

HU1008-1
LIFE SKILLS FOR ENGINEERS

QUESTION BANK

Unit 2: Need for cultivating good hobbies, Habits, Peer Pressure, How to cope with it, Stress Management

Department of Humanities

NMAM INSTITUTE OF TECHNOLOGY		
DEPARTMENT OF HUMANITIES		
HU1008-1 : Life Skills for Engineers		
Multiple Choice Questions (MCQ)		
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Q. No.		CO
Unit – 2		
Need for cultivating good hobbies, Habits, Peer Pressure, Stress Management		
01.	What is a hobby?	CO1
	a) Activities which give us fun and joy are hobby.	
	b) Activities which give us fun and gardening is hobby.	
	c) Activities which make us serious about our work	
	d) None of the above	
02.	Which of the indoor hobby?	CO1
	a) Reading Books and music.	
	b) Travelling and Reading Books.	
	c) Collecting stamps and swimming.	
	d) Trekking and hiking	
03.	What is philately?	CO1
	a) The collecting and study of stamps	
	b) The study of non-collection and postage stamps	
	c) collect and study the ancient coins	
	d) None of the above	
04.	What is the meaning of active?	CO1
	a) Happiness	
	b) Arrogance	
	c) Ego	
	d) Evolve	
05.	Which of the outdoor hobby?	CO1

	a)	Gardening and travelling.	
	b)	Philately	
	c)	Numismatics	
	d)	Cooking	
06.	What is the synonym word of sporty?		CO1
	a)	Hearty	
	b)	Joy	
	c)	Leisure	
	d)	Sorrow	
07.	One who collects coins as hobby:		CO1
	a)	Numismatist	
	b)	Philatelist	
	c)	Ornithologist	
	d)	Statistician	
08.	A person who collects or has a great love of books is known as _____?		CO1
	a)	Bibliophile	
	b)	Pluviophile	
	c)	Cosmopolitan	
	d)	Changeling	
09.	NUMISMATIST: COINS ::		CO1
	a)	Philatelist: Stamps	
	b)	Jeweler : Jewels	
	c)	Cartographer: Maps	
	d)	Geneticist: Chromosomes	
10.	A person who pretends to have more knowledge or skill than he really has:		CO2
	a)	Charlatan	
	b)	Crook	
	c)	Apotheosis	
	d)	Renegade	
11.	A Game, which no one wins called _____?		CO1
	a)	Draw	
	b)	Tie	
	c)	Loss	
	d)	Toss	
12.	Activities people enjoy doing during their leisure time.		CO1
	a)	Hobbies	

	b)	Schools	
	c)	Sports	
	d)	Friends	
13.	The state of being pleased or content.		CO1
	a)	Happy	
	b)	Indoors	
	c)	Outdoors	
	d)	Alone	
14.	The use of skill and imagination to create something.		CO1
	a)	Art	
	b)	Music	
	c)	Sports	
	d)	School	
15.	Earnest klein has classified habits into;		CO1
	a)	Intentional and non-intentional habits	
	b)	Compulsive and non-compulsive habits	
	c)	Primary and secondary habits	
	d)	Pressure and non-pressure habits	
16.	When a person gets hooked on a hobby, he realizes that		CO1
	a)	it has become an integral part of our life	
	b)	it has much more benefits than we realized	
	c)	it is much more enjoyable to have a hobby	
	d)	it is quite essential for us to learn some skills through our hobbies	
17.	No matter which sort of hobby you are pursuing, be it a craft, sports, puzzles, or skill development, your hobby should be:		CO1
	a)	A diversion and a passion	
	b)	Useful for you in the long run	
	c)	A skill that improves your present circumstances	
	d)	Followed through till the end	
18.	The journey of experiencing a hobby is quite:		CO1
	a)	Rewarding in itself	
	b)	Challenging for a person	
	c)	Demanding in itself	
	d)	Inspirational for a person	
19.	Getting a hobby means having a short break from work and doing something you are passionate about which can :		CO1

