upon a person called?
a) Stress b) Conflict c) Relief d) Empathy
37) What is the state of mental or emotional strain or suspense; suffering from fatigue and emotional tension called?
a) Strain b) Conflict c) Relief d) Empathy
38) In conflict resolution, what is a willingness to meet the needs of others at the expense of the person's own needs called?
a) Accommodative strategy b) Assertive strategy c) Avoiding strategy d) Competitive strategy
39) In conflict resolution, what is the strategy of operate from a position of power, drawn from things like position, rank, expertise, or persuasive ability called?
a) Accommodative strategy b) Compromising strategy c) Avoiding strategy d) Competitive strategy
40) What is the style of conflict resolution to evade the conflict entirely by delegating controversial decisions, accepting default decisions, and not wanting to hurt anyone's feelings called?
a) Accommodative strategy b) Compromising strategy c) Avoiding strategy d) Competitive strategy

LIFESKILL DEVELOPMENT-MCQ: ANSWERKEY

1. Life skill
2. 10
3. Critical Care
4. Intrapersonal stability
5. Charity work
6. Coping and self-management skills
7. Decision-making
8. Communication
9. Evaluation
10. Sensory
11. Institutional
12. Non verbal
13. Oral
14. Written
15. Nonverbal communication.
16. Formal
17. Informal
18. Noise
19. Listening
20. Public speaking
21. Career Planning
22. Career
23. Career Development
24. Resume
25. Resume
26. Self Esteem
27. Self Awareness
28. Self Awareness
29. Self Control
30. Emotional Intelligence
31. Daniel Goleman
32. Empathy
33. Social Intelligence
34. Social Intelligence
35. Thorndike
36. Stress
37. Strain
38. Accommodative strategy

39. Competitive Strategy
40. Avoidance strategy

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