

INTERPERSONAL SKILLS ASSIGNMENT I

Interpersonal Skills - (30 MARKS)

EXERCISE I - (18 MARKS)

This exercise is designed to set goals for yourself that you need to achieve as a priority. Now decide the changes that you have to bring in your physical self and social interaction levels to achieve the goal. Also, state the reason behind your mentioning the changes and how you think these changes will help you achieve the goals you have set for yourself.

Physical Changes to Yourself. (6*2 = 12 marks)

What physical change would you like to see in yourself?

Why?

How could you make this change?

Social Changes to

Yourself.

What social change would you like to see in yourself?

Why?

How could you make this change?

EXERCISE II

HIGHLIGHT THE BEST ANSWERS GIVEN BELOW:

1. Mrs. Honey, a teacher, learned that her student's military father was being sent to war. Mrs. Honey put herself in her student's shoes and attempted to feel that person's pain. She provided some comforting words for her student.

Which interpersonal skill is Mrs. Honey exhibiting? Choose the best answer. (2 marks)

Emotional regulation

Sympathy

Active listening

Empathy

2. Which of the interpersonal skills requires the ability to hear attentively and process information correctly? (2 marks)
 - a. Verbal Communication
 - b. Non-Verbal Communication
 - c. Listening

- d. Negotiation
- e. Assertiveness

3. Which interpersonal skill requires having the ability to discuss and reach an agreement in a professional manner? (2 marks)

- a. Problem-Solving
- b. Decision-Making
- c. Assertiveness
- d. Non-Verbal Communication
- e. Negotiation

4. Interpersonal Skills are - (2 marks)

tools people use to interact and communicate with groups only.

tools people use to create negativity with individuals in an organizational environment

tools people use to train individuals in an organizational environment

tools people use to interact and communicate with individuals in an organizational environment

tools people use to interact and communicate with individuals when difficulty occurs.

EXERCISE III - 10 MARKS

Instructions

Read the statements mentioned in the sheet and start finishing off the sentences. You are not to take a lot of time in thinking out the answers. Just start writing what comes to your mind immediately after reading the lines.

Identify the emotions and feelings that you feel are responsible for the responses you had given in the Responses column. Write them up in the Why So? column and self-evaluate your strengths and areas of improvement.

Time to be Taken – 15 minutes

S.No.	Statements	Responses	Why So?
1	I am responsible but...		
2	I am honest but...		
3	I show respect but...		
4	I am helpful but ...		
5	I worry because...		
6	I will continue doing...		
7	My best quality is to...		
8	I care about others and...		