MODEL QUESTION PAPER
Soft skills paper for UG and 5 year Integrated Degree Courses
Personality Enrichment Level 1

Max Marks: 50
Duration: 3 hours

Part A (10x2=20 marks)
Answer all the questions. Each question carries 2 marks. Write a short note in the following for 50 words

1. Mention any four important characteristics of self disclosure.
2. Define Stress.
3. What is meant by fear and anxiety?
4. What is meant by self talk?
5. What is meant by self esteem?
6. What are acronyms?
7. State the importance of co-operative learning.
8. State any four consequences of procrastination.
9. Why do students tend to forget during exams?
10. What is SQ3R method?

Part B (5x6=30 marks)
Answer any five questions out of seven. Each question carries 6 marks. Answer should not exceed 500 words.

11. Why do you procrastinate and suggest ways of overcoming procrastination?
12. State how can effective goals be set and could be achieved. Explain with suitable example.
13. Describe the various components of study skills methods used by you.
14. What is shyness and explain how you can overcome shyness?
15. Explain the various steps involved in systematic muscle relaxation techniques.
16. Highlight the various causes of stress in your life and explain how you manage it.
17. How does anger affect you and explain how you manage anger effectively.
MODEL QUESTION PAPER
Soft skills paper for UG and 5 year Integrated Degree Courses
Personality Enrichment Level 2

Max Marks: 50
Duration: 3 hours

PART A (10x2=20 marks)
Answer all the questions. Each question carries 2 marks. Write a short note in the following for 50 words.
1. What is eustress and distress?
2. List the importance of positive visualization technique.
3. Mention the various social supports available for an individual during times of acute stress or crisis.
4. What do you understand by the term ‘trusting appropriately’?
5. What is a conflict?
6. Define emotional intelligence.
7. Mention the different ways of using refusal skills.
8. What is self theory?
9. What is Johari Window?
10. State the ways in which one can show non verbal conflict in a relationship.

PART B (5x6=30 marks)
Answer any five questions out of seven. Each question carries 6 marks. Answer should not exceed 500 words.
11. Describe the characteristics of high and low self esteem and how do you enhance your self-esteem?
12. Discuss the steps to be taken to enrich your emotional competencies.
13. Describe the various negotiating techniques which will help you to resolve interpersonal conflicts.
14. How significant is ‘trust’ in building relationships? Explain how you nature your interpersonal trust.
15. How do you protect yourself from daily hassles of stress and explain the life style changes you would likely adapt to the situation.
16. Describe the various relaxation techniques you practice to manage stress.
17. Using the Johari window, write your own SWOT analysis and state your mode of action to enrich your personality.