	a)	Rejuvenate your mind and help prepare you to handle challenges in the future in a better way	
	b)	Give you a peace of mind from all the other problems of daily hectic life and make you feel refreshed	
	c)	Help you enhance and improve your skills and push you forward on your path to success.	
	d)	Make you enjoy and appreciate your life much more as you are happy pursuing what you love	
20.	Choose an option that is NOT a benefit of having a hobby.		
	a)	Help us to manage our planned time more beneficially	
	b)	Provides an opportunity for us to socialize with people	
	c)	Gives us an opportunity to enhance our life	
	d)	Makes us more confident in ourselves	
21.	If your hobby gives you, then you will be more confident about challenging yourself in your hobby and help you prepare for learning new things at work.		
	a)	A sense of purpose	CO2
	b)	Confidence to move forward	
	c)	A reason to develop yourself	
	d)	Skills that help you in your work	
22.	Choose the following which is NOT a good habit		
	a)	Put sharp objects into eyes and ears	CO1
	b)	Avoid talking or laughing while eating	
	c)	Use a hanky while coughing or sneezing	
	d)	Cutting nails	
23.	The primary reason that smoking cigarettes is bad for our health is that cigarette smoke		
	a)	Kills the cilia in the upper respiratory tract	CO1
	b)	Inhibits the ability of hemoglobin to carry blood	
	c)	Destroys normal lung cells and grows cancer cells	
	d)	Weakens muscles participating in breathing	
24.	We should not Water		
	a)	Waste	CO1
	b)	Store	
	c)	Use	
	d)	Save	
25.	We should brush our teeth a day		CO1
	a)	Two times	

	b)	Four times	
	c)	Five times	
	d)	One time	
26.	We should take a bath		CO1
	a)	Every day	
	b)	One day	
	c)	Once a week	
	d)	Once a month	
27.	We should keep our books and clothes in their places.		CO1
	a)	Right	
	b)	Dirty	
	c)	Wrong	
	d)	None of these	
28.	We should throw waste into the		CO1
	a)	Dustbin	
	b)	Outside	
	c)	Room	
	d)	Class	
29.	We should always keep our house and class		CO1
	a)	Clean	
	b)	Dirty	
	c)	Bad	
	d)	All of these	
30.	We should share.....things to each other		CO2
	a)	Good	
	b)	Bad	
	c)	Dirty	
	d)	None of these	
31.	We should speakto each other		CO1
	a)	Politely	
	b)	Rudely	
	c)	Badly	
	d)	None of these	
32.	We should spend time with our		CO1
	a)	All of these	
	b)	Grandparents	

	c)	Siblings	
	d)	Parents	
33.	We should wash our hands before and aftermeal		CO1
	a)	Every	
	b)	Breakfast	
	c)	Lunch	
	d)	Dinner	
34.	We should wearuniform		CO1
	a)	Clean	
	b)	Dirty	
	c)	Bad	
	d)	None of these	
35.	We should eatfood		CO1
	a)	Healthy	
	b)	Junk food	
	c)	Stale	
	d)	Unhealthy	
36.	We should have lessfood		CO1
	a)	Junk	
	b)	Healthy	
	c)	Vegetables	
	d)	Fruits	
37.	We should play and exerciseday.		CO1
	a)	Everyday	
	b)	One day	
	c)	Once a week	
	d)	Once a month	
38.	What benefits are there in eating a balanced diet?		CO1
	a)	All of these	
	b)	Good health	
	c)	Good mood and energy	
	d)	Improved health and reduced illness	
39.	How many glasses of water should you drink in a day?		CO1
	a)	At least 8 glasses	
	b)	More than 12 glasses	
	c)	Between 1-3 glasses	

	d)	Do not drink water	
40.	At least how many hours should you sleep each day?		CO1
	a)	8-10	
	b)	5-7	
	c)	3-5	
	d)	1-2	
41.	Which of the followings activities is considered a healthy habit?		CO1
	a)	Have cereal with milk and fruits for breakfast	
	b)	Sleep six hours a day	
	c)	Play a videogame every night	
	d)	Watching TV all night	
42.	Which is not a healthy eating practice?		CO1
	a)	Eat more fatty foods	
	b)	Eat more fruits and vegetables	
	c)	Eat more fiber	
	d)	Do not eat in a hurry	
43.	To prevent diseases you must...		CO1
	a)	Cover your mouth when you cough or sneeze	
	b)	Eat pizza everyday	
	c)	Use toilet paper	
	d)	Sing in the shower	
44.	Which is the First Meal of the day?		CO1
	a)	Breakfast	
	b)	Tea	
	c)	Lunch	
	d)	Dinner	
45.	What will happen if you eat junk food?		CO1
	a)	we will see bad things happen to our body	
	b)	Eat more fruits and vegetables	
	c)	have an healthy habit	
	d)	burgers taste better than salad	
46.	What should you do if you want to be healthy?		CO1
	a)	eat healthy food everyday	
	b)	sleep all day	
	c)	eat junk food	
	d)	Smile	

