

# Self Management Skills - 1

1. What is self-control? Give an Example.

Ans - It is the ability to manage your impulse, emotions and behaviour.

Example - Indian system of fasting is an excellent example of self control.

2. What are Organisational Skills?

Ans - It is the ability to plan and organise a given task in an effective manner.

Example - A student needs to have necessary material for the assigned activity, stay in their seat, and finish required work before going to the next assignment.

3. Lack of Self-Confidence often lands a person in unwanted situations.  
Comment.

Ans - Lack of Self-Confidence can harm your mental health and lead to problems such as Depression and Anxiety.

4. What is the role of experience in building up self-confidence?

Ans - Experience plays a crucial role in building self-confidence. Through experience, individuals can learn new things, overcome fears and doubts, gain evidence of their competence, build resilience, and achieve a sense of accomplishment.

B. Long Answer type question -

1. List any four positive results of Self-Management.

Ans - Self-Awareness: It is the awareness of your own personality. It is the ability to notice your feelings, your physical sensations, your reactions, your habits, your behaviors, and your thoughts. It enables you to learn about yourself in a way no one else can ever teach you. For example, as an individual, we are aware of artistic skills. If, I am good at fine arts, I will surely volunteer to participate in drawing competition.

- Self-Confidence: It is the trust in your own abilities, qualities and judgment. Some people are born with it and some learn to build up after facing the challenges of life. When you learn how to be confident, you can use it in your everyday life to tackle all of your goals. You can do any task that is given to you and not scared of taking risks. For example, it's a sense of self-confidence that takes a person on to a stage where speaks in a public gathering.

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•Self-Motivation: It is the force that drives you to do the things. Everything we do is motivated by some combination of conscious and unconscious needs or desires. Staying motivated is not something that happens naturally all the time. You should be ready to take challenges and open to positive learning. Remember that Impossible itself says 'I am Possible'. For example, it's only self-motivation that makes a good sportsperson.

•Self-Control: It is the ability to manage your impulse, emotions and behavior. Know yourself so you can manage your emotions and impulses. It acts as a force to have a more successful and satisfying life. For example, Indian system of fasting is an excellent example of self-control. Fasting restricts a person from eating specific food.

## 2. Write the steps to identify your Strengths.

Ans - a) Feel your strength with these good points and what others have appreciated in you.

b) Use your strength and choosing the correct path for your overall development.

c) List down the good points conveyed to you by these people, sit alone and introspect.

## 4. How do social factors help in building self-confidence?

Ans - Social factors play a big role in building self-confidence, especially for students. When we get support from our family, friends, and teachers, we start believing in ourselves more. Encouraging words and praise make us feel proud and help us try harder. Being part of a group, like a sports team or school club, gives us a sense of belonging and boosts our confidence. Seeing others succeed can also motivate us to do better. Positive feedback from people around us helps us improve and believe in our abilities. Even when we make mistakes, kind advice from others helps us learn and grow. These social connections make us feel valued and strong, helping us face challenges with courage and believe in our potential.