

2026

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.

1. Learning to say “NO” appropriately is associated with:
 - a) Assertiveness
 - b) Avoidance
 - c) Aggression
 - d) Passive behaviour

2. In the Assess–Plan–Review approach, what should be done after assessing a changed situation?
 - a) Ignore the situation
 - b) Return to the previous situation
 - c) Plan appropriate action
 - d) Avoid making decisions

3. What concept refers to the state of being interconnected and mutually dependent on others?
 - a) Interdependence
 - b) Diversity tolerance
 - c) Cooperation
 - d) Empathy

4. Which of the following is a practice associated with mindfulness?
 - a) Multitasking continuously
 - b) Mindful breathing
 - c) Avoiding self-reflection
 - d) Suppressing emotions

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

Please Turn Over

6. Which term refers to the ability to understand and share the feelings of another person?

- a) Noticing
- b) Perspective
- c) Compassion
- d) Responding

7. Resilience in the face of social challenges refers to:

- a) The ability to communicate effectively in social settings
- b) The ability to bounce back from difficulties and challenges in social situations
- c) The ability to lead others in social contexts
- d) The ability to adapt to changing social environments

8. In the context of relationships, being an "emotional scientist" means:

- a). Ignoring emotional expressions in others.
- b) Making judgments based on emotions
- c) Holding fixed beliefs about people's behavior.
- d) Practicing empathy and understanding others' emotions.

9. What is the importance of self-awareness in personal development?

- a) It guarantees success in every endeavour
- b) It helps in multitasking efficiently.
- c) It enhances emotional intelligence and self-regulation.
- d) It removes all conflicts in relationships.

10. Which type of intelligence is primarily associated with understanding and interacting effectively with other people?

- a) Naturalistic intelligence
- b) Interpersonal intelligence
- c) Spatial intelligence
- d) Logical-mathematical intelligence

11. Which of the following is an important way of developing self-confidence?

- a) Avoiding unfamiliar situations
- b) Comparing oneself constantly with others
- c) Challenging oneself to learn and grow
- d) Ignoring personal strengths

12. Flexibility in dealing with change means:

- a) Refusing to modify one's approach
- b) Adapting appropriately to changing circumstances
- c) Avoiding difficult situations
- d) Maintaining the same response in every situation

13. Intrapersonal intelligence refers to the ability to:

- a) Understand one's own emotions, strengths and weaknesses
- b) Solve mathematical problems quickly
- c) Understand musical patterns
- d) Visualize objects and spaces

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

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

15. What does the RULER Principle stand for in self-awareness?

- a) Reveal, Unleash, Listen, Experience, Reflect
- b) Realize, Utilize, Label, Express, Resolve
- c) Recognize, Understand, Label, Express, Regulate
- d) Recognize, Utilize, Label, Evaluate, Reflect

16. Which of the following best distinguishes self-care from selfishness?

- a) Self-care means ignoring the needs of others
- b) Self-care involves maintaining one's well-being responsibly
- c) Self-care means avoiding all responsibilities
- d) Self-care involves prioritizing oneself at all times

17. Which of the following may indicate burnout?

- a) Increased emotional energy
- b) Persistent exhaustion and reduced motivation
- c) Improved concentration
- d) Increased enthusiasm for every task

18. Personal grooming primarily contributes to:

- a) Personal presentation and self-confidence
- b) Avoiding social interaction
- c) Eliminating the need for self-care
- d) Increasing multitasking ability

19. Which of the following is an important element of effective time management?

- a) Performing tasks without priorities
- b) Delaying important tasks
- c) Prioritizing tasks according to importance
- d) Avoiding schedules

20. Which sequence correctly represents the 5-As framework for behaviour optimization given in the study material?
- a) Ask, Advise, Assess, Assist, Arrange
 - b) Aim, Ask, Act, Adjust, Arrange
 - c) Assess, Ask, Advise, Act, Achieve
 - d) Assist, Arrange, Aim, Ask, Act
21. Which of the following best describes change management?
- a) Avoiding changes within an organization
 - b) A structured process for planning and managing transitions
 - c) Maintaining existing practices regardless of circumstances
 - d) Reacting to change only after problems occur.
22. What mindset believes that abilities and intelligence can be developed through effort and learning?
- a) Growth mindset
 - b) Curious mindset
 - c) Fixed mindset
 - d) Judgemental mindset
23. Replacing “React” with “Response” in change management emphasizes:
- a) Acting impulsively
 - b) Responding thoughtfully to changing situations
 - c) Avoiding responsibility
 - d) Rejecting change
24. Which of the following is NOT a mode of communication?
- a) Passive
 - b) Non-verbal
 - c) Verbal
 - d) Listening
25. Decision fatigue can affect an individual's ability to:
- a) Make effective decisions after prolonged decision-making
 - b) Communicate with others
 - c) Recognize personal strengths
 - d) Practice personal grooming