

Self Management Skills Class 9 Questions and Answers

Self Management Skills Class 9 Important Questions

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Important Questions of Self Management Skills Class 9 – Class 9 Self Management Skills Important Questions

Multiple Choice Questions

Question 1.

Which of the following is not a self-management skill?

- (a) Problem solving
- (b) Bargaining
- (c) Understanding self
- (d) Confidence building

Answer:

- (b) Bargaining

Question 2.

Grooming is a term associated with

- (a) time management
- (b) problem solving
- (c) neat and clean appearance
- (d) self-management

Answer:

- (c) neat and clean appearance

Question 3.

What steps should one take to build confidence?

- (a) Set goals in life.
- (b) Appreciate oneself for all the achievements.
- (c) Always think positively.
- (d) Talk to people who are confident.

Answer:

- (a) Set goals in life.
- (b) Appreciate oneself for all the achievements.
- (c) Always think positively.
- (d) Talk to people who are confident.

Question 4.

Which of the following is a quality of a self-confident person?

- (a) Patient
- (b) Compassionate

- (c) Committed
- (d) Passionate

Answer:

- (c) Committed

Question 5.

What is the best way to start our day positively?

- (a) Think about all that can go wrong.
- (b) Think about the difficult test you will face during the day.
- (c) Think about all your accomplishment so far and feel good about it.
- (d) Think about the traffic on the road and feel stressed.

Answer:

- (c) Think about all your accomplishment so far and feel good about it.

Question 6.

Rahul gets feedback on his project work from his class teacher. Which of these options demonstrates positive attitude in this situation?

- (a) Rahul ignores the feedback.
- (b) Rahul takes the feedback but does not use it.
- (c) Rahul tells others that the teacher is wrong.
- (d) Rahul learns from the feedback and makes his project work better.

Answer:

- (d) Rahul learns from the feedback and makes his project work better.

Question 7.

What can you do to get rid of negative thoughts or feelings?

- (a) Meditate to calm down and feel positive.
- (b) Ignore them and move on in life.
- (c) Act based on the negative thoughts or feelings.
- (d) Talk to a friend and share all your negative feelings.

Answer:

- (a) Meditate to calm down and feel positive.

Question 8.

Do you think people living in hill stations can skip taking a bath for many days?

- (a) No, irrespective of the climate, one should take a bath regularly.
- (b) Yes, not taking bath for many days is acceptable for people staying in cold climate.
- (c) Yes, if they wipe themselves with a wet cloth, then it is fine.
- (d) None of the above

Answer:

- (a) No, irrespective of the climate, one should take a bath regularly.

Question 9.

Radha wants to grow her hair and she applies a lot of hair oil. She does not wash her hair for days and sometimes it smells bad too. What would be your suggestion to her?

- (a) She can leave the oil in her hair, after all it helps her hair to grow.

- (b) She can leave it on at night and wash her hair every day before leaving home.
- (c) She should not apply the oil at all.
- (d) She can apply the oil and pour a little water on her hair before leaving home to reduce the smell.

Answer:

- (b) She can leave it on at night and wash her hair every day before leaving home.

Question 10.

Dressing and grooming are important because they helps us to look

- (a) Smart
- (b) Untidy
- (c) Shabby
- (d) All of the above

Answer:

- (a) Smart

Self Management Skills Class 9 Subjective Type Questions

Question 1.

Write a short note on the factors influencing self management.

Answer:

Refer to text on page no. 30 (Various factors of self-management skills).

Question 2.

List any five self-management skills.

Answer:

Self-management skill are the abilities that allow people to control thoughts, feelings and actions.

Five self-management skills are:

- (i) Self-Awareness Knowing yourself as an individual. Know your values, likes, dislikes, strengths and weakness.
- (ii) Self-Control Ability to control your behaviour, discipline etc.
- (iii) Self-Confidence Believing in yourself that you can do all the tasks given to you and not scared of taking risks.
- (iv) Problem Solving Understanding a problem and finding a solution using step-by-step method.
- (v) Self-Motivation Doing tasks on your own without any external motivation.

Question 3.

What are the factors that affect self-confidence?

Answer:

There are some factors that affect or decrease our self-confidence. These one as follows

- (i) When we think we can not do a particular work, it affects our self-confidence.
- (ii) When we do not take lesson from our past mistake, but keep thinking about it and feeling bad about it. All these disturb our self-confidence.
- (iii) When we expect to be successful at the very first attempt itself and do not try again,

this attitude affects our self-confidence.

(iv) When we are surrounded by people having negative attitude and negativity in their speech, it affects our self-confidence.

Question 4.

List three things you will do for personal hygiene in each of care, wash and avoid to keep clean.

Answer:

Refer to text on page no. 33 (Three steps to personal hygiene).

Self Management Skills Class 9 Very Short Answer Type Questions

Question 1.

What does team work involve in self-management?

Answer:

Collaborating with others to achieve shared goals and objectives.

Question 2.

How does self-management contribute to stress avoidance?

Answer:

By developing good habits, overcoming challenges, and engaging in enjoyable activities.

Question 3.

How can you identify your strengths?

Answer:

Reflect on what you do well, consider others' feedback, and recognize areas where you consistently excel.

Question 4.

Why is self-confidence crucial in recognizing talent?

Answer:

Lack of confidence can hinder talent recognition; building self-confidence involves attitude changes and practice.

Question 5.

How does positive thinking impact personal growth?

Answer:

Positive thinking fosters resilience, overcoming challenges, enhancing work performance, and promoting happiness in oneself and others.

Question 6.

What does 'SMILE' stand for in cultivating a positive attitude?

Answer:

'SMILE' stands for Stay positive, Manage stress, Inspire others, Learn continuously, and Express gratitude.

Question 7.

What does dressing and grooming help achieve?

Answer:

Dressing and grooming help look smart, feel confident, and make a favorable impression on others.

Question 8.

How can positive thinking be maintained?

Answer:

Maintain positive thinking by staying optimistic, understanding situations, and working towards improvement instead of dwelling on negatives.

Self Management Skills Class 9 Short Answer Type Questions

Question 1.

Write any five impacts of self-management skills.

Answer:

Self management is considered as the ability to regulate one's emotions, thoughts and behaviour effectively in various situations. Some important impacts of self-management skills are

- It helps us have control over negative emotions, behaviours and habits.
- It helps us have control over our actions, so that we do not act in impulse and develop good habits.
- It helps us to be organised.
- It helps us to develop positive attitude.
- It helps us to overcome challenges and difficulties.

Question 2.

How do we identify our weakness?

Answer:

Weaknesses are areas of improvement, where we need to develop and build ourselves.

We can identify our weakness in the following ways :

- We must look at the feedback we received from others.
- We must point out areas of our difficulty.
- We should open to feedback of others and accept our weakness without feeling bad about it.

Question 3.

What is self-confidence? Suggest any two qualities of a self-confident person.

Answer:

Self-confidence is a sense of trusting in one's own abilities and self. It tells what we are made up of and how we feel about ourselves.

Two qualities of a self-confident person are :

(i) Self-Belief It is confidence in our own abilities or judgment. People learn from their own mistake and achieve success.

(ii) Positive Attitude It is focusing on the positive side of an event in the time of adversity. The situation of losing a game can be perceived as an opportunity to review the game.

Question 4.

What do you mean by positive thinking? Write about the importance positive thinking.

Answer:

Positive thinking helps in creating a real values in our lives. It requires a person to look at the good in things, observe, understand and works for improving them.

The importance of positive thinking are

1. It overcomes challenges..
2. It makes us do well by making us energetic;
3. It help us better at work.
4. It make us and people around us happy.