47.	Which of the following is a good habit?		CO1
	a)	Washing hand before and after eating food.	
	b)	Washing hand before going to toilet.	
	c)	Brushing teeth once in week.	
	d)	All of these	
48.	Which of the following activities keeps your bones and muscles strong?		CO1
	a)	Exercise	
	b)	Brushing	
	c)	Bathing	
	d)	Eating	
49.	While handling electric points, we should touch them with ____.		CO1
	a)	Dry hands	
	b)	Wet hands	
	c)	Iron rod	
	d)	Ice	
50.	Dia noticed her mother is reading something written on the medicine bottle before giving the medicine to her sick brother. What do you think she was reading?		CO1
	a)	Checking the expiry date of the medicine	
	b)	Reading the name of the doctor	
	c)	Finding the amount of the medicine	
	d)	Checking the colour of the medicine.	
51.	If a person gets minor cut, first ____ the cut with water, then apply over it.		CO1
	a)	wash, antiseptic	
	b)	wash, cold cream	
	c)	remove, Band-Aid	
	d)	wash, icepack	
52.	Which of the following is a good habit?		CO1
	a)	Enter into the College bus in a line.	
	b)	Getting into a moving college bus.	
	c)	Keep your hand outside the moving bus.	
	d)	Pushing each other in the moving bus.	
53.	The word 'Lexicography' is associated with which one of the following?		CO2
	a)	Compilation of dictionary	
	b)	Ancient remains	
	c)	Edicts	
	d)	Decorative writing	

54.	A..... may be defined as an occupation that requires specialized knowledge and intensive academic preparations and to which entry is regulated by a representative body.		CO2
	a)	Profession	
	b)	Hobby	
	c)	Passion	
	d)	Goal	
55.	What age group do most people fall into when they are most exposed to peer pressure?		CO1
	a)	Teenager	
	b)	Toddler	
	c)	Adult	
	d)	Elder	
56.	Give an example of how peer pressure is commonly spread.		CO1
	a)	Verbally and social media	
	b)	Verbally	
	c)	US Mail service	
	d)	Social media	
57.	Which solution to peer pressure did we propose?		CO2
	a)	Educate people on the consequences	
	b)	Outlaw influences	
	c)	Remove social media sites	
	d)	Therapy	
58.	Due to peer pressure being a major issue in teens, many ____ have been created.		CO1
	a)	Websites	
	b)	Stores	
	c)	Classrooms	
	d)	Coffee stores	
59.	If someone repeatedly confronts you, what do you do?		CO1
	a)	Walk away	
	b)	Accept	
	c)	Fight	
	d)	Steal their wallet	
60.	What is the main difference between implicit peer pressure and explicit peer pressure?		CO1

	a)	Explicit peer pressure is when someone directly, or explicitly, pressures you into doing something while implicit peer pressure doesn't include someone actually telling you to do something or pressuring you	
	b)	Explicit peer pressure only occurs when someone yells at you to do something – all other forms of peer pressure are implicit	
	c)	Implicit peer pressure is when you pressure someone to do something, while explicit peer pressure is when another person pressures you to do something	
	d)	Implicit peer pressure happens when you pressure yourself to do something, while explicit peer pressure is when someone else pressures you to do something	
61.	What factor influences implicit peer pressure?		CO2
	a)	Social Influence	
	b)	Internal Influence	
	c)	Your Mood	
	d)	The Weather	
62.	What is the best way to respond to peer pressure?		CO1
	a)	Be firm in your response and say no that you won't engage in that activity, and leave if you have to	
	b)	Ignore the person pressuring you and give them the silent treatment	
	c)	Yell at the person who is peer pressuring you and berate them until they stop	
	d)	Succumb to that pressure and do it if it's not that bad	
63.	The BEST way to refuse an offer to smoke or do drugs is to _____.		CO1
	a)	firmly say "no"	
	b)	yell "NO" and run away as fast as you can	
	c)	have your friends tell the person that is offering "no"	
	d)	say you will do it the next time you are all together	
64.	The BEST way to avoid negative peer pressure is to _____.		CO1
	a)	hang out with friends that share your values and support you	
	b)	hang out with people that have bad reputations	
	c)	scream "NO" and run away whenever you feel pressure	
	d)	be aggressive with others so that they leave you alone	
65.	Situations where negative peer pressure is commonly felt include all of the following EXCEPT:		CO1
	a)	studying in a group for a test	
	b)	drugs, alcohol, and tobacco use	
	c)	truancy and academic dishonesty	
	d)	sexual activity	

