

Life Skills

1. Which of the following are desirable study habits for a student?
 - (i) Having a timetable of study which includes all subjects in rotation.
 - (ii) Having a regular and specific study time everyday
 - (iii) Jotting down points and summarising what has been read in one's own words
 - (iv) Always reading loudly
 - (a) (i), (ii) and (iv) only
 - (b) (i), (ii) and (iii) only
 - (c) (ii), (iii) and (iv) only
 - (d) (i), (iii) and (iv) only
2. Which of the following is not a healthy sleeping habits?
 - (a) Going to bed late
 - (b) Reading books or magazines while lying down
 - (c) Not thinking of problems or studies
 - (d) None of these
3. Which of the following are the good qualities of a speaker?
 - (i) Maintaining eye contact with listeners
 - (ii) Position yourself to face the entire group
 - (iii) Walk around unnecessarily
 - (iv) Talk with all group members
 - (a) (i), (ii), (iii) and (iv) only
 - (b) (i), (ii) and (iii) only
 - (c) (i), (iii) and (iv) only
 - (d) (i), (ii) and (iv) only
4. Which of the following can come under the category of 'Protective Factors' which helps in healthy development of adolescents?
 - (a) Teenage counselling
 - (b) Communication workshops
 - (c) Positive relationship with parents and teachers
 - (d) Healthy life-style
5. Which of the following is the benefit of setting goals?
 - (a) You can focus on important things
 - (b) You can take control of your life
 - (c) You will be more confident
 - (d) All of these
6. Which of these is the best approach to succeed in an interview?
 - (a) Discuss your life story with the interviewer and ask for good salary
 - (b) Wear denims with a bright coloured casual shirt
 - (c) Be on time and try to make eye contact with the interviewer
 - (d) Be arrogant and try to avoid the questions
7. _____ is a summary of your experience, education and skills.
 - (a) Career summary
 - (b) Resume
 - (c) Educational background
 - (d) Business communication
8. Which of the following does not show professionalism?
 - (a) Amit is sending text messages to his friend during a session.
 - (b) Rohan comes to office 10 minutes early every day.
 - (c) Vinita helps her colleagues if they need any assistance.
 - (d) None of these
9. Eye contact, posture, gestures and expressions are examples of communication that is _____.
 - (a) Verbal
 - (b) Non-verbal
 - (c) Aggressive
 - (d) Polite

- 10.** Which of the following correctly defines a communication barrier?
 (a) Anything that interferes with communication
 (b) Something that allows an accurate communication
 (c) Can be noise only
 (d) None of these
- 11.** What happens after the expiration date on a credit card?
 (a) Credit limit decreases
 (b) Credit limit increases
 (c) The card blows up
 (d) The card no longer works
- 12.** You have to drop your friend at his home on your bike, if other friend offers you a drink then what should you do?
 (a) Take a couple of sips then leave
 (b) Finish your drink
 (c) Say no to the drink
 (d) None of these
- 13.** Which of the following is a characteristic of a role model?
 (a) Sets a positive example
 (b) A person older than you
 (c) Guides you how things should be done
 (d) Sets rules for you to follow
- 14.** Which of the following professions requires knowledge in foods and nutrition?
 (a) Defence services
 (b) Dietician
 (c) Optician
 (d) Cardiac surgeon
- 15.** Which of the following is not an example of positive universal values?
 (a) Self interest
 (b) Honesty
 (c) Compassion
 (d) Responsibility

Answer - Key				
1. B	2. A	3. D	4. C	5. D
6. C	7. B	8. A	9. B	10. A
11. D	12. C	13. A	14. B	15. A