

B.A 6TH SEMESTER
Education CBCS (CHOICE BASED CREDIT SYSTEM)
Paper No. CBCS-601 PERSONALITY AND SELF-DEVELOPMENT

FULL MARKS-70

TIME: 3 HOURS

PART: A-OBJECTIVE

MARKS: 25

SECTION-1 (MARKS: 10)

Tick the appropriate response from the choices given below: 1x10=10

1. The determinants of personality are-

- | | |
|-------------|---------------------|
| a) Social | c) Biological |
| b) Cultural | d) All of the above |

2. Democratic leadership style-

- a) Centralizes power
- b) Takes full responsibility on oneself
- c) Encourages participant in decision-making
- d) Passes on the full responsibility to his subordinates

3. Who has defined, "Personality is the dynamic organisation within the individual of those psychological systems that determines his unique adjustment to his environment".

- a) Floyd L Ruch
- b) Allport
- c) Carl Rogers
- d) Freud

4. Time Management allows to-

- a) Monitor project progress
- b) Eliminate wastage
- c) Refuse excessive workloads
- d) All of the above

5. Interpersonal skills are skills used by the person to –

- a) Interact within oneself only
- b) Interact with other people properly
- c) Interact with friends only
- d) None of the above

6. Eustress is –

- a. Healthy, positive and developmental stress response
- b. Unhealthy and negative stress response
- c) Will not perform to his/her full capacity
- d. Both b and C.

7. "..... is the degree of respect a person has for himself."

- a) Self-awareness
- b) Self Esteem
- c) Self-monitoring
- d) Self-image

8. When a person is at low stress, their reaction and behaviour are-
- a) Boredom and low motivation
 - b) Exhaustion and indecisiveness
 - c) High motivation and high energy
 - d) High energy and high involvement
9. The word 'interview' is derived from the
- a. Latin word
 - b) French word
 - c) Both Latin and French word
 - d) Arabic word
10. Which type of interview take place annually to review the progress of the employee/interviewee.
- a. Personal interview
 - b) Evaluation interview
 - c) Counselling interview
 - d) Structured interview

SECTION-II (MARKS: 15)

2. Write any three from the following: 5X3=15
- a. Common inter-personal skills.
 - b. Self-esteem and Self awareness
 - c. Personality and its characteristics
 - d. Define Stress and its Causes
 - e. Attributes of a good leader

PART: B-DESCRIPTIVE (MARKS: 45)

ANSWER ALL QUESTIONS **(9X5=45)**

- 1.a. Define Personality? Explain the various typology of personality. (2+7=9)
or
b. Explain the various ways of developing positive attitudes. (9)
- 2.a. Define Leadership? Explain the need and importance of leadership. (2+7=9)
or
b. Explain the various Leadership styles. (9)
- 3.a. What is Time Management? Explain the need and importance of time management. (2+7=9)
or
b. Explain the various strategies of time management.(9)
4. a. Explain the impact of stress emphasizing on physiological, psychological and behavioural responses to stress. (9)
or
b. Explain some of the techniques in coping with stress. (9)
5. a. What are the various types of interview? Explain the types of interview. (2+7=9)
or
b. Explain the various aspects and techniques of interview. (9)