

**UNIVERSITY OF CALICUT**  
**SCHOOL OF DISTANCE EDUCATION**

**BA SOCIOLOGY**

**IV SEMESTER**

**CORE COURSE**

***LIFE SKILL DEVELOPMENT***

**QUESTION BANK**

1. Life skills can be systematically acquired and reinforced through non formal and .....learning settings.  
A. Formal  
B. Vocational  
C. Informal  
D. Traditional
2. According to Delors Commission human beings future progress depends upon .....  
A. Economic growth,  
B. Education  
C. Personal development  
D. None of the above
3. The international Bureau of education focused on four pillars of learning-learning to know, learning to do, learning to be and learning to .....  
A. Promote co-existence  
B. Participate  
C. Live together  
D. Transport
4. International Bureau of Education defines life skills as personal management and ..... skills.  
A. Social  
B. Educational  
C. Cultural  
D. Physical

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5. UNICEF defined life as Psycho- Social and ..... skills.
    - A. Personal
    - B. Inter personal
    - C. Intra –personal
    - D. Social
  
  6. World Health Organization’s Department of mental health defined life skills education is designed to facilitate the practice and reinforcement of psycho social skills in a culturally and ..... appropriate way.
    - A. Socially
    - B. Economically
    - C. Developmentally
    - D. Psychologically
  
  7. Life skills enable effective .....
    - A. Development
    - B. Growth
    - C. Communication
    - D. Contract
  
  8. Life skills help people to establish productive ..... relationships.
    - A. Personal
    - B. Social,
    - C. Cultural
    - D. Interpersonal
  
  9. Information gathering skills belong to ..... abilities.
    - A. Cognitive abilities
    - B. Personal abilities
    - C. Inter-personal abilities,
    - D. Other abilities
  
  10. Analyzing peer and media influence belong to ..... skill.
    - A. Critical thinking
    - B. Time Management skills
    - C. Stress management
    - D. Self monitoring skill
  
  11. .... is the ability to listen and understand others.
    - A. Refusal skills
    - B. Managing skills
    - C. Love Empathy
    - D. None of the above
  
  12. Expressing respect for others contribution belongs to .....
    - A. Negotiation skill
    - B. Empathy
    - C. Cooperation and teamwork
    - D. Refusal skill
  
  13. Influencing skills and persuasion belong to .....skills.
    - A. Decision-Making skill
    - B. Advocacy Skill,
    - C. Critical thinking skill
    - D. Communication Skill
  
  14. Anger management skill is an example for managing .....
    - A. Anxiety
    - B. feelings Anger,
    - C. feelings
    - D. None of the above
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15. Determining alternative solutions to the problem is related to .....skill.
- A. Critical thinking  
B. refusal skills  
C. problem solving skills  
D. effective communication skill
16. Individual must be able to evaluate the future consequences of their present action is an example of.....skill.
- A. Communication skill  
B. inter-personal skill  
C. coping skill critical thinking skill  
D. None of the above
17. .... skill includes the verbal and non-verbal aspects
- A. Decision making  
B. Advocacy  
C. Communication  
D. Problem solving
18. Negotiation refusal skills directly affect one's ability to manage.....
- A. Information gathering  
B. Economic aspects  
C. Conflict Anger  
D. None of the above
19. Life skill education provides foundation for adults .....behaviour.
- A. Economic  
B. Psychological  
C. Social  
D. Ccultural
20. Self-evaluation skills help to set.....
- A. Carrier  
B. Goals  
C. Education  
D. Family
21. Development of life skills enables the adolescent to be .....in society.
- A. Active  
B. Passive  
C. Accepted  
D. Rejected)
22. Ability to express feelings and feed back is related to .....skills.
- A. Motivational skill  
B. Management skill  
C. Inter-personal skill  
D. Decision-making skill
23. Active listening is an example for .....ability.
- A. Social  
B. Cultural  
C. Personal  
D. Inter-personal
24. Positive thinking is helps to manage .....
- A. Stress  
B. Ager  
C. Happiness  
D. We-feeling



