



Self Management Skills Class 12

Session 1: Motivation and Positive Attitude

1. Self-management, also known as _____, is the ability to effectively control one's emotions, behavior and thoughts.

- a. Self – control
- b. Self – innovative
- c. Self – Design
- d. None of the above

Show Answer →

- a. Self – control

2. To manage oneself well, a person needs to develop the _____.

- a. Positive Thinking

- b. Result Orientation
- c. Self Awareness
- d. All of the above

Show Answer →

- d. All of the above

3. Motivation is derived from the word _____.

- a. Motive
- b. Motion
- c. Motivation
- d. None of the above

Show Answer →

- a. Motive

4. Type of motivation in employability Skills?

- a. Intrinsic Motivation
- b. Extrinsic Motivation
- c. Both a) and b)
- d. None of the above

Show Answer →

- c. Both a) and b)

5. _____ includes activities for which there is no apparent reward but one derives enjoyment and satisfaction in doing them.

- a. Intrinsic Motivation
- b. Extrinsic Motivation
- c. Both a) and b)
- d. None of the above

Show Answer →

- a. Intrinsic Motivation

6. _____ arises because of incentives or external rewards. Lack of motivation or incentives may lead to frustration.

- a. Intrinsic Motivation
- b. Extrinsic Motivation

- c. Both a) and b)
- d. None of the above

Show Answer →

- b. Extrinsic Motivation

7. A _____ attitude makes a person happier, and helps build and maintain relationships.

- a. Negative attitude
- b. Positive attitude
- c. Open attitude
- d. None of the above

Show Answer →

- b. Positive attitude

8. How we can maintain a positive attitude.

- a. Start the day with a morning routine
- b. Feed the mind with positivity
- c. Be proactive, Focus on constructive and positive things
- d. All of the above

Show Answer →

- d. All of the above

9. How we can maintain a positive outlook in the long run.

- a. Physical exercise and fresh air & holidays with family and friends
- b. Healthy diet & Adequate sleep
- c. Organize academic life
- d. All of the above

Show Answer →

- d. All of the above

10. How can you identify the stress?

- a. Annoyed
- b. Hopeless
- c. Upset
- d. All of the above

Show Answer →

d. All of the above

11. How can you manage stress?

- a. Stay positive
- b. Maintain an accomplishment
- c. Keep your thoughts in present
- d. All of the above

Show Answer →

d. All of the above

Self Management Skills Class 12 MCQ

Session 2: Result Orientation

12. How to become result oriented?

- a. Set clear goals & Make a calendar
- b. Prepare an action plan & word hard
- c. Use the right resources and tools
- d. All of the above

Show Answer →

d. All of the above

13. What are the smart methods to set goals in self – management skills?

- a. Specific & Measurable
- b. Achievable & Realistic
- c. Time bound
- d. All of the above

Show Answer →

d. All of the above

14. Examples of result – oriented goals?

- a. A student may set a goal of scoring high marks in an exam
- b. An athlete may run five miles a day
- c. A traveler may try to reach a destination city within three hours.
- d. All of the above

Show Answer →

d. All of the above

Self Management Skills Class 12 MCQ

Session 3: Self – Awareness

15. If you are aware of your own values, likes, dislikes, strengths, and shortcomings as an individual. It denotes the fact that you are

- _____.
- a. Self-Confident
 - b. Self-Control
 - c. Self Motivated
 - d. Self-Aware

Show Answer →

d. Self-Aware

16. A _____ personality can lead to better performance, increased productivity and cordial relationships with others.

- a. Positive
- b. Negative
- c. Both a) and b)
- d. None of the above

Show Answer →

. Positive

17. What are the different parameters of personality?

- a. Openness & Agreeableness
- b. Consciousness & Neuroticism
- c. Extraversion
- d. All of the above

Show Answer →

d. All of the above

18. What are the common personality disorders?

- a. Paranoid personality disorder
- b. Antisocial personality disorder
- c. Avoidant personality disorder
- d. All of the above

Show Answer →

d. All of the above

19. What are the steps to overcome from personality disorders?

- a. Talk to someone
- b. Build confidence
- c. Engage in hobbies
- d. All of the above

Show Answer →

d. All of the above

20. Which of the following is not a parameter to describe an individual's personality?

- a. Self-confidence
- b. Openness
- c. Neuroticism
- d. Agreeableness

Show Answer →

c. Neuroticism

21. Which of the following is characterized by an extreme feeling of self importance?

- a. Narcissistic personality disorder
- b. Borderline personality disorder
- c. Dependent personality disorder
- d. None of the above

Show Answer →

a. Narcissistic personality disorder

22. Ravi has feelings of emptiness, abandonment and suicide. What type of personality disorder is this?

- a. Borderline
- b. Dependent
- c. Avoidant
- d. Obsessive

Show Answer →

a. Borderline

23. Mona is helping her sister to overcome a personality disorder. What should she do?

- a. Talk to her sister
- b. Engage her in hobbies
- c. Help her build confidence
- d. All of the above

Show Answer →

d. All of the above