



Mavinay

Avinashilingam Institute for Home Science and Higher Education for Women

(Deemed to be University Estd. u/s 3 of UGC Act 1956, Category A by MHRD)

Re-accredited with 'A++' Grade by NAAC. Recognised by UGC Under Section 12B

Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment Test - November 2022

SEMESTER

Class : II B.Ed., II B.P.Ed.
II B.Ed. (Special Education)
II B.Sc. Physical Education

Time: 1 Hrs.

Max. Marks: 20

21BEDV02 : Competency Enhancement Skills

Course outcomes

- CO1 Develop and strengthen the necessary skills to gain, maintain, and advance in a chosen area
CO2 Re-arrange their environment, learn to communicate in new ways, and practice new lifestyle skills
CO3 Engage in activities leading to enhancement of potentialities and competencies

PART – A

5 x 1 = 5

Choose the correct answer

1. The theory of personality types was given by CO1 K1
 - a. Jung
 - b. Carl Rogers
 - c. Crow and Crow
 - d. William Wundt
2. _____ arises when individuals perceive a discrepancy between CO2 K2
the physical or psychological demands.
 - a. Conflict
 - b. Stress
 - c. Fear
 - d. Anxiety
3. Being honest about our own feelings and opinions is known as CO3 K3
 - a. Self-esteem
 - b. Self-concept
 - c. Assertiveness
 - d. Personality
4. A manipulation technique that involves getting people to do something by CO2 K4
prompting them to do the opposite
 - a. Reverse psychology
 - b. Applied psychology
 - c. Clinical psychology
 - d. Developmental psychology
5. Resilience is the process of CO3 K4
 - a. Expressing feelings in a negative way
 - b. Adapting to Challenging experiences
 - c. Avoidance from challenging experiences
 - d. Not accepting the change

PART – B

3 x 5 = 15

Answer ALL Questions

6. Discuss the coping strategies for stress management. CO2 K2
7. Examine the internal and external Locus of control with illustrations. CO3 K5
8. How you will enhance mind power using Alpha Mind Power tools? CO1 K3

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