



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 I – September 2024
SEMESTER- III

Class : II.B.Ed

Max. Marks: 60

Time: 2 Hrs

23BEDL2B Discipline Specific Elective (DSE)-II: Life Skills for Student

Course outcomes

- CO1** Apply the self-analysis techniques for enhancing Self development and in classroom environment.
CO2 Recognize about Self-awareness and Self-determination.
CO3 Develop the skills of emotional intelligence.
CO4 Identify the components of different leadership and managerial skills.
CO5 Acquaint the techniques for resilience.

PART – A

Choose the correct answer

6 x 1 = 6

1. _____ are defined as psychological adaptive and positive behaviour. CO1K1
a. Soft Skills b. Life Skills c. Vocational Skills d. Recreational Skills
2. _____ is our body reaction to people and events and to our own thoughts. CO1K1
a. Emotion b. Awareness c. Stress d. Relationship
3. _____ is how one perceives himself/herself positively/negatively. CO2K1
a. Self image b. Self esteem c. Self control d. Self talk
4. Recognition of 'self' and identifying our strengths and weaknesses, desires and dislikes. CO2K1
a. Identity b. Sympathy c. Empathy d. Self awareness
5. Emotional Intelligence is characterized by _____. CO3K1
a. Proficient in problem solving b. Better interpersonal relationship
c. High abstract thinking ability d. Good sense of humour
6. The ability to manage emotional reactions in order to achieve one's goal is. CO3K1
a. Emotional Intelligence b. Emotional Quotient c. Emotional Regulation d. Goal-directed Emotion

PART – B

Answer ALL questions

3 x 6 = 18

Each answer should not exceed 200 words

7. a. Delineate Life Skills Education with illustrations. CO1K3
(OR)
7. b. Explicate the process of SWOT analysis. CO1K6
8. a. Enlist the components of Self-Awareness approaches of student teacher. CO2K5
(OR)
8. b. Discuss the strategies used for self- determination intervention. CO3K2
9. a. Define the meaning and the importance of Emotional Intelligence. CO3K3
(OR)
9. b. Elaborate the models of Emotional Intelligence. CO3K4

PART – C

Answer ALL questions

3 x 12 = 36

Answer should not exceed 800 words

10. a. Describe the dimensions of Self-Development Skills. CO3K2
(OR)
10. b. Discuss the influence of life skill based education among student- teacher's effective teaching style. CO1K3
11. a. Define Self-awareness its meaning and importance among student-teachers. CO2K2
(OR)
11. b. Compare and contrast Trauma and Violence Influence approach instruction. CO2K3
12. a. Elucidate the strategies for enhancing Emotional Intelligence. CO3K5
(OR)
12. b. Enlist the factors affecting the Emotional Intelligence among student-teachers. CO3K2

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