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36. Anything that prevents understanding of the message is called .....
- A. Noise  
B. Stress  
C. Barrier  
D. Complex
37. When a person receives too many messages at the same time is called .....
- A. Complex message  
B. Message overload  
C. Message distraction  
D. End message
38. When a message is too complicated to be understood is called .....
- A. Message bias  
B. Message complexity  
C. Message over load  
D. Message noise
39. A loud noise that physically disrupts the communication is called .....
- A. Cultural noise  
B. Somatic noise  
C. Syntactical noise  
D. Environmental noise
40. Mistake in grammar disrupt a communication, that is called.....
- A. Psychological noise  
B. Syntactical noise  
C. Cultural noise  
D. Organizational noise
41. People can speak 100 to ..... words per minute.
- A. 150  
B. 175  
C. 200  
D. 225 words
42. People can listen intelligently at 600 to ..... words per minute.
- A. 700 words  
B. 800words  
C. 900 words  
D. 1000 words
43. Thinking about other things while listening others is called .....
- A. Inactive listening  
B. Mind drift  
C. Listening mistake  
D. Passive listening
44. Listening involves decoding the sound in to .....
- A. Symbols  
B. Meanings  
C. Control  
D. Signs
45. .... helps to capture listener's attention.
- A. Message  
B. Communication  
C. Gesture  
D. Hints
46. .... is the process of speaking to a group of people in a structured deliberate manner.
- A. Speaking tips  
B. Public speaking  
C. Communication  
D. Message
47. Listening skill is a prerequisite of .....
- A. Interview  
B. Group discussion  
C. Speaking  
D. Public discussion
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48. .... is a conversation between two people  
A. Discussion  
B. Debate  
C. Interview  
D. Dialog
49. A discussion among a group of people is called.....  
A. Interview  
B. Discussion  
C. Group Discussion  
D. Panel discussion
50. .... is considered most useful tool for evaluating employees.  
A. Group discussion  
B. Interview  
C. Ranking  
D. Written test
51. The term self-esteem comes from a \_\_\_\_\_ word.  
A. Latin  
B. French  
C. Greek  
D. Portuguese
52. \_\_\_\_\_ means pride in one's self respect  
A. Self confidence  
B. Self appraisal  
C. Self awareness  
D. Self esteem
53. A clear perception of your personality  
A. Awareness  
B. Assessment  
C. Identity  
D. Control
54. The ability to observe one's behaviour, action, thoughts, feelings and emotions.  
A. Self identification  
B. Self awareness  
C. Self evaluation  
D. Self assessment
55. Our response to events that disrupt or threaten to disrupt our physical and psychological functioning.  
A. Strain  
B. Tension  
C. Stress  
D. Disturbance
56. \_\_\_\_\_ as internal processes that activate, guide and maintain behaviour  
A. Emotion  
B. Motivation  
C. Hard work  
D. Goal attainment
57. Recognising and managing one's own emotions  
A. EQ  
B. SQ  
C. IQ  
D. PQ
58. One who understands his worth and capabilities  
A. Self worth  
B. Self confidence  
C. Self evaluation  
D. Self knowledge
59. It is otherwise called self discipline  
A. Self evaluation  
B. Self identity  
C. Self control  
D. Self assessment
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60. The word emotion is derived from the \_\_\_\_\_ word 'emovere'
- A. Latin  
B. Greek  
C. French  
D. Portuguese
61. The book emotional intelligence is written by \_\_\_\_\_ in 1995
- A. Daniel Coleman  
B. Peter Salovey  
C. John Mayer  
D. Howard Gardner
62. The word SQ (Social Quotient) is originally coined by \_\_\_\_\_
- A. Thornika  
B. Ketron  
C. Sternberg  
D. Vernon
63. The concept Stress was first introduced in –
- A. Social Science  
B. Physical Science  
C. Life Science  
D. Natural Science
64. \_\_\_\_\_ is the term used to describe distress, fatigue and feelings of not being able to cope.
- A. Tension  
B. Stress  
C. Strain  
D. Depression
65. The term stress has been derived from the \_\_\_\_\_ word 'stranger'
- A. Greek  
B. French  
C. Latin  
D. Spanish
66. The book 'Stress and the Manager' is written by \_\_\_\_\_ in 1979.
- A. Dr. Karl Albrecht  
B. Levi  
C. Humphrey  
D. Berwick
67. \_\_\_\_\_ is the culprit of all vision problems and ailments
- A. Mental strain  
B. Physical strain  
C. Depression  
D. Fatigue
68. \_\_\_\_\_ occurs when issues appear to be incompatible.
- A. Conflict  
B. Fight  
C. Stress  
D. Disturbance
69. \_\_\_\_\_ awareness is a key factor in resolving conflict
- A. Self  
B. Emotional  
C. Social  
D. Psychological
70. \_\_\_\_\_ style indicates a willingness to meet of others at the expense of the persons own needs.
- A. Compromising  
B. Accommodating  
C. Avoiding  
D. Collaborating

