

**2020**

**UNDERSTANDING THE SELF**

**Course : 1.4 (EPC-4)**

**Full Marks : 50**

*The figures in the margin indicate full marks.*

*Candidates are required to give their answers in their own words  
as far as practicable.*

Answer **any two** questions.

1. Define self-concept. Discuss the factors that influence self-concept. State the impact of a negative self-concept. 5+10+10
  2. Define Personality and state its types. Discuss the attributes of a good personality and state some strategies of personality development. 5+10+10
  3. Discuss the concept of Interpersonal Behaviour. Identify five needs of Interpersonal Behaviour. Suggest five strategies to develop Interpersonal Relationship. 5+10+10
  4. Discuss Daniel Goleman's concept of Emotional Intelligence. Give five reasons of the necessity of Emotional Intelligence for professional development. Distinguish between Emotional Quotient and Intelligence Quotient. 10+10+5
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