



**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**

**Class : II B.Ed.**

**Max. Marks: 60**

**Time: 2 Hrs**

**23BEDL2B - Discipline Specific Elective (DSE) –II-Life Skills for Student Teachers**

**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. The primary aim of self-development skills is **CO1K2**  
a. To control others' behaviour  
b. To enhance one's personal and professional growth  
c. To improve external factors only  
d. To reduce academic workload
2. In the context of self-development, the term 'SWOT' stands for **CO1K2**  
a. Strength, Weakness, Option, Threat      b. Strength, Weakness, Opportunity, Talent  
c. Strength, Weakness, Opportunity, Threat      d. Strength, Willpower, Opportunity, Threat
3. Self-determination means **CO2K2**  
a. Having control over one's own life and choices  
b. Allowing others to make decisions for you  
c. Following rules without question  
d. Controlling other people's behavior
4. A key characteristic of trauma-informed instruction is **CO2K2**  
a. Strict enforcement of rules without flexibility  
b. Ignoring student emotions  
c. Prioritizing academic content over emotional well-being  
d. Creating a supportive and understanding learning environment
5. Empathy in Emotional Intelligence means **CO3K2**  
a. Ignoring others' feelings      b. Expressing one's anger openly  
c. Understanding and sharing others' feelings      d. Controlling others' behaviour
6. Daniel Goleman's model of Emotional Intelligence includes all EXCEPT **CO3K2**  
a. Self-awareness      b. Analytical intelligence  
c. Motivation      d. Social skills

**PART – B**

**Answer ALL questions**

**3 x 6 = 18**

**Each answer should not exceed 200 words**

7. a. Discuss the reasons for understanding the importance of self-development. **CO1K2**  
(or)  
7. b. Identify two personal goals for self-development and describe how they can be achieved. **CO1K3**
8. a. Describe the importance of practicing self-determination in everyday life. **CO2K2**  
(or)  
8. b. Examine the role of trauma- and violence-informed approaches in instruction. **CO2K4**
9. a. Define Emotional Intelligence. Why is it important in personal and professional life? **CO3K2**  
(or)  
9. b. Identify the factors that affect Emotional Intelligence. **CO3K2**

**PART – C**

**Answer ALL questions**

**3 x 12 = 36**

**Answer should not exceed 800 words**

10. a. Discuss the various dimensions of self-development skills. **CO1K2**  
(or)  
10. b. Discuss the steps involved in a personal SWOT analysis and evaluate its role in fostering individual and career growth. **CO1K2**
11. a. Explain the components of self-awareness with examples. **CO2K4**  
(or)  
11. b. Explain the techniques and strategies used in self-determination interventions. **CO2K4**
12. a. Critically examine the strategies to enhance Emotional Intelligence. **CO3K4**  
(or)  
12. b. Examine Daniel Goleman's model of Emotional Intelligence and evaluate its relevance in education and workplace settings. **CO3K4**

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