

2024

BUSINESS ADMINISTRATION - HONOURS

Paper: BBAA-207-VA4-6

(Value Oriented Life Skill Education)

Full Marks: 50

There are 25 Multiple Choice Questions to be answered. Each Question carries 2 marks. There is only one right answer for each question. The maximum total marks that can be scored in this section is 50. No negative marks for wrong answers.

Answer all the questions:

2×25

1. What does the RULER Principle stand for in self-awareness?
 - a) Recognize, Understand, Label, Express, Regulate
 - b) Realize, Utilize, Label, Express, Resolve
 - c) Reveal, Unleash, Listen, Experience, Reflect
 - d) Recognize, Utilize, Label, Evaluate, Reflect

2. Multiple intelligence theory suggests that individuals have various types of intelligence. Which of the following is NOT one of the multiple intelligences proposed by Howard Gardner?
 - a) Emotional Intelligence
 - b) Logical-Mathematical Intelligence
 - c) Intrapersonal Intelligence
 - d) Visual-Spatial Intelligence

3. Which of the following is a characteristic of a SMART goal?
 - a) Vague and undefined
 - b) Easily achievable without effort
 - c) Measurable and time-bound
 - d) Unrelated to personal interests

4. 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.

5. What mindset believes that abilities and intelligence can be developed through effort and learning?
 - a) Fixed mindset
 - b) Judgemental mindset
 - c) Growth mindset
 - d) Curious mindset

Please Turn Over

6. What concept refers to the state of being interconnected and mutually dependent on others?
- a) Interdependence
 - b) Cooperation
 - c) Empathy
 - d) Diversity tolerance
7. In the context of relationships, being an "emotional scientist" means:
- a) Making judgments based on emotions.
 - b) Practicing empathy and understanding others' emotions.
 - c) Holding fixed beliefs about people's behavior.
 - d) Ignoring emotional expressions in others.
8. Which term refers to the ability to understand and share the feelings of another person?
- a) Compassion
 - b) Noticing
 - c) Responding
 - d) Perspective
9. Which of the following is NOT a mode of communication?
- a) Verbal
 - b) Listening
 - c) Non-verbal
 - d) Passive
10. Resilience in the face of social challenges refers to:
- a) The ability to communicate effectively in social settings
 - b) The ability to adapt to changing social environments
 - c) The ability to bounce back from difficulties and challenges in social situations
 - d) The ability to lead others in social contexts
11. In team collaboration, negotiation is essential to:
- a) Demonstrate assertiveness
 - b) Reach a compromise and resolve conflicts
 - c) Display passive behavior
 - d) Assume a leadership role
12. Which type of communication style involves expressing one's needs indirectly, often leading to misunderstandings?
- a) Passive
 - b) Aggressive
 - c) Assertive
 - d) Passive-aggressive

13. How can one build self-confidence?

- a) Avoiding challenges
- b) Identifying strong points and innate intelligence
- c) Avoiding positive relationships
- d) Suppressing emotions

14. Which of the following is a part of the 5-As of behavior optimization?

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

15. Spatial intelligence is related to:

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

16. Recognizing burnout is essential for:

- a) Ignoring personal well-being
- b) Practicing self-care
- c) Enhancing productivity
- d) Avoiding self-reflection

17. What is decision fatigue?

- a) The process of making rational decisions under stress
- b) Feeling tired after making important decisions
- c) The decline in decision-making quality after making several decisions
- d) A type of irrational decision-making

18. What are the two main categories of coping strategies for managing stress?

- a) Avoidance and suppression
- b) Emotional and physical
- c) Problem-focused and emotion-focused
- d) Social and individual

19. The role of attitude and commitment in change management is to:

- a) Resist change and maintain the status quo
- b) Embrace change and remain flexible
- c) Ignore the need for change
- d) Be indifferent to changes happening around us

20. Meaning making as a stress management strategy involves:
- Seeking social support
 - Finding purpose and understanding in challenging situations
 - Engaging in physical exercise
 - Using religious coping mechanisms
21. Which of the following is an example of an internal conflict?
- A disagreement between two friends over a borrowed item.
 - A team member arguing with their supervisor over work hours.
 - A person struggling to make a decision about a career change.
 - A conflict between two countries over territorial disputes.
22. In a SWOT analysis, what does "Opportunity" refer to?
- Internal factors that hinder progress.
 - External factors that pose a threat.
 - Internal factors that provide an advantage.
 - External factors that present potential advantages.
23. How do values differ from ethics?
- Values are individual beliefs, while ethics are universal moral principles.
 - Values are objective, while ethics are subjective.
 - Values are related to personal life, while ethics apply only in the workplace.
 - Values and ethics are the same concepts used interchangeably.
24. What is the main difference between internal and external conflict?
- Internal conflicts involve emotions, while external conflicts involve physical confrontation.
 - Internal conflicts occur within an individual's mind, while external conflicts involve multiple parties.
 - Internal conflicts are easier to resolve than external conflicts.
 - External conflicts are more personal, while internal conflicts are more professional.
25. What is the purpose of a SWOT analysis?
- To analyse an individual's emotional intelligence.
 - To assess a person's decision-making skills.
 - To identify an individual's strengths, weaknesses, opportunities, and threats.
 - To measure a person's intelligence quotient.