



# INDIAN SCHOOL AL WADI AL KABIR

<b>Class: XI</b>	<b>Department: Commerce</b>
<b>Subject: Marketing</b>	<b>Part I – Employability Skills</b>
	<b>Chapter 2: Self Management Skills</b>

Q. No.	
1	Which of the following is not a self-management skill? (a) Problem solving (b) Bargaining (c) Understanding self (d) Confidence building
2	Grooming is a term associated with (a) time management (b) problem solving (c) neat and clean appearance (d) self-management
3	Do you think people living in hill stations can skip taking a bath for many days? (a) No, irrespective of the climate, one should take a bath regularly. (b) Yes, not taking bath for many days is acceptable for people staying in cold climate. (c) Yes, if they wipe themselves with a wet cloth, then it is fine. (d) None of the above
4	Radha wants to grow her hair and she applies a lot of hair oil. She does not wash her hair for days and sometimes it smells bad too. What would be your suggestion to her? (a) She can leave the oil in her hair, after all it helps her hair to grow. (b) She can leave it on at night and wash her hair every day before leaving home. (c) She should not apply the oil at all. (d) She can apply the oil and pour a little water on her hair before leaving home to reduce the smell
5.	Dressing and grooming are important because they help us to look_____ (a) smart (b) untidy (c) shabby (d) All of the above
6	_____ term is also referred to self management. a. Emotions, behavior and thoughts b. Self regulation c. Self control d. All of the above
7	Analyzing your _____ and _____ helps you to attain success in life. a. Strengths & Weakness b. Good & bad habits c. Both a) and b) d. None of the above
8	If you are aware of your own values, likes, dislikes, strengths, and shortcomings as an individual. It denotes the fact that you are _____. a. Self-Confident b. Self-Control

	<p>c. Self Motivated d. Self-Aware</p>
9	<p>A person's _____ is an acquired or natural ability that allows them to execute a specific job or task with a high level of proficiency.</p> <p>a. Weaknesses b. Strength c. Interest d. Abilities</p>
10	<p>_____, often known as 'areas for improvement', refers to the things we don't do well or aren't very good at.</p> <p>a. Weaknesses b. Strength c. Interest d. Abilities</p>
11	<p>. _____ is all about finding and listing your goals and then planning on how to achieve them.</p> <p>a. Goal setting b. Internal setting c. External setting d. None of the above</p>
12	<p>What are the smart methods to set goals in self – management skills?</p> <p>a. Specific &amp; Measurable b. Achievable &amp; Realistic c. Time bound d. All of the above</p>
13	<p>_____ is the ability to plan and control how you spend the hours of your day well and do all that you want to do.</p> <p>a. Stress Management b. Time Management c. Goal Setting d. None of the above</p>
14	<p>. _____ is the ability to control one's emotions, thoughts, and behaviour effectively in different situations.</p> <p>a. Self-guided b. Self-Awareness c. Self-Motivation d. Self-management</p>
15	<p>Sumit is making his timetable and following it diligently as well as he is removing the waste and redundancy from work. This skill is known as</p> <p>a. Self-awareness b. Responsibility c. Time Management d. Adaptability</p>