



## UNITY COLLEGE

BA 6th Semester Examination

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

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

1. The term personality is derived from the ..... word.

- |           |           |
|-----------|-----------|
| a. Greek  | b. Latin  |
| c. French | d. Arabic |

2. Developing high self-esteem would improve our

- |                    |                      |
|--------------------|----------------------|
| a. self-confidence | b. Self-control      |
| c. Personality     | d. None of the above |

3. One of the most important qualities of a good leader is

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|--------------------|----------------------|
| a. self-awareness  | b. Self-control      |
| c. self-confidence | d. None of the above |

4. Which of the following is/are the most important interpersonal leadership skills

- |                  |                        |
|------------------|------------------------|
| a. Communication | b. Conflict management |
| c. Both          | d. None                |

5. Time Management allows to

- |                                |                      |
|--------------------------------|----------------------|
| a) Monitor project progress    | b) eliminate wastage |
| c) refuse, excessive workloads | d) All of the above  |

6. Which one of the following is a true statement?
- a. Time management means always doing more than one task at the same time
  - b. Time management means never taking break
  - c. Time management is about planning to get task done and doing them
  - d. Time management is to ignore deadline and focus on doing the most fun activities.
7. The term "stress", as it is currently used, was coined by
- a. Hans Selye
  - b. Beethr and Newman
  - c. Allport
  - d. All the above
8. Who defined "Job stress is a condition arising from the interaction of the people and their jobs, and characterized by changes within people that force them to deviate from the normal functioning".
- a. Cattell
  - b. Hans Selye
  - c. Kouses & Posner
  - d. Beethr and Newman
9. Interviews are conversation with .....
- a. Fun
  - b. Friendliness
  - c. Informality
  - d. purpose
10. Which kind of interview includes a process in which employability of the job applicant is evaluated?
- a. Stress Interview
  - b. Screening Interview
  - c. Behavioural Interview
  - d. Counselling interview

## Section-II

2. Write short notes on any three

5 x 3 = 15

- a. Self awareness
- b. Interpersonal leadership
- c. Benefits of proper time management
- d. Causes of stress
- e. Types of interview

**(Part: B-Descriptive)**

(Marks: 45)

*Answer the following questions*

1. Define Personality? Explain the determinants of personality development. (2+7=9)

*Or*

Define Attitude. Explain the various ways to develop positive attitude. (2+7=9)

2. What is leadership? Explain the qualities of a good leadership. (2+7=9)

*Or*

Explain the various Leadership styles. (9)

3. What is time management? Explain the need and importance of time management. (2+7=9)

*Or*

Explain the various strategies of time management. (9)

4. Explain the impact of stress emphasizing on physiological, psychological and behavioural responses to stress. (9)

*Or*

Explain some of the techniques in coping with stress. (9)

5. Explain the various ways to face an interview successfully. (9)

*or*

Explain the important aspects and techniques of a job interview. (9)

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