

BACHELOR OF SOCIAL WORK
SIXTH SEMESTER
PERSONAL & PROFESSIONAL DEVELOPMENT FOR SWP
BSW – 601
[USE OMR FOR OBJECTIVE PART]

SET
A

Duration: 3 hrs.

Full Marks: 70

Time: 30 min.

Marks: 20

(Objective)

1X20=20

Choose the correct answer from the following:

1. What does blue hat signify in Six Thinking Hats technique?
 - a. Negativity
 - b. Creativity
 - c. Process and control
 - d. Rationality
2. Give the full form of SWOT
 - a. Strength, Weakness, Obsessive, Threat
 - b. Strength, Weakness, Opportunity, Threat
 - c. Strong, Weak, Opportunity, Threat
 - d. None of the above
3. Which is the second level in Maslow's hierarchy of needs?
 - a. Physiological Needs
 - b. Love and belonging
 - c. Self actualization
 - d. Safety Needs
4. Carl Roger proposed the concept of
 - a. Ideal Self
 - b. Real Self
 - c. Both a and b
 - d. Neither a nor b
5. Which of the following is not a professional social work ethic?
 - a. Confidentiality
 - b. Promoting inequality
 - c. Dignity for individuals
 - d. Honesty
6. Blind Self in Jo-Hari Window means
 - a. The person is not able to see himself
 - b. The person is blind to acknowledge others
 - c. The person is unaware of his own personality
 - d. The person has vision impairment
7. The motive of mirror reflection technique is
 - a. Know about current actions
 - b. Analyse one's past
 - c. Know about one's thoughts and behaviour
 - d. Know about one's future
8. Adult Ego State from transactional analysis means
 - a. Behaviour, thoughts and feelings are direct responses from repressed feelings
 - b. Behaviour, thoughts and feelings are direct responses from here and now
 - c. Behaviour, thoughts and feelings are direct responses from adolescence
 - d. None of the above

9. SWOT analysis will help access
- a. Internal factors
 - b. External factors
 - c. Both a and b
 - d. Neither a nor b
10. Which one of the following is a self defeating behaviour?
- a. Comparing yourselves to others
 - b. Self sabotage
 - c. Both a and b
 - d. Neither a nor b
11. The experience of feeling competent to cope with the basic challenges in life and being worthy of happiness is
- a. Self esteem
 - b. Wishful thinking
 - c. Self actualization
 - d. Utopia
12. Which one is not part of the definition of achievement orientation?
- a. Excellence in all work
 - b. Being successful
 - c. Drive and passion to accomplish goals
 - d. All of the above
13. _____ is the concept that describes the beliefs of an individual or culture.
- a. Values
 - b. Behaviour
 - c. Attitude
 - d. Personality
14. How many quadrants are in Jo-Hari window?
- a. 6
 - b. 5
 - c. 3
 - d. 4
15. Who gave the concept of Six thinking hats technique?
- a. August Comte
 - b. Edward de Bono
 - c. Henry Fayol
 - d. Carl Roger
16. Communication helps officers to ___ the employees in workplace.
- a. Discriminate
 - b. Job appraisal
 - c. Threaten
 - d. Motivate
17. Which of the following statement is not true?
- a. Qualities can be acquired with passage of time
 - b. Traits are inherent
 - c. Traits are stable
 - d. Traits can be easily changed
18. Which of the following statement is true?
- a. Professional ethics varies according to profession.
 - b. Professional ethics does not guarantee professionalism
 - c. Both a and b are true
 - d. Both a and b are incorrect
19. Which of the following is not a hat under the six thinking hats?
- a. Grey hat
 - b. Yellow hat
 - c. White hat
 - d. Blue hat

20. A situation involving actual incompatibility of needs, interests is defined as
- a. False conflict
 - b. True conflict
 - c. Veridical Conflict
 - d. Both b and c

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(Descriptive)

Time : 2 hrs. 30 mins.

Marks : 50

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

1. Why is self awareness or self understanding important in today's world? What are the steps that one can follow to improve their self esteem and self worth? 4+6=10

2. Write short notes on the following 5+5=10
 - a. Benefits of Yoga
 - b. Jo-Hari Window

3. Explain the concepts of ideal self and real self. 10

4. From your point of view write at least eight points on why self-acceptance is necessary for oneself. 10

5. What are the ethical dilemmas? As a Social Work trainee what sorts of ethical dilemmas have you faced while visiting field? 4+6=10

6. With suitable examples describe SWOT analysis and its importance. 10

7. What is achievement oriented behaviour? Name any famous personality who according to you shows the best achievement orientation. 4+6=10

8. Write short notes on *any two* of the following 5+5=10
 - a. Reaction to self while dealing with crisis situation
 - b. Value conflict
 - c. Transactional Analysis

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