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71. Shaun Killian was an \_\_\_\_\_ educational psychologist  
A. American  
B. German  
C. Australian  
D. Indian
72. Eustress means \_\_\_\_\_.  
A. Good stress  
B. Bad stress  
C. Normal stress  
D. Mental stress
73. This style is used when both partners look for common ground.  
A. Compromising  
B. Collaborating  
C. Competitive  
D. Accommodating
74. \_\_\_\_\_ refers to the ongoing internal conversation with ourselves which influences how we feel and behave  
A. Self talk  
B. Self conversation  
C. Self evaluation  
D. Self assessment
75. To act one's own best interest.  
A. Assertive behaviour  
B. Aggressive behaviour  
C. Social behaviour  
D. Positive behaviour
76. \_\_\_\_\_ is an ongoing lifelong process which helps to learn and achieve more in career.  
A. Career planning  
B. Career development  
C. Career design  
D. Career skill
77. \_\_\_\_\_ means advice and information about careers that helps one to decide , chose and pursue career.  
A. Career guidance  
B. Career development  
C. Career planning  
D. Career training
78. A \_\_\_\_\_ is a formal presentation of a job application.  
A. Resume  
B. Application  
C. Job letter  
D. Personal data
79. \_\_\_\_\_ Resume balances the functional and chronological approaches.  
A. Hybrid  
B. Functional  
C. Reverse  
D. Organised
80. \_\_\_\_\_ are professionals trained to help clients assess their own strength and weaknesses, evaluate their goals and values.  
A. Teacher  
B. Counsellor  
C. Trainer  
D. Guide
81. The process through which we new information forms of behaviour, or attitudes from other people  
A. Socialization  
B. Social process  
C. Social learning  
D. Social behaviour
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82. \_\_\_\_\_ are often powerful reactions  
A. Angry  
C. Stress  
B. Emotion  
D. Strain
83. \_\_\_\_\_ propounded theory of multiple intelligence  
A. Stenberg  
C. Goleman  
B. Gardner  
D. Mayer
84. \_\_\_\_\_ is the evaluation of various aspects of the social world  
A. Personality  
C. Attitude  
B. Social awareness  
D. Outlook
85. The process through which we select organise, and interpret input from our sensory receptions  
A. Attitude  
C. Behaviour  
B. Perception  
D. Action
86. Ability to deal effectively with the emotional side of life.  
A. EQ  
C. SQ  
B. IQ  
D. PQ
87. \_\_\_\_\_ involves the ability to produce work that is both novel and appropriate  
A. Participation  
C. Assertive behaviour  
B. Creativity  
D. Performance
88. Individuals unique and relatively stable patterns of behaviour thoughts and feelings.  
A. Attitude  
C. Personality  
B. Social behaviour  
D. Social perception
89. Events or situations in our environment that cause stress  
A. Stressors  
C. Encounters  
B. Activators  
D. Creators
90. Attitudes individuals hold concerning their jobs.  
A. Job attainment  
C. Job satisfaction  
B. Job promotion  
D. Job advancement
91. \_\_\_\_\_ is the systematic process by which one selects career goals and the path to these goals.  
A. Career planning  
C. Career training  
B. Career development  
D. Career choosing
92. The word career originated from the \_\_\_\_\_ word 'carrus'  
A. Greek  
C. Portuguese  
B. Spanish  
D. Latin
93. \_\_\_\_\_ resume is preferred for applications to jobs that require very specific skills or clearly defined personality traits.

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- A. Hybrid  
C. Organised
- B. Functional  
D. Chronological
94. \_\_\_\_\_ communication will help to maintain positive support, confidence and trust with your peers, clients and employer.  
A. Healthy  
C. Follow- up
- B. Interpersonal  
D. Verbal
95. \_\_\_\_\_ is directly linked to an individual's growth and satisfaction  
A. Career planning  
C. Career development
- B. Career designing  
D. Career advancement
96. \_\_\_\_\_ enables us to respond appropriately to change in the emotional climate to others.  
A. Sympathy  
C. Attitude
- B. Empathy  
D. Outlook
97. Hopeful about the future and have positive attitude towards life.  
A. Self esteem  
C. Self management
- B. Optimism  
D. Self confidence
98. People with \_\_\_\_\_ intelligence may have noble sentiment and care for the poor.  
A. Psychological  
C. Spiritual
- B. Social  
D. Emotional
99. \_\_\_\_\_ stress describes stress experience concerning the future.  
A. Time  
C. Anticipatory
- B. Encounter  
D. Situational
100. The concept of stress was first introduced by \_\_\_\_\_ in 1936.  
A. Hans Selye  
C. Goleman
- B. Ogden Tanner  
D. Shaun Killian

**ANSWER KEY**

1. B	2. C	3. C	4. A	5. B	6. C
7. C	8. D	9. A	10. A	11. C	12. C
13. B	14. C	15. C	16. C	17. C	18. C
19. C	20. B	21. C	22. C	23. D	24. A
25. C	26. C	27. C	28. D	29. A	30. D
31. B	32. D	33. C	34. B	35. C	36. C
37. B	38. B	39. D	40. B	41. B	42. B
43. B	44. B	45. C	46. B	47. B	48. C
49. C	50. B	51. C	52. D	53. A	54. B
55. C	56. B	57. A	58. B	59. C	60. A
61. A	62. A	63. C	64. B	65. C	66. A
67. A	68. A	69. A	70. B	71. C	72. A
73. B	74. A	75. A	76. B	77. A	78. A
79. A	80. B	81. C	82. B	83. B	84. C
85. B	86. A	87. B	88. C	89. A	90. C
91. A	92. D	93. B	94. C	95. D	96. B
97. B	98. B	99. C	100. A		

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