

**BACHELOR OF EDUCATION
SECOND SEMESTER
UNDERSTANDING THE SELF
BED – 205**

(Use Separate Answer Scripts for Objective & Descriptive)

Duration: 1.30hrs.

Full Marks: 35

[PART-A: Objective]

Time: 10 min.

Marks: 10

Choose the correct answer from the following:

1×10=10

- Who said that 'Self' is the sum total of all that the individual can call 'I' or 'Me'?
 - Allport
 - Carl Rogers
 - William James
 - Henri Tajfel
- The self concept is developed based on how others perceive the individual, also referred to as a 'mirror image'.
 - The Basic Self
 - The Transitory Self
 - The Social Self
 - The Ideal Self
- Self-esteem was defined as an acquired trait by:
 - Abraham Maslow
 - Seymour Epstein
 - Stanley Coppersmith
 - Morris Rosenberg
- Which of the following is the first step to increasing self-esteem?
 - Get Help from others
 - Rebut the inner critic
 - Practice Self-Compassion
 - None of the Above
- Ability to understand how others are feeling is -
 - Self awareness
 - Self regulation
 - Internal motivation
 - Empathy
- The term 'personality' is derived from the Latin word 'persona', which means
 - Mask
 - Mouth
 - Hand
 - Human
- In the Maslow's theory of Self - Actualization of personality, the lowest hierarchy of needs is of
 - Safety needs
 - Physiological needs
 - Self-esteem needs
 - Love needs
- An _____ is a strong, deep or close association between two or more people.
 - Interpersonal relationship
 - Interpersonal behavior
 - Both
 - All of them

9. Interpersonal relationship skills help a teacher in
- a. Motivating students
 - b. Teaching effectively
 - c. Creating a positive classroom environment
 - d. All of these
10. The term 'Emotional Intelligence (EI)' was coined by two researchers -
- a. Peter Salovey and John Dewey
 - b. Peter Salovey and John Mayer
 - c. Piaget and John Dewey
 - d. None of these

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PART-B : Descriptive

Time : 1 hr. 20 min.

Marks : 25

[Answer question no.1 & any four (4) from the rest]

1. Define Self Concept. What are the three main components of the self according to Carl Rogers? 2+3=5

2. What do you understand by Self Esteem? Discuss the strategies for positive behavior. 3+7=10

3. What do you mean by personality? Explain briefly the factors affecting personality. 2+8=10

4. a. What do you understand by emotional intelligence? Briefly explain the elements of emotional intelligence. 2+8=10

OR

- b. Discuss different strategies to develop interpersonal relationship. 10

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