



COURSE TITLE: UNDERSTANDING SELF FOR EFFECTIVENESS
SUBJECT CODE: BSU-143
COURSE LEVEL: UG

SECTION - A

- Q1. How will you define self as core competency? (**Module I**)
- Q2. Write about the basic component of self. (**Module I**)
- Q3. How will you differentiate the ideal, real and public self. (**Module I**)
- Q4. What is the role of self confidence in achievement? (**Module I**)
- Q5. What is self image? (**Module I**)
- Q6. Differentiate between Self concept and Self image. (**Module I**)
- Q7. Write short note on Self-confidence Cycle. (**Module I**)
- Q8. What are the factors affecting self concept. (**Module I**)
- Q9. Explain the components of self. (**Module I**)
- Q10. What do you mean by self understanding? (**Module I**)
- Q11. Write short note on self realization. (**Module I**)
- Q12. Write about Johari Window. (**Module II**)
- Q13. What is the importance of developing self awareness? (**Module II**)
- Q14. Write about your open and blind area of self. (**Module II**)
- Q15. Write about your hidden and unknown area of self. (**Module II**)
- Q16. Write about the basic characteristics of self awareness technique. (**Module II**)
- Q17. Write with example about the area of free activity. (**Module II**)
- Q18. The Blind Area often holds the keys to personal and team progress. How? (**Module II**)
- Q19. Write about the stages of self awareness. (**Module II**)
- Q20. In which stage child is start to develop self-recognition. Writes about the factors affecting it. (**Module II**)
- Q21. What is self-awareness? (**Module II**)
- Q22. What characteristics People with low self-esteem possess. (**Module III**)



- Q23. Write about the characteristics of high self esteem. (**Module III**)
- Q24. Write four reasons of High and low self esteem. (**Module III**)
- Q25. Write about framing a charter for self. (**Module III**)
- Q26. How do attitudes form? (**Module IV**)
- Q27. Explain types of attitude. (**Module IV**)
- Q28. How do attitudes influence behaviour? Provide proper example. (**Module IV**)
- Q29. How do attitudes influence perception? Give proper explanation. (**Module IV**)
- Q30. How do attitudes influence motivation? Write proper examples. (**Module IV**)
- Q31. Write about the effects of attitude on adjustment. Give proper example. (**Module IV**)
- Q32. Write about the effects of attitude on time management. (**Module IV**)
- Q33. How attitude affects performance? Write with proper example. (**Module IV**)
- Q34. Describe positive and negative attitude. (**Module IV**)
- Q35. Write about the functions of positive attitude. (**Module IV**)
- Q36. What is the importance and relevance of attitude? (**Module IV**)
- Q37. Define EQ and EI. (**Module V**)
- Q38. Discuss the role of self management as a tool of success? (**Module V**)
- Q39. Explain the characteristics of emotionally intelligent? (**Module V**)
- Q40. How will you differentiate between empathy and sympathy? (**Module V**)
- Q41. Elucidate the importance and relevance of emotional intelligence? (**Module V**)
- Q42. Explain positive and negative emotion? (**Module V**)
- Q43. Explain about healthy and unhealthy expression of emotions. (**Module V**)
- Q44. What are the distinctive styles people tend to fall into for attending to and dealing with their emotions? Write with proper explanation. (**Module V**)
- Q45. The clarity about emotions may under grid what personality traits? Explain. (**Module V**)
- Q46. Differentiate mood, feeling and emotions. (**Module V**)



- Q47. Compare healthy and unhealthy expression of emotions. (**Module V**)
- Q48. How emotional intelligence help in developing leadership quality. (**Module V**)
- Q49. What is the role of emotional intelligence in career success? (**Module V**)
- Q50. Write negative effects of anger. (**Module V**)
- Q51. Suggest some techniques of coping with anger. (**Module V**)

SECTION – B

- Q1. How will you assess the people with having an “I can’t do it” attitude? Suggest some ideas to change it. (**Module I**)
- Q2. “Knowing yourself is the beginning of all wisdom.” Support the statement with proper example. (**Module I**)
- Q3. “Self-concept is a person’s subjective description of who the person thinks he or she is.” Support the explanation with proper example. (**Module I**)
- Q4. What happens when confidence is lost? Write some techniques to revive self confidence. (**Module I**)
- Q5. What are the main reasons behind student’s low self confidence? Provide proper solutions. (**Module I**)
- Q6. Write about the components of self-concept. (**Module I**)
- Q7. Write about the factors affecting self-concept. (**Module I**)
- Q8. Write about different dimensions of self-concept. (**Module I**)
- Q9. The changes in your mind and behavior become simple and easy steps when you develop self awareness. Justify this statement. (**Module II**)
- Q10. ‘Self awareness is important for self acceptance’. Do you agree with the statement? Give example to support your explanation. (**Module II**)
- Q11. One’s personal identity begins to develop during childhood and is constantly reinforced and modified throughout life. Explain with example. (**Module II**)
- Q12. What are the factors affecting self esteem at work place. (**Module III**)
- Q13. What is the role of trust and autonomy in self esteem (**Module III**)
- Q15. Write about the different stages in development of self. (**Module II**)



