

BACHELOR OF EDUCATION
SECOND SEMESTER
UNDERSTANDING THE SELF
BED – 205

**SET
A**

[USE OMR SHEET FOR OBJECTIVE PART]

Duration: 1.30 hrs.

Full Marks: 35

Time: 15 mins.

(Objective)

Marks: 10

Choose the correct answer from the following:

1 × 10 = 10

1. Who referred to the 'Self' as the sum total of all that the individual can call 'I' or 'Me'?
 - a. William James
 - b. Gordon Allport
 - c. Carl Rogers
 - d. Henry Tajfel
2. When can we say a person is in a state of incongruence?
 - a. When their ideal self and self image are consistent
 - b. When there is a mismatch between the ideal self and self image
 - c. Both of the above
 - d. None of the above
3. Self-esteem was defined as an acquired trait by:
 - a. Abraham Maslow
 - b. Morris Rosenberg
 - c. Seymour Epstein
 - d. Stanley Coppersmith
4. If your inner critic convinces you that your exam went horribly while you gave your best, that inner critic is:
 - a. Catastrophizing
 - b. Generalizing unrealistically
 - c. Being unfairly harsh
 - d. None of the Above
5. Personality is the product of _____ in group life.
 - a. Social interaction
 - b. Social exclusion
 - c. Alienation
 - d. None of the above
6. Which type of people lives in their own imaginary world and are mostly teachers, scientists, thinkers and philosophers?
 - a. Extrovert personality
 - b. Introvert personality
 - c. Ambivert personality
 - d. None of the above
7. Who defined personality as 'the unique characteristics of an individual'?
 - a. Ogburn and Nimkoff
 - b. Guilford
 - c. Macionis
 - d. Daniel Goleman
8. Interpersonal relationship skills help a teacher in _____.
 - a. Motivating students
 - b. Creating a positive classroom environment
 - c. Teaching effectively
 - d. All of these

9. The Johari Window was pioneered by _____.
- a. Peter Salovey and John Mayer
 - b. Danah Zohar and Ian Marshall
 - c. Joseph Luft and Harrington Ingham
 - d. None of these
10. Which one of the following lays emphasis on integrity of knowledge and learning?
- a. Intelligence Quotient
 - b. Emotional Quotient
 - c. Spiritual Quotient
 - d. None of these

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(Descriptive)

Time : 1 Hr. 15 Mins.

Marks : 25

[Answer question no.1 & any two (2) from the rest]

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| 1. Give five reasons as to why understanding the self is important. | 5 |
| 2. What is self esteem? What are the different types? Discuss the major keys to increase self esteem. | 1+3+6=10 |
| 3. Explain the meaning of personality. Discuss the factors that influence the personality of a person. | 4+6=10 |
| 4. What is interpersonal behavior? Discuss some strategies to develop interpersonal relationship. | 4+6=10 |
| 5. What is Emotional Intelligence? Discuss the elements of Emotional Intelligence as given by Daniel Goleman. Mention how Emotional Intelligence can be improved. | 1+5+4=10 |

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