



LOYOLA COLLEGE (AUTONOMOUS) CHENNAI – 600 034

B.Voc. DEGREE EXAMINATION – 3D ANIMATION

FIRST SEMESTER – NOVEMBER 2024

UDJ 1801 – LEADERSHIP SKILLS - I



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)**

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| 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)**

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| 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)**

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| 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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