

**HU1008-1**  
**LIFE SKILLS FOR ENGINEERS**

**QUESTION BANK**

**Unit 1: Introduction to Life Skills, Time Management, Science  
behind Personal Health Management, Science behind  
Addictions**

**Department of Humanities**

NMAM INSTITUTE OF TECHNOLOGY		
DEPARTMENT OF HUMANITIES		
HU1008-1 : Life Skills for Engineers		
Multiple Choice Questions (MCQ)		
2024-25		
Q. No.		CO
Unit – I		
Introduction to Life Skills		
01.	..... are defined as psychological abilities for adaptive and positive behaviors.	CO1
	a) <b>Life skills</b>	
	b) Recreational skills	
	c) Soft skills	
	d) Vocational skills	
02.	The values of life skills include	CO1
	a) <b>All of these</b>	
	b) Concerned about the welfare of others	
	c) Capable of having an influence on the world	
	d) Aware of their rights and responsibilities	
03.	..... defined as the feeling of pity and sorrow for someone else's misfortune:	CO1
	a) <b>Sympathy</b>	
	b) Empathy	
	c) Values	
	d) Courtesy	
04.	Which term refers to relationships or communication that occurs between two or more people?	CO1
	a) <b>Interpersonal</b>	
	b) Intra -personal	

	c)	Intimate	
	d)	Cordial	
05.	..... refers to the ability to recognize, understand, and manage one's own emotions as well as the emotions of others		CO1
	a)	<b>EQ</b>	
	b)	SQ	
	c)	IQ	
	d)	PQ	
06.	..... are activities structured to feel like real experiences?		CO1
	a)	<b>Simulations</b>	
	b)	Communication	
	c)	Drama	
	d)	Skills	
07.	..... method is used to enhance life skills.		CO1
	a)	<b>audio-visual activities</b>	
	b)	Stress	
	c)	self-unawareness	
	d)	MBIT	
08.	Critical thinking requires basic qualities such as:		CO1
	a)	<b>All of these</b>	
	b)	Flexibility	
	c)	Persistence	
	d)	Open-mindedness	
09.	The life skills approach encompasses and balances all the three components, namely Knowledge, Skills and _____.		CO1
	a)	<b>Attitudes</b>	
	b)	Empathy	
	c)	Sympathy	
	d)	Apathy	
10.	..... is a novel way of seeing or doing things that generates new ideas, has a shifting perspective, conceives something new, and builds on other ideas.		CO1
	a)	<b>Critical thinking</b>	
	b)	Creative thinking	
	c)	Self-awareness	
	d)	sympathy	

11.	..... is the translation of the German term Einfühlung, meaning, ‘to feel as one with’		CO1
	a)	<b>Empathy</b>	
	b)	Sympathetic	
	c)	Sympathy	
	d)	Empathetic	
12.	According to Daniel Goleman, “..... is a master aptitude, a capacity that profoundly affects all other abilities, either facilitating or interfering.”		CO1
	a)	<b>Emotional intelligence</b>	
	b)	Creative thinking	
	c)	Interpersonal Skills	
	d)	Critical thinking	
13.	..... skills are important for relating positively with people we interact with.		CO1
	a)	<b>Interpersonal Skills</b>	
	b)	Creative thinking	
	c)	Critical thinking	
	d)	Empathy	
14.	Determining alternative solutions to a problem is related to .....skill.		CO2
	a)	<b>problem solving skills</b>	
	b)	refusal skills	
	c)	Critical thinking	
	d)	effective communication skill	
15.	Life skills help people establish productive ..... relationships.		CO1
	a)	<b>Interpersonal</b>	
	b)	Social	
	c)	Cultural	
	d)	Personal	
16.	An individual must be able to evaluate the future consequences of their present actions. This is an example of..... skill.		CO1
	a)	<b>critical thinking skill</b>	
	b)	inter-personal skill	
	c)	Communication skill	
	d)	None of these	
17.	..... skill includes the verbal and non-verbal aspects.		CO1
	a)	<b>Communication</b>	
	b)	Advocacy	
	c)	Decision making	

