

Life Skills

1. Which of the following general behaviour and techniques will not help to manage stress?
 - (a) Exercise regularly
 - (b) Maintain daily routine and schedule
 - (c) Talk to caring adults
 - (d) Drink coffee frequently

2. Six post office employees are working today. It takes one employee one minute to serve one person. How long would you have to wait in the line if you hold number 201?




- (a) 13 minutes
 - (b) 30 minutes
 - (c) 23 minutes
 - (d) 18 minutes
3. What do you understand by the word supervisor?
 - (a) A person who assigns, checks and evaluates your work
 - (b) Your boss who keeps a watch on you
 - (c) A colleague who works with you on the same assignment
 - (d) A person who guides you in your career growth
4. What do you understand by the term "Dress code"?
 - (a) Against the law
 - (b) Colour coded dresses
 - (c) Written rules of how one should dress
 - (d) None of these
5. When you see a flashing yellow light while driving then you should _____.
 - (a) Speed up and try to cross the signal
 - (b) Stop immediately
 - (c) Slow down your vehicle
 - (d) Continue driving at the same speed
6. Kiara always secures good marks in exams. She studies regularly. This shows that
 - (a) She is very creative
 - (b) She is consistent

- (c) She understands other people's Emotions
 - (d) She is flexible.

7. What is the lowest number of chain links that must be opened to join the pieces on the right into a circular chain?



- (a) 4
 - (b) 5
 - (c) 7
 - (d) 8
8. A pedestrian crosswalk consists of black and white stripes each 0.4 m wide. The crosswalk begins and ends with a white stripe, and there are 8 white stripes in all. How wide is the crosswalk?
 
 - (a) 6 m
 - (b) 6.6 m
 - (c) 5.4 m
 - (d) 5 m
9. Which of the following options is not a part of decision making process?
 - (i) Identify the problem
 - (ii) Analyse the problem
 - (iii) Think of alternatives
 - (iv) Decide on a course of action
 - (a) (i) and (ii) only
 - (b) (i) and (iii) only
 - (c) (ii) and (iv) only
 - (d) (i), (ii), (iii) and (iv) only
10. Which of the following statements is/are true about the advantages of good listening?
 - (a) It shows appreciation and respect for others
 - (b) It wins you more friends
 - (c) It makes you an effective communicator
 - (d) All of these

Answer - Key

1. D	2. D	3. A	4. C	5. C
6. B	7. A	8. A	9. D	10. D