Q16. Write down the stages of development of self. (**Module II**)

Q17. Explain:

(a) Self identity and

(b) Life is 10% what happens to YOU and 90% how YOU respond to it. (**Module II**)

Q18. 'No one can make you feel inferior without your consent'. Justify the statement with proper explanation and example. (**Module III**)

Q19. Write about the positive effects of high self-esteem. (**Module III**)

Q20. What is self esteem? Write down its importance. (**Module III**)

Q21. Write short notes on the following:-. (**Module VI**)

(a) EQ and IQ and

(b) Self Acceptance

Q22. What are the main components of attitude? (**Module IV**)

Q23. 'Attitude is everything it impacts everything you do'. Explain? (**Module IV**)

Q24. How do attitudes influence stress? Provide some techniques to manage stress. (**Module IV**)

Q25. What is the role of perception and behaviour in forming attitude? (**Module IV**)

Q26. 'Ones choices today impact the successes tomorrow'. Do you agree or disagree with the statement write with proper explanation. (**Module IV**)

Q27. 'Life is 10% what happens to you and 90% how you respond to it'. Justify the statement with proper explanation. (**Module IV**)

Q28. 'Emotionally intelligent people are self-motivated'. Support the statement with proper example and explanation. (**Module V**)

Q29. Write short note on 'Basic emotions'. (**Module V**)

Q30. Explain how emotions help you. (**Module V**)

Q31. The composite ideas, feelings, and attitudes people have about themselves. What concept these lines refer to explain with examples. (**Module V**)

Q32. Write short note on 'healthy emotions: healthy living'. (**Module V**)

Q33. Write about techniques to control anger. (**Module V**)

Q34. Write proper explanation about positive effects of anger. (**Module V**)

Q35. Discuss the components of emotional intelligence. (**Module V**)



Q36. “No one can make you feel inferior without your consent” Explain in context to positive emotions. (**Module V**)

SECTION – C

Q1. Write about the effects of high and low self esteem on self confidence of students with proper explanation. (**Module III**)

Q2. Self is what people think they are like and Personality is what people are actually like. Give proper explanation to support the statement. (**Module I**)

Q3. A commitment to spend a little time working on improving your interpersonal skills will pay huge dividends throughout your future life.’ Support the statement with proper explanation. (**Module II**)

Q5. Describe the tool for self awareness, Personal development and understanding relationship. (**Module II**)

Q6. Write short note on the technique developed by Joseph Luft and Hary Ingham to explore self. (**Module II**)

Q7. Write about the model for self -awareness, Personal development and understanding relationship. (**Module II**)

Q8. What are the techniques of Self Awareness? Explain any one. (**Module II**)

Q9. Explain about open, blind, hidden and unknown self with the help of Johari Window. (**Module II**)

Q10. According to researches 72% of men and 85% of women are unhappy with at least one aspect of their appearance. Why? Write your views. (**Module III**)

Q11. The human self is a self-organizing, interactive system of thoughts, feelings, and motives that characterizes an individual. Justify your agreement with proper explanation. (**Module III**)

Q12. Write about the organizational factor affecting positive attitude. (**Module IV**)

Q13. Write about the barriers to change an attitude. Provide some techniques to measure attitude. (**Module IV**)

Q14. Acknowledging your good and bad habits and traits of character can alleviate feelings of dissatisfaction, anger, resentment or unhappiness. Do you agree with the statement? Explain why? (**Module IV**)



Q15. What are the techniques of Building Positive Attitude? **(Module IV)**

Q16. What is the fundamental key to success and leadership and it can be learned? Explain? **(Module IV)**

Q17. What are the components of attitude? Write proper explanation of each with example. **(Module IV)**

Q18. Write about the emotional capital model of emotional intelligence. **(Module V)**

Q19. Write about various factors affecting emotion and attitude separately. **(Module V)**

Q20. What is the basic difference between feeling, mood and emotions? Why emotional expressions are important? **(Module V)**

‘Q21.The more complex the job, the more EQ (EI) matters’. Support the statement with proper explanation. **(Module V)**

Q22. Why do people with high IQs not always succeed? Give proper explanation of your answer. **(Module V)**

Q23. ‘The research shows that IQ can help you to be successful to the extent of 20 percent only in life. The rest of 80 percent success depends on your EQ’. Justify the statement with proper explanation. **(Module V)**

Q24. Explain the four components of emotional intelligence. **(Module V)**

Q25. ‘The ability makes those with higher emotional intelligence better leaders’. Justify the statement with proper explanation. **(Module V)**

Q26. Write about the components of emotional intelligence with proper explanation and examples. **(Module V)**