	d)	Problem solving	
18.	What term best describes a person who recognizes and believes in their own worth and abilities?		CO1
	a)	<b>Self-confidence</b>	
	b)	Self-worth	
	c)	Self-evaluation	
	d)	Self-knowledge	
19.	Life skill education provides a foundation for adults' .....behavior.		CO1
	a)	<b>Social</b>	
	b)	Psychological	
	c)	Economic	
	d)	Cultural	
20.	Self-evaluation skills help to set.....		CO2
	a)	<b>Goals</b>	
	b)	Carrier	
	c)	Education	
	d)	Family	
21.	Development of life skills enables the adolescent to be .....in society.		CO2
	a)	<b>Accepted</b>	
	b)	Passive	
	c)	Active	
	d)	Rejected	
22.	Ability to express feelings and provide feedback is related to .....skills.		CO2
	a)	<b>Interpersonal skill</b>	
	b)	Management skill	
	c)	Motivational skill	
	d)	Decision-making skill	
23.	Active listening is an example of .....ability.		CO1
	a)	<b>Interpersonal</b>	
	b)	Cultural	
	c)	Personal	
	d)	Social	
24.	Positive thinking will help to manage .....		CO1
	a)	<b>Stress</b>	
	b)	Super Ego	

	c)	Happiness	
	d)	We-feeling	
25.	..... focuses not only on knowledge and attitude change but, more importantly, on behavior change.		CO1
	a)	<b>life skill education</b>	
	b)	formal education	
	c)	Informal education	
	d)	adult education	
26.	Which of the following refers to abilities that support adaptive and positive behavior, helping individuals effectively manage life’s demands and challenges?		CO1
	a)	<b>Thinking</b>	
	b)	Attitude	
	c)	Creativity	
	d)	Life skills	
27.	Critical thinking means.....		CO1
	a)	<b>Higher level thinking that aims to solve a problem.</b>	
	b)	Logically analyzing arguments in a critical way.	
	c)	Finding faults and weaknesses in other people’s arguments.	
	d)	Disciplined thinking and judgment	
28.	According to Hoffman, everyone is born with the capability of feeling .....		CO1
	a)	<b>pain</b>	
	b)	sorrow	
	c)	Empathy	
	d)	entertainment	
29.	Ability to perceive the visual		CO1
	a)	<b>Pictures</b>	
	b)	Visual intelligence	
	c)	See	
	d)	Hear	
30.	..... the ability to use words and language		CO2
	a)	<b>Elegancy</b>	
	b)	Verbal intelligence	
	c)	Adequacy	
	d)	Critical thinking	
	Thinking about other things while listening to others is called .....		

31.	a)	<b>Mind drift</b>	CO1
	b)	Inactive listening	
	c)	Listening mistake	
	d)	Passive listening	
32.	..... helps to capture the listener's attention.		CO1
	a)	<b>Gesture</b>	
	b)	Communication	
	c)	Message	
	d)	Hints	
33.	Listening skills are a prerequisite for .....		CO1
	a)	<b>Group discussion</b>	
	b)	Intra Personal Communication	
	c)	Speaking	
	d)	Public discussion	
34.	..... is a conversation between two people.		CO2
	a)	<b>Dialogue</b>	
	b)	Debate	
	c)	Discussion	
	d)	Monologue	
35.	The term 'self-esteem' comes from a ..... word.		CO2
	a)	<b>Greek</b>	
	b)	French	
	c)	Latin	
	d)	Portuguese	
36.	..... means pride in one's self-respect.		CO2
	a)	<b>Self-esteem</b>	
	b)	Self-appraisal	
	c)	Self-awareness	
	d)	Self-confidence	
37.	..... is a clear perception of your personality.		CO2
	a)	<b>Awareness</b>	
	b)	Assessment	
	c)	Identity	
	d)	Control	

