

1. In which stage of the Gibbs's reflective cycle discuss how things went, good and bad about the situation.

- a. Description
- b. Feelings
- c. Evaluation
- d. Conclusion
- e. Planning

ANSWER C

2. Which of the following best describes personal development planning (PDP)?

- a. Reflecting on past success and failures
- b. Planning future career goals
- c. Developing a specific skill
- d. Achieving personal goals

ANSWER A

3. Benefits of personality testing to help your personal development _____

- a. To understand the unique qualities of an individual and how these qualities affect your understanding of themselves and others
- b. To understand how you perceive others
- c. To understand the influence of genetics in personality
- d. To understand the trait permanent and trait adjustable part of personality
- e. To understand how personality impacts on motivation

ANSWER A

4.what is a personal development plan called in the proffessional world?

- a.Goal setting
- b.SWOT Analysis
- c.Professional Growth Plan
- d.Stratergic plan

ANSWER C

5.Professional development and career planning includes

- a.develop the skills neccessary to pursue these career possibilities: take courses and gain experience
- b.be deliberate about your choices in order to avoid getting sidetracked by projects that may not be in line with your goals
- c.make a list of goals that you would like to accomplish in the upcoming year
- d.create timelines for review to ensure that you are on track with your goals
- c.all the other choices

ANSWER A

6.what is the correct about SWOT analysis?

- a.opportunities and weaknesses are internal factors
- b.strengths and weaknesses are internal factors
- c.opportunities and threats are external factors
- d.opportunities and strengths are internal unfavourable factors
- e.threats and weaknesses are favouralbe factors

ANSWER C

7.The most genorous setting for self-disclosure is

- a. a discussion with a friend
- b. large group
- c. public speaking situation
- d. small group
- e. private group

ANSWER A

8. this is not a step of gibb's reflective cycle

- a. description
- b. analysis
- c. synthesize
- d. evaluation
- e. action plan

ANSWER C

9. external links may provide incentives to ____

- a. attend business exhibition
- b. introduce new working practices
- d. introduce improvements to products
- e. raise finance
- f. have frequent meetings with team

ANSWER C

10.As per the johari window, when you move information from the hidden(Facade) self into theopen self (arena), you're_____

- a.self-diclosure
- b.affirming
- c.depressed
- d.empowering
- e.over enthusiastic

ANSWER A

11.positive psychology states ____?

- a.optimism, resilience, hope and confidence
- b.happiness, emotional intelligence, values & beliefs
- c.optimism, hope, ability & confidence
- e.pessimistic, agency capacity and partway thinking
- d.hope and happiness

ANSWER A