

**Avinashilingam Institute for Home Science And Higher Education for Women  
Coimbatore – 641 043.**

**Continuous Internal Assessment Test II ( Online) - December 2020**

**SEMESTER III**

Class : II B.Ed

Time: 2 Hrs.

Max. Marks: 30

**18BEDL2B Discipline Specific Elective (DSE) – II: Life Skills for Student Teachers**

**Course Outcomes:**

CO1: Develop life skills education among students

CO2: Integrating life skills and values in school Curriculum

CO3: Identify the components of different Managerial skills

CO4: Apply the strategies for self-motivation

**PART – A**

**6 x 1 = 6**

**Answer all questions**

**(Multiple choice questions)**

1. This is a powerful force in developing good thinking skills. CO 3 K2
  - a. Reading
  - b. caring
  - c. Judgement
  - d. failure
2. The first component of crisis management program is CO3 K2
  - a. Preparedness
  - b. Resolution
  - c. Avoidance
  - d. Reconciliation
3. Life coping skills, manipulative skills, intellectual skills, communication skills and artistic skills are CO 3 K2
  - a. Managerial skills
  - b. Empowerment skills
  - c. Behavioural skills
  - d. Organizational skills
4. Dignity of labour, cleanliness, politeness and honesty are CO3 K2
  - a. Social values
  - b. Human values
  - c. Professional values
  - d. Personal values
5. These are the principles that guide our decisions and actions in our career CO3 K2
  - a. Professional values
  - b. Social values
  - c. Personal values
  - d. Human values
6. Many human values seem to be good or right due to CO2 K2
  - a. Positive feeling
  - b. Internal happiness
  - c. Natural acceptance
  - d. All the above

**PART – B**

**2 x 6= 12**

**Answer any two questions**

**(2 out of 4 Questions)**

**Answer should not exceed 400 words**

7. What do you mean by positive thinking?. List out some characteristics of positive thinking people. CO2 K2
8. Explain the various components of management skills CO3 K2
9. Explain some professional values which are universal and appropriate for all scenarios. CO2 K2
10. Elucidate some tips for the management of examination fear. CO3 K4

**PART – C**

**1 x 12 = 12**

**Answer any one question**

**(1 out of 2 Questions)**

**Answer should not exceed 800 words**

11. Explain the various techniques and strategies for Crisis and Conflict management. CO3 K4
  12. Explain the techniques that can be used to stimulate positive thinking and suggest some ways of practising positive lifestyles. CO4 K4
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