



INDIAN SCHOOL AL WADI AL KABIR

Class: XI	Department: Commerce
Subject: Marketing	Chp 2 – Self Management Skills (Employability Skills)
A.Y – 2025 - 26	Objective and Application Based Questions

Qt No.	OBJECTIVE TYPE QUESTIONS
1	What is self-management? a. The ability to control other people's action b. The ability to regulate your own actions, feelings, and thought c. The ability to make friends easily d. Avoiding challenges and difficulties
2	Riya sets a study schedule every week and sticks to it. Even when she feels distracted, she reminds herself of her goals. She takes short breaks to avoid burnout and stay focused. By practicing daily revision, she develops a strong study habit. She avoids procrastination by completing her assignments on time. Identify the skill adopted by Riya.
3	Anakha wakes up at 5 am and goes for her dance classes. Then she comes home and finishes her homework before going to school. She does this all by herself. No one tells her to do it. Identify the practice of self management skill adopted by Anakha. a. Self awareness b. Self motivation c. Self control d. Self confidence
4	I want to reduce my weight by 5 kg and develop stamina to be able to run 10 km in 45 minutes in next six months. The above given goal is _____ a. Specific b. Measurable c. Achievable d. Realistic e. Time bound
5	What does self-awareness mean? a. Knowing other people's strengths and weaknesses b. Understanding your own values, strengths, and weaknesses c. Ignoring your emotions d. Always thinking positively
6	Which of the following is a characteristic of a self-confident person? a. Afraid to take risks b. Lacks belief in abilities c. Believes in themselves and works hard d. Avoids challenges
7	Which of the following is a step in effective time management? a. Ignoring deadlines b. Organizing and prioritizing tasks c. Doing all tasks at once without a plan d. Avoiding planning
8	Which is a way to build networking skills? a. Ignoring others' opinions

	b. Having a pleasant appearance and asking thoughtful questions c. Only talking about yourself d. Avoiding conversations
9	What is self-motivation? a. Waiting for others to motivate you b. Doing tasks without any external encouragement c. Procrastinating important tasks d. Doubting your abilities
10	Personal hygiene helps to: a. Stay healthy and create a good image b. Waste time daily c. Avoid school or work d. Make people uncomfortable
	DESCRIPTIVE TYPE QUESTIONS
1	Rohan plans his study schedule every day and sticks to it without procrastinating. Even when his friends invite him to play, he completes his work first. Identify the self-management skill Rohan is demonstrating. Explain how this skill helps him achieve his goals.
2	Sara knows she is good at art but struggles with math. So, she spends extra time practicing math and asks for help when needed. What self-management skill is Sara using? Describe how being aware of her strengths and weaknesses helps her improve.
3	Amit volunteers to give a presentation in class, even though he feels nervous. He believes in his ability to prepare and deliver it well. Which self-management practice is Amit showing? Explain why self-confidence is important in such situations.
4	Neha wants to improve her swimming speed. She sets a goal to swim 10 laps in 20 minutes by next month and tracks her progress weekly. Explain the importance of setting goals this way.
5	Sameer makes a daily to-do list, prioritizes homework first, then leisure activities. He finishes his tasks before playing video games. What self-management skill does Sameer practice? Describe how effective time management benefits him.
6	During a group project, Priya listens to everyone's ideas and helps coordinate tasks so the team meets the deadline smoothly. Which self-management skill is Priya demonstrating? Explain how teamwork contributes to success.
7	Even when no one reminds him, Karan studies for his exams regularly because he wants to do well and achieve his dreams. Identify the skill displayed by Karan. Discuss the importance of self-motivation in personal growth.
8	Maya washes her hands before meals, brushes her teeth twice a day, and dresses neatly for school every day. Which self-management practice is Maya following? Explain how good hygiene and grooming affect daily life.
9	When faced with a broken bicycle chain, Ritu reviews the problem, looks up steps to fix it, and repairs the chain carefully. What self-management skill is Ritu using? Describe the steps involved in effective problem solving.
10	Arjun attends a workshop and makes an effort to meet new people, remembers their names, and follows up with them later.

	Identify the skill Arjun is practicing. Explain how building networks can be beneficial for students.
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