38.	..... an ability to observe one's behavior, action, thoughts, feelings and emotions.		CO2
	a)	<b>Self-awareness</b>	
	b)	Self-identification	
	c)	Self-evaluation	
	d)	Self-assessment	
39.	It is otherwise called self-discipline. (..... also called self-discipline.)		CO2
	a)	<b>Self-control</b>	
	b)	Self-identity	
	c)	Self-evaluation	
	d)	Self-assessment	
40.	..... is internal processes that activate, guide, and maintain behavior.		CO2
	a)	<b>Motivation</b>	
	b)	Emotion	
	c)	Hard work	
	d)	Goal attainment	
41.	The word SQ (Social Quotient) is originally coined by .....		CO1
	a)	<b>Edward Thorndike</b>	
	b)	Ketron Aura	
	c)	Robert Sternberg	
	d)	Steven Vernon	
42.	Time management is .....		CO2
	a)	<b>Planning how to divide time between activities</b>	
	b)	Arranging appointments on a calendar	
	c)	Completing tasks as quickly as possible	
	d)	Setting strict schedules for each day	
43.	Time management is important because .....		CO2
	a)	<b>It reduces stress and improves productivity</b>	
	b)	It helps you avoid work entirely	
	c)	It allows you to work long hours without breaks	
	d)	It ensures you complete all tasks without any errors	
44.	First step in effective time management is .....		CO2
	a)	<b>Identifying your goals</b>	
	b)	Making a to-do list	
	c)	Prioritizing tasks	



	d)	Setting deadlines for each task	
45.	..... is an example of a time-wasting activity.		CO1
	a)	<b>Attending unnecessary meetings</b>	
	b)	Taking breaks between tasks	
	c)	Checking emails at designated times	
	d)	Prioritizing important task	
46.	How can you prioritize tasks effectively?		CO1
	a)	<b>By working on tasks based on their complexity</b>	
	b)	By working on tasks in the order they were received	
	c)	By working on tasks based on their urgency and importance	
	d)	By working on tasks that are easier to complete first	
47.	How can saying “no” help with time management?		CO1
	a)	<b>It allows you to focus on your own tasks and priorities</b>	
	b)	It helps you avoid all commitments	
	c)	It prevents you from ever taking on new responsibilities	
	d)	It increases stress and workload	
48.	What is the purpose of setting deadlines for tasks?		CO1
	a)	<b>To create a sense of urgency and accountability</b>	
	b)	To ensure tasks are completed as quickly as possible	
	c)	To allow for flexibility in task completion	
	d)	To measure your overall productivity	
49.	Which is an example of multitasking?		CO1
	a)	<b>Simultaneously working on multiple tasks</b>	
	b)	Focusing on one task at a time	
	c)	Working on two tasks sequentially	
	d)	Juggling multiple tasks with no order	
50.	How can you avoid procrastination?		CO2
	a)	<b>By breaking tasks into smaller steps</b>	
	b)	By setting unrealistic deadlines	
	c)	By taking frequent breaks	
	d)	By avoiding making to-do lists	
51.	What is the purpose of time blocking?		CO1
	a)	<b>To allocate specific time slots for different tasks</b>	
	b)	To eliminate all distractions during work hours	
	c)	To work on tasks without taking breaks	

