



Date: 18-11-2024

Dept. No.

Max. : 100 Marks

Time: 09:00 am-12:00 pm

SECTION A - K1 (CO1)

	Answer ALL the Questions -	(10 x 1 = 10)
1.	Definitions	
a)	Positive visualization	
b)	Conscious mind	
c)	Procrastination	
d)	Time management matrix	
e)	Stress management	
2.	Answer the following	
a)	How is human being distinguished from human doing?	
b)	Define leadership skills	
c)	What is creative visualization?	
d)	Show written goal setting	
e)	Recall synergy	

SECTION A - K2 (CO1)

	Answer ALL the Questions	(10 x 1 = 10)
3.	Fill in the blanks	
a)	SWOT analysis helps in identifying _____.	
b)	In Neuro-Linguistic Programming, linguistic refers to _____.	
c)	SMART goals mean _____.	
d)	In a check list for life, the first important point is _____.	
e)	Stephen Covey's seventh habit in '7 Habits of Highly Effective People' is _____.	
4.	True or False	
a)	Self-discipline is essential for both personal and professional success.	
b)	Influence and guidance are more critical in leadership than positional authority.	
c)	Self-confidence is what parents gift their children.	
d)	Neuro linguistic programming (NLP) is a pseudoscience approach to communication, personal development, and psychotherapy.	
e)	Setting clear objectives is an initial step toward achieving success.	

SECTION B - K3 (CO2)

	Answer any TWO of the following	(2 x 10 = 20)
5.	Identify 5 self-mastery skills	
6.	Make use of Stephen Covey's '7 Habits Of Highly Effective People' principles to tackle any 3 of your professional hurdles.	
7.	Solve the win-lose and lose-lose attitudes and chart out a win-win attitude in your life.	
8.	Apply effective communication principles in conflict resolution among friends.	

SECTION C – K4 (CO3)**Answer any TWO of the following****(2 x 10 = 20)**

9.	Analyse self-discipline.
10.	Examine anger management.
11.	Simplify some of the stress management strategies that you have learnt.
12.	Survey time management from the perspective of a student.

SECTION D – K5 (CO4)**Answer any ONE of the following****(1 x 20 = 20)**

13.	Prove the effectiveness of SMART goals.
14.	Justify NLP's(neuro linguistic programming) claim to personal and professional excellence.

SECTION E – K6 (CO5)**Answer any ONE of the following****(1 x 20 = 20)**

15.	Compile a check list for essential life habits based on Pareto's 20/80 rule.
16.	Propose a character and personality development daily planner.

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