



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 [now MoE]
Re-accredited with an 'A++' Grade by NAAC CGPA 3.65/4, Category I by UGC
Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment Test I - October 2025
III Semester

Time: 2 Hrs.

Class: II B.Ed. Special Education/II B.P.Ed.
Major: Special Education/Physical Education

Max. Marks: 60

24BEDGE1-Generic Elective – Competency Enhancement Skills

Course outcomes

- CO1** Discover the hidden competencies and potentials to adapt to new life style skills
CO2 Identify the barriers and bottlenecks and solve or manage the problem that is causing distress
CO3 Get rid of stress and manage any situation in life
CO4 Navigate devices to determine the locus of control
CO5 Enhance mind power and mental health

PART – A

6 x 1 = 6

Choose the correct answer

1. Parents often use _____ to get their kids to do what they want them to do. CO2K4
 - a. Reverse psychology
 - b. Applied psychology
 - c. Clinical psychology
 - d. Developmental psychology
2. The repetition of a process in order to generate a sequence of outcomes CO2K2
 - a. Iteration
 - b. Problem solving
 - c. Decision making
 - d. Accommodation
3. A state of worry or mental tension caused by a difficult situation CO1K1
 - a. Stress
 - b. Conflict
 - c. Anxiety
 - d. Tension
4. Taking accountability for our own mistakes CO3K3
 - a. Self-esteem
 - b. Self-concept
 - c. Assertiveness
 - d. Personality
5. A person's ability to adapt to change and uncertainty CO3K4
 - a. Assimilation
 - b. Resilience
 - c. Adaptation
 - d. Rigidity
6. Aches, shallow breathing and sweating, frequent colds are CO2K2
 - a. Physical symptoms of stress
 - b. Behavioral symptoms of stress
 - c. Emotional symptoms of stress
 - d. Sensory processing disorder

PART – B

3 x 6 = 18

Answer ALL Questions

Answer should not exceed 400 words or two pages

- 7 a. Elucidate some examples for discovering hidden competencies. CO1K2
(or)
- 7 b. A day without laughter is a day wasted. Justify. CO1K3
- 8 a. Examine the benefits of positive thinking and how do you build it. CO1K3
(or)
- 8 b. Explain the process of balancing and resolving bottlenecks. CO3K2
- 9 a. Write any five illusion games. CO2K3
(or)
- 9 b. As a teacher write the techniques you use to enhance students mind power. CO4K4

PART – C

3 x 12 = 36

Answer the following

Answer should not exceed 800 words or four pages

- 10 a. List some activities to Enhance creativity through minds capping. CO1K3
(or)
- 10 b. Describe the coping strategies for Stress solving and managing the problem that is causing distress. CO3K4
- 11 a. Explain the manipulation method using reverse psychology. CO3K3
(or)
- 11 b. Discuss some games that helps to improve memory. CO3K4
- 12 a. Discuss some activities to empower individuals to handle any situation in life. CO3K4
(or)
- 12 b. What are some effective physical techniques for stress management? CO5K2

Staff In-Charge: Mrs. T. Premalatha

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