	d)	To limit the number of tasks to work on each day	
52.	What is the goal of time management?		CO2
	a)	<b>To make the most of available time</b>	
	b)	To make time go by faster	
	c)	To complete tasks as quickly as possible	
	d)	o eliminate all breaks and free time	
53.	How can delegating tasks help with time management?		CO1
	a)	<b>It frees up time to focus on higher-priority tasks</b>	
	b)	It allows you to procrastinate on tasks	
	c)	It avoids the need to prioritize tasks	
	d)	It reduces the overall workload	
54.	What is the purpose of time management tools and software?		CO1
	a)	<b>To help track and manage tasks efficiently</b>	
	b)	To eliminate the need for setting deadlines	
	c)	To reduce productivity and create distractions	
	d)	To replace the need for prioritizing tasks	
55.	Which is an example of an external time-wasting factor?		CO1
	a)	<b>Frequent interruptions</b>	
	b)	Procrastination	
	c)	Setting unrealistic goals	
	d)	Using time management techniques	
56.	Which is an example of an internal time-wasting factor?		CO1
	a)	<b>Procrastinating on tasks</b>	
	b)	Setting realistic deadlines	
	c)	Prioritizing tasks based on urgency and importance	
	d)	Using time management techniques	
57.	How can time management help reduce stress?		CO1
	a)	<b>By helping you plan and prioritize tasks</b>	
	b)	By increasing workload and deadlines	
	c)	By allowing for more breaks and free time	
	d)	By creating a sense of urgency and pressure	
58.	What is the purpose of using time management techniques like the Pareto Principle?		CO1
	a)	<b>To identify the most critical tasks that yield the greatest results</b>	
	b)	To focus only on urgent tasks	

	c)	To allocate time based on the complexity of tasks	
	d)	To achieve 100% productivity	
59.	How can setting realistic deadlines contribute to time management?		CO1
	a)	<b>It helps create a sense of urgency and accountability</b>	
	b)	It ensures tasks are completed as quickly as possible	
	c)	It allows for flexibility and avoids any pressure	
	d)	It eliminates the need for prioritizing task	
60.	Which time management technique involves dividing your workday into blocks of time dedicated to specific tasks?		CO1
	a)	<b>Time blocking</b>	
	b)	The Pareto Principle	
	c)	The ABCD Method	
	d)	The Pomodoro Technique	
61.	Why is it essential to avoid overloading your schedule with too many commitments?		CO1
	a)	<b>It reduces stress and prevents burnout</b>	
	b)	It allows for more breaks and free time	
	c)	It ensures you complete all tasks on time	
	d)	It eliminates the need for prioritizing tasks	
62.	What is the purpose of the ABCD Method in time management?		CO1
	a)	<b>To categorize tasks based on their urgency and importance</b>	
	b)	To prioritize tasks based on complexity	
	c)	To eliminate all low-priority tasks	
	d)	To ensure all tasks are completed simultaneously	
63.	How can time management help improve work-life balance?		CO2
	a)	<b>By allowing for more leisure and personal time</b>	
	b)	By increasing the number of work hours	
	c)	By reducing the number of tasks to complete	
	d)	By eliminating the need for prioritizing tasks	
64.	What is the main benefit of using time management techniques?		CO1
	a)	<b>It increases productivity and efficiency</b>	
	b)	It eliminates the need for prioritizing tasks	
	c)	It reduces the need to set deadlines	
	d)	It helps identify time-wasting activities	
	What is the purpose of setting specific goals in time management?		

