

Enhancing Soft Skills and Personality

Answer Key for Assignment 01 - Week 01

I. MCQ's

1. Which of the following is NOT true about habits?
 - There are good and bad habits
 - **Good habits are easily formed**
 - Bad habits, even when changed, leave a mark on the individual
 - Bad habits are easily formed
2. Growth Mindset people believe that:
 - Change is dangerous
 - **Their abilities can be developed**
 - Learning is not possible after college
 - Their abilities are determined by luck
3. What does stereotype threat mean?
 - **The risk of confirming to fixed, reductive images**
 - The risk of confirming to self-centered behavior
 - The risk of undertaking a flexible character
 - The risk of flowing with the current
4. "Females could never perform well in mathematics" – this type of mindset represents:
 - Hawthorne effect
 - High intelligence of males
 - **Stereotype threat**
 - All of the these
5. How are students' mindset shaped?
 - By their day to day experiences

- Observations
- Interactions
- **All the these**

6. Based on the infographic by Chloe Chong, how many signs represent that a growth mindset person is mentally stronger than others?

- 7
- 6
- **8**
- 10

7. What is/are the factor/s for processing excellence?

- Self-actualization
- Moving from one version to other enhanced version
- **Both (a) and (b)**
- None of these

8. Who said: "Seek first to understand and then to be understood"?

- Steve Jobs
- **Steven Covey**
- Abraham Maslow
- Danah Zohar

9. For ideal growth mind set, human relationships should be:

- Critical
- Motivating
- Comforting
- **All of these**

10. Which factor/s contribute/s to the first best impression in a professional context?

- Punctuality
- Dressing sense
- Body language
- **All of these**

11. Who gave the definition for 'Stereotypes Threat'?

- Richardson and Steele
- Addison and Steele
- Aronson and Richardson
- **None of these**

12. In which year did Elton Mayo conduct his experiments at the Hawthorne Plant?

- **1920**
- 1930
- 1925
- 1935

13. Which among the following is an example of hard skill?

- **Gardening**
- Adaptability
- Coordination
- Conflict-resolution

14. How do people with fixed mindset handle criticisms from others?

- Sometimes they accept, sometimes they don't
- They always accept
- **They don't accept**
- They accept but keep on arguing

15. What is the fundamental goal of this course?

- Giving you a certificate
- Inculcating rote learning
- Connecting you with an IIT professor
- **Training your mind to think**

16. Which of the following is not true about listening?

- Listening is an integral part of effective communication
- **Only speaking consumes energy, not listening**
- Unlike hearing, listening is a mental activity
- While listening, one should be free from any prejudice

17. The bumblebee can fly because:

- It understands the aerodynamic laws
- Its bodyweight is in right proportion to its wingspan
- **Its effort seems to defy the laws of aerodynamics**
- All of these

18. Nomophobia is caused by:

- Excessive addiction to internet browsing
- Excessive addiction to computer games
- **Excessive addiction to mobile phones**
- Excessive addiction to calculators

19. Dopamine induces:

- Pain
- **Pleasure**
- Guilt
- Anger

20. Identify the trait of a bad e-mail:

- **Mixing up of many languages and idioms**
- Use of formal salutation
- Regard for punctuation, spelling, and grammar
- Mailing only to the concerned people

II. True or False

21. Fixed Mindset people prefer to stay in their comfort zone.

- **True**
- False

22. “Everything is possible” – is a thinking of fixed mindset people.

- True
- **False**

23. “Time Optimization” is a soft skill.

- **True**
- False

24. Most of the habits, whether good or bad, are formed by peer group influence and/or environment.

- **True**
- False

25. A stereotype is an objective, proper, and realistic picture of a group or an individual.

- True
- **False**