
	INDIAN SCHOOL AL WADI AL KABIR	
CLASS: IX	DEPARTMENT: SCIENCE 2024 – 25 SUBJECT: EMPLOYABILITY SKILLS	DATE: 17.11.2024
WORKSHEET NO: 2 WITH ANSWERS	UNIT 2: SELF-MANAGEMENT SKILLS	NOTE: A4 FILE FORMAT
<u>NAME OF THE STUDENT:</u>	<u>CLASS & SEC: IX -A to IX -I</u>	<u>ROLL NO:</u>

MULTIPLE CHOICE QUESTIONS

- What is the key focus of self-management?
 - Regulating emotions, thoughts, and behavior
 - Physical fitness
 - Academic performance
 - Time management only
- Which of the following is a benefit of self-management?
 - Developing good habits
 - Avoiding difficult situations
 - Ignoring feedback from
 - Staying isolated
- Self-confidence can be developed through:
 - Ignoring mistakes
 - Changes in attitude and practice
 - Avoiding challenges
 - Negative thinking
- Which of the following factors can decrease self-confidence?
 - Learning from past mistakes
 - Surrounding yourself with positive people
 - Expecting success at the first attempt
 - Practicing positive thinking
- What is the purpose of grooming?
 - To look messy and uncombed

- b) To make a good impression and feel confident
 - c) To hide personal flaws
 - d) To avoid interacting with others
6. Positive thinking helps in:
- a) Overcoming challenges
 - b) Making you feel stressed
 - c) Focusing only on failures
 - d) Ignoring difficulties
7. Which of the following is a benefit of personal hygiene?
- a) Helps maintain good health
 - b) Increases stress levels
 - c) Makes people uncomfortable around you
 - d) Reduces self-esteem
8. Why is it important to have a positive attitude?
- a) It helps you avoid challenges
 - b) It leads to good results and happiness
 - c) It makes you ignore problems
 - d) It causes problems for others
9. What does self-management help you achieve?
- a) A perfect life without challenges
 - b) A balanced approach to handling emotions and behaviour
 - c) Complete control over others
 - d) Avoiding all forms of responsibility
10. Which of the following is an example of personal hygiene?
- a) Wearing fancy clothes every day
 - b) Avoiding exercise
 - c) Wearing the same clothes for several days
 - d) Brushing your teeth regularly

Descriptive Questions

1. What is self-management and why is it important?
2. How can self-management help you in your personal and professional life?
3. What is self-confidence and how can it be developed?
4. List three factors that can decrease self-confidence.
5. How does positive thinking contribute to overcoming challenges?

6. Why is personal hygiene important for an individual's well-being?
7. What is the relationship between personal hygiene and creating a good image?
8. How can grooming impact your confidence and social interactions?
9. Describe two ways self-confidence can help you achieve your goals.
10. What are the benefits of dressing and grooming well?

	ANSWERS
	MULTIPLE CHOICE QUESTIONS
1.	a) Regulating emotions, thoughts, and behavior
2.	a) Developing good habits
3.	b) Changes in attitude and practice
4.	c) Expecting success at the first attempt
5.	b) To make a good impression and feel confident
6.	a) Overcoming challenges
7.	a) Helps maintain good health
8.	b) It leads to good results and happiness
9.	b) A balanced approach to handling emotions and behaviour
10.	d) Brushing your teeth regularly
	DESCRIPTIVE QUESTIONS
1.	Self-management, also known as self-control or self-regulation, is the ability to regulate one's emotions, thoughts, and behavior in different situations. It is important because it helps individuals develop good habits, overcome challenges, achieve their goals, and create a balanced, successful life.
2.	Self-management helps in developing good habits, overcoming bad habits, and setting and achieving goals. It also assists in overcoming challenges, improving emotional control, and building self-confidence, which are crucial for success in both personal and professional life.

3.	Self-confidence is the belief in one's abilities and judgment. It can be developed through practice, positive attitude changes, setting achievable goals, learning from mistakes, and taking initiative rather than avoiding challenges.
4.	<ul style="list-style-type: none"> i. Thinking that you cannot do a particular task. ii. Dwelling on past mistakes instead of learning from them. iii. Expecting immediate success and not trying again after failure.
5.	Positive thinking helps an individual stay motivated, focused, and energetic. It enables you to see challenges as opportunities for growth and find solutions rather than being overwhelmed by difficulties.
6.	Personal hygiene is essential because it helps maintain health, prevents the spread of diseases, and creates a positive self-image. Good hygiene practices also prevent embarrassment in public and promote confidence.
7.	Personal hygiene helps create a good image by ensuring that you look clean and well-groomed. This builds a positive impression, boosts self-esteem, and promotes respect from others, both in social and professional settings.
8.	Grooming, which includes dressing neatly and maintaining a personal appearance, can boost self-confidence by making you feel smart and presentable. It also helps create a good impression on others, leading to positive social interactions.
9.	<p>Self-confidence encourages you to take initiative, which leads to new opportunities and actions toward achieving goals.</p> <p>It helps you handle setbacks or failures positively, learn from mistakes, and persist until you reach your objectives.</p>
10.	Dressing and grooming well help you look smart, feel confident, and make a good impression on others. This can increase respect from peers and colleagues, improve self-esteem, and create more opportunities in personal and professional environments.

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