65.	a)	<b>To focus your efforts and prioritize tasks</b>	CO1
	b)	To create a never-ending to-do list	
	c)	To track your past achievements	
	d)	To allocate time for each task	
66.	How can time management help with meeting deadlines?		CO1
	a)	<b>By creating a sense of urgency and accountability</b>	
	b)	By avoiding all commitments	
	c)	By setting unrealistic deadlines	
	d)	By multitasking on multiple tasks at once	
67.	Personality disorders (PD) consist of a loosely bound cluster of subtypes. Which of the following common features are evident in PD?		CO1
	a)	<b>All of these</b>	
	b)	they are characterized by an enduring pattern of behavior that deviates markedly from expectations within that culture	
	c)	they are associated with unusual ways of interpreting events, unpredictable mood swings, or impulsive behavior	
	d)	they result in impairments in social and occupational functioning	
68.	What characterizes the tendency of individuals with narcissistic personality disorder to overestimate their abilities and exaggerate their achievements?		CO1
	a)	<b>a pervasive need for admiration</b>	
	b)	An inability to monitor reality	
	c)	impulsive behavior such as drug abuse	
	d)	unusual ideas of reference	
69.	The impulsive and unpredictable behavior of individuals with Antisocial Personality Disorder is often due to rapid and erratic switching between:		CO1
	a)	<b>Dysfunctional schemas</b>	
	b)	Dysfunctional memories	
	c)	Dysfunctional hearing	
	d)	Dysfunctional Balance	
70.	Research indicates that individuals with Borderline Personality Disorder may have brain abnormalities related to impulsive behavior. Which brain area is commonly associated with this dysfunction?		CO1
	a)	<b>Dopamine</b>	
	b)	Circuitry	
	c)	Anatomy	
	d)	Corpus callosum functioning	
	The World Health Day is celebrated on _____.		

71.	a)	7th April	CO1
	b)	1st March	
	c)	6th October	
	d)	10th December	
72.	Cleanliness, physical exercise, rest and sleep are a part of _____.		CO1
	a)	Personal hygiene	
	b)	Hygiene	
	c)	Social hygiene	
	d)	None of these	
73.	Which of the following is an unhealthy habit?		CO1
	a)	Eating without washing one's hand	
	b)	Sharing food	
	c)	Bathing twice a day	
	d)	Drinking boiled water	
74.	Which of the following is not a bacterial disease?		CO1
	a)	All of these	
	b)	AIDS	
	c)	Dengue	
	d)	Measles	
75.	Which of the following diseases is also known as 'Salmonella enterica serotype Typhi'?		CO2
	a)	Typhoid	
	b)	Malaria	
	c)	Diarrhea	
	d)	Yellow fever	
76.	Which of the following is the main cause of the transmission of the Hepatitis virus?		CO2
	a)	Sharing drug needles	
	b)	The bite of a mosquito	
	c)	Drinking contaminated water	
	d)	All of these	
77.	Which of the following statements is true about contamination?		CO1
	a)	Contamination is caused by the entry of germs into drinking water or edible foods.	
	b)	Contamination is caused by the entry of germs by an insect bite	
	c)	Contamination is caused by the entry of germs by an animal bite	
	d)	None of these	

78.	Which of the following diseases is not caused by bacteria?		CO1
	a)	<b>Poliomyelitis</b>	
	b)	Typhoid	
	c)	Tuberculosis	
	d)	All of these	
79.	The main cause of contagious disease is _____.		CO1
	a)	<b>All of these</b>	
	b)	Contaminated Air	
	c)	Contaminated Food	
	d)	Poor hygienic conditions	
80.	Which of the following factors is necessary for maintaining good health?		CO2
	a)	<b>All of these</b>	
	b)	Vaccination	
	c)	Balanced diet	
	d)	Personal hygiene	
81.	Which substance causes increased fat synthesis, dilation of blood vessels, low blood sugar, and stomach inflammation when consumed?		CO2
	a)	<b>drug addiction and tobacco</b>	
	b)	alcohol	
	c)	tobacco	
	d)	drug addiction	
82.	..... causes tunnel vision		CO2
	a)	<b>Alcohol</b>	
	b)	Smoking	
	c)	Barbiturates	
	d)	Vitamin A deficiency	
83.	Which of the following, when consumed after drinking alcohol, can lead to death?		CO2
	a)	<b>Barbiturate</b>	
	b)	Morphine	
	c)	Opium	
	d)	All of these	
84.	Which drug, when combined with alcohol, causes significant drowsiness but otherwise does not produce a sedative effect?		CO1
	a)	<b>Antihistamine</b>	
	b)	Marijuana	

