

BACHELOR OF EDUCATION
SECOND SEMESTER
UNDERSTANDING THE SELF
BED – 205 [REPEAT]

(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

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

(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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