

**BACHELOR OF EDUCATION
SECOND SEMESTER [REPEAT]
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. 'Self' is the sum total of all that the individual can call 'I' or 'Me'. Who said this?
 - a. Gordon Allport
 - b. Willaim James
 - c. Carl Rogers
 - d. Henri Tajfel
2. Which kind of self is made upon the perceptions of what a person aspires to be and what he believes ought to be?
 - a. The Basic Self
 - b. The Transitory Self
 - c. The Social Self
 - d. The Ideal Self
3. Which does not come under innate factors influencing the Self?
 - a. Heredity
 - b. Home
 - c. Endocrine glands
 - d. Gender
4. Who defined self esteem as an attitude that we have about ourselves?
 - a. Seymour Epstein
 - b. Morris Rosenberg
 - c. Stanley Coopersmith
 - d. Abraham Maslow
5. Having an ability to make mistakes and learn from them, are signs of:
 - a. High Self Esteem
 - b. Low Self Esteem
 - c. Inflated Self Esteem
 - d. None of these
6. "Personality is the unique characteristics of an individual." Who said this?
 - a. Macionis
 - b. Ogburn
 - c. Guilford
 - d. Nimkoff
7. The term 'personality' is derived from the Latin word 'persona', which means:
 - a. Mask
 - b. Mouth
 - c. Face
 - d. Human
8. According to the Johari Window, which quadrant refers to information about yourself that others know in a group but you are not aware of it?
 - a. The Open Self
 - b. The Blind Self
 - c. The Hidden Area
 - d. The Unknown Area

9. Emotional Intelligence was first coined by.....
- a. Joseph Luft and Harrington Ingham
 - b. Peter Salovey and John Mayer
 - c. William D Brooks and Philip Emmert
 - d. Danah Zohar and Ian Marshall
10. Which of the following is developed primarily through reflection?
- a. Intelligence Quotient (IQ)
 - b. Emotional Quotient (EQ)
 - c. Spiritual Quotient (SQ)
 - d. None of these

(Descriptive)

Time : 1 Hr. 15 Mins.

Marks : 25

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

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| 1. What do you understand by 'Self Concept'? Explain the four major categories of the Self. | 1+4=5 |
| 2. Which are the five aspects of the Self Concept according to Fitts? Explain the positive and negative impacts of each aspect. | 5+5=10 |
| 3. What is Self Esteem? Why is it important? Discuss any five strategies for positive behavior. | 1+ 4+5=10 |
| 4. What is Personality? Discuss the personal and social factors affecting personality. State any five attributes of a good personality. | 1+4+5=10 |
| 5. What is inter-personal behaviour? Why is interpersonal relationship important? Discuss any five strategies to develop inter personal relationship. | 1+4+5=10 |

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