	c)	Valium	
	d)	Barbiturate	
85.	Constituent of alcoholic beverage is .....		CO2
	a)	<b>Ethyl alcohol</b>	
	b)	Propyl alcohol	
	c)	Methyl alcohol	
	d)	Mix of all of these	
86.	..... is a result of the development of fatty liver syndrome.		CO2
	a)	<b>synthesis of fat from alcohol</b>	
	b)	synthesis of fatty acids, fat and glycerol	
	c)	synthesis of fat from amino acids	
	d)	excessive synthesis of fat from fatty acids	
87.	..... the condition caused by alcoholism that results in fatty acid accumulation in the liver.		CO2
	a)	<b>Cirrhosis</b>	
	b)	Neuritis	
	c)	Gastritis	
	d)	Nephritis	
88.	..... is a withdrawal symptom associated with alcohol consumption.		CO2
	a)	<b>Nausea and vomiting</b>	
	b)	Delirium	
	c)	swollen and patchy face	
	d)	All of these	
89.	..... causes the highest accumulation of fat in the liver.		CO2
	a)	<b>alcohol</b>	
	b)	meat and egg	
	c)	saturated fat	
	d)	starch	
90.	Which of the following is a consequence of alcohol addiction?		CO1
	a)	<b>cardiovascular diseases, hypertension and fatty liver syndrome</b>	
	b)	psychosis, hypertension and fatty liver syndrome	
	c)	ulcers, all types of mental illness, vitamin deficiency, cardiovascular diseases	
	d)	All of these	
91.	One of the most significant contributions of ICT in the field of education.....		CO2

	a)	<b>Easy access to learning</b>	
	b)	Easy access to teaching	
	c)	Easy access to workloads	
	d)	Easy access to books	
92.	Which of the following tools is not associated with Information and Communication Technology (ICT)?		CO2
	a)	<b>Laboratories</b>	
	b)	Calculation	
	c)	Slideshow	
	d)	Video	
93.	To remain competitive in the growing field of ICT, a leader must continuously keep pace with .....		CO1
	a)	<b>Update technology</b>	
	b)	Creation	
	c)	Skill	
	d)	Knowledge	
94.	_____ is a form of marketing communication used to inform or persuade an audience to take some action.		CO2
	a)	<b>Advertising</b>	
	b)	Viral video	
	c)	Mass Media	
	d)	Social Networking	
95.	What does the phrase “information overload” refer to?		CO2
	a)	<b>When our brains try to process more details than we can handle.</b>	
	b)	A momentary reaction to breaking news on television or social media	
	c)	Having access to various forms of traditional and digital media.	
	d)	Hearing something that we don't like the sounds of.	
96.	What is a common effect of experiencing information overload?		CO2
	a)	<b>Our brains become fatigued and unfocused.</b>	
	b)	We withdraw and stop searching for data.	
	c)	We only process information facts.	
	d)	Our brains speed up and process faster.	
97.	How have the information age and digital technologies contributed to information overload?		CO1
	a)	<b>We have access to more forms of data than ever before.</b>	
	b)	Information overload has limited our ability to find data.	
	c)	The information age has stopped all forms of overload.	



	d)	Neither has a bearing on information overload.	
98.	Which of the following is an important factor in substance abuse?		CO1
	a)	<b>Whether the substances are regularly used by other family members</b>	
	b)	Whether the family environment is rural or urban	
	c)	Whether you are a twin	
	d)	Whether you are born in the winter	
99.	In substance abuse, the term self-medication refers to?		CO1
	a)	<b>Amelioration of psychological distress thorough substance use</b>	
	b)	Doctors prescribing their own drugs	
	c)	Motive for using a substance	
	d)	Deciding the drug of choice	
100.	Which of the following is an example of a substance use disorder (SUD)?		CO1
	a)	<b>All of these</b>	
	b)	Alcohol related disorders	
	c)	Caffeine related disorders	
	d)	Inhalant related disorders	