66.	Which of the following is NOT a benefit of positive peer pressure?		CO2
	a)	Added stress and pressure	
	b)	Encouragement to try new things	
	c)	Honest feedback from friends	
	d)	Exposure to new things and fun things	
67.	Peer pressure can influence all of the following EXCEPT:		CO1
	a)	The food we are allergic to	
	b)	The clothes we wear	
	c)	The music we listen to	
	d)	The food we eat	
68.	Which is an example of peer pressure?		CO1
	a)	A friend wanting you to play even though your doctor advised you to wait	
	b)	Assertively saying 'No' when someone asks you to drink	
	c)	Saying 'No' to your relative when they ask you to borrow the car	
	d)	Leaving a party when someone brings cigarette	
69.	The main keys to managing stress are		CO1
	a)	All of these	
	b)	Recognizing and understanding the signs of stress	
	c)	Identifying sources of stress	
	d)	Identifying what we can and can't control	
70.	Symptoms such as moodiness, hostility, and fearfulness are signs that stress is affecting the		CO1
	a)	Emotions	
	b)	Body	
	c)	Mind	
	d)	Behavior	
71.	Which of the following causes stress?		CO1
	a)	All of these	
	b)	Illness	
	c)	Academic Demands	
	d)	Loss of a family member	
72.	Taking care of and supporting yourself during stressful times include all of the following except		CO1
	a)	Suppressing true feelings	
	b)	Talking with someone about the stress	
	c)	Providing some down time for yourself	

	d)	Creating an emotional outlet	
73.	Which of the following are the basic sources of stress		CO1
	a)	All of these	
	b)	Social Stressors	
	c)	Physiological	
	d)	Thoughts	
74.	Examples of environmental stressors are		CO1
	a)	All of these	
	b)	Weather	
	c)	Traffic	
	d)	Substandard housing	
75.	Examples of social stressors are		CO1
	a)	All of these	
	b)	Financial problems	
	c)	Divorce	
	d)	Loss of a loved one	
76.	Examples of physiological stressors are		CO1
	a)	All of these	
	b)	Menopause	
	c)	Giving birth	
	d)	Sleep disturbances	
77.	The following are the characteristics of Positive Stress		CO2
	a)	All of these	
	b)	It improves performance	
	c)	It feels exciting	
	d)	It motivates	
78.	The following are the characteristics of Negative Stress		CO1
	a)	All of these	
	b)	It causes anxiety	
	c)	It feels unpleasant	
	d)	It decreases performance	
79.	Which of the following statements is true		CO1
	a)	Negative stress is perceived within our coping abilities	
	b)	Positive stress is short-term	
	c)	Negative stress can be short or long-term	
	d)	Negative stress can lead to mental as well as physical problems	

80.	The following are the examples of negative stressors		CO1
	a)	All of these	
	b)	Unemployment	
	c)	Legal problems	
	d)	Divorce	
81.	The following are the examples of positive stressors		CO1
	a)	All of these	
	b)	New job	
	c)	Having a child	
	d)	Buying a home	
82.	Which of the following are the physical symptoms of anxiety		CO1
	a)	All of these	
	b)	Racing heart	
	c)	Sweaty palms	
	d)	Flushed cheeks	
83.	Anxiety can cause the following moods		CO1
	a)	All of these	
	b)	Irritable	
	c)	Panicky	
	d)	Anxious	
84.	What thoughts come to the mind when you are under negative stress?		CO1
	a)	You think that you cannot cope with the situation	
	b)	You think that you can cope with the situation	
	c)	You think that everything will get fine eventually	
	d)	You think that you will get help immediately	
85.	The symptoms of stress can be divided in to the following categories		CO1
	a)	All of these	
	b)	Cognitive	
	c)	Emotional	
	d)	Physical	
86.	Which of the following statements is true		CO1
	a)	Moodiness is an emotional symptom of stress	
	b)	Moodiness is a cognitive symptom of stress	
	c)	Poor judgment is an emotional symptom of stress	
	d)	Agitation is cognitive symptom of stress	

87.	The following are true about the behavioral symptoms of stress		CO1
	a)	All of these	
	b)	The subject starts eating more or less	
	c)	The subject starts sleeping more or less	
	d)	The subject isolates himself/herself from others	
88.	Aches, shallow breathing and sweating, frequent colds are		CO1
	a)	Physical symptoms of stress	
	b)	Behavioral symptoms of stress	
	c)	Emotional symptoms of stress	
	d)	Cognitive symptoms of stress	
89.	Who was the first to describe the "fight or flight response"		CO1
	a)	Walter B. Cannon	
	b)	Sigmund Freud	
	c)	Atkinson Potter	
	d)	Mrunal Sengupta	
90. is defined as the optimal amount of stress that helps to promote health and growth.		CO2
	a)	Eustress	
	b)	Mistress	
	c)	Distress	
	d)	Neostress	