

Group A

1. What does the first R in the RULER principle stand for?
 - a. Reorganize, b Recognize, c. Realize, d. Regulate
2. What does the practice of mindfulness aim to achieve?
 - a) Being preoccupied with future concerns b) Developing an understanding of personality types c) Enhancing mental clarity and focus d) Ignoring emotions and feelings
3. Extended Exhale is a technique used in –
 - a. Concentration, b. Relaxation, c. Analysis, d. Judgement.
4. Which of the following is an example of intrinsic motivation?
 - a. Doing something for Instagram followers
 - b. Doing it to earn a promotion
 - c. Doing something to make your parents proud
 - d. Doing it because you enjoy spending time doing it.
5. What is the importance of self-awareness in personal development?
 - a) It helps in multitasking efficiently. b) It enhances emotional intelligence and self-regulation. c) It removes all conflicts in relationships. d) It guarantees success in every endeavour.
6. In SMART framework, M stands for
 - a. Maintainable, b. Maximizable, c. Measurable, d. Motivational.
7. Diversity tolerance is an example of
 - a. Body mapping, b. Growth Mindset, c. Fixed mindset, d. Concentration
8. Recognising the tightness in your chest and shaking hands is an example of
 - A. Mindfulness, b. Concentration, c. Body-mapping of emotion, d. Goal setting
9. Which term refers to the ability to understand and share the feelings of another person?
 - a. Compassion,
 - b. Noticing,
 - c. Responding,
 - d. Perspective.
10. In the context of relationships, being an "emotional scientist" means:
 - a. Making judgments based on emotions.
 - b. Practising empathy and understanding others' emotions.
 - c. Holding fixed beliefs about people's behaviour.
 - d. Ignoring emotional expressions in others.
11. What is the key element in building meaningful and fulfilling relationships?
 - a. Emotional manipulation.
 - b. Perspective
 - c. Rigidly defined personal boundaries
 - d. Emotional intelligence.

12. Which of the following is NOT a mode of communication?

- a. Verbal b. Listening c. Non-verbal d. Passive

14. Which technique involves keeping a journal to express gratitude and appreciation for the people in your life? a) Emotional Judge b) Emotional Scientist c) Gratitude Diary d) Empathy.

15. Which team skill involves being open to change and accepting to new situations?

- a. Negotiation b. Collaboration c. Flexibility d. Adaptability

16. In team collaboration, negotiation is essential to:

- a. Demonstrate assertiveness b. Reach a compromise and resolve conflicts c. Display passive behaviour d. Assume a leadership role

17. Which of the following is a part of the 5-As of behaviour optimisation?

- a. Adaptability b. Assess c. Alignment d. Attitude

18. Spatial intelligence is related to:

- a. Verbal skills b. Musical talents c. Visual perception and imagery d. Social interactions

19. Recognising burnout is essential for:

- a. Ignoring personal well-being b. Practising self-care c. Enhancing productivity
d. Avoiding self-reflection

20. Which type of communication style involves expressing one's needs indirectly, often leading to misunderstandings?

- a) Passive b) Aggressive c) Assertive d) Passive-aggressive

Group B

5 marks each

1. Differentiate between extrinsic and intrinsic motivation with examples. Which kind do you usually respond to?
2. Explore the ethical foundations of a relationship?
3. Compare and contrast Teamwork and Collaboration.
4. Write a note on Growth Mindset.
5. Define Fixed Mindset and mention its features.
6. Define empathy and compassion.
7. What are the key aspects of stress management?
8. Mention the different types of communication.
9. If someone loves you, should they automatically be able to read your mind when you need help? What is a better way to seek help?
10. Compare and contrast self-care and selfishness.

