

Worksheet

2

Name:

Roll No: Class: Section:

Date:

SELF MANAGEMENT SKILLS-I

Unit-2

A. Write short notes on the following:

1. Self-Awareness
2. Self-Control
3. Self-Confidence
4. Positive Thinking
5. Time Management
6. Problem Solving

B. Guess, who am I?

1. I am an approach to keep oneself positive, motivated, encouraged and energetic.
2. I am having a clear perception of your personality.
3. I include goal setting, planning, scheduling, self-development and continuous learning.
4. I am the habit of keeping oneself clean, healthy and smart while presenting oneself.

C. Application based questions.

1. If a person is suffering from stress, which type of self-management skill will you suggest him to resolve this problem?
2. Which type of self-management skill will helps us to priorities the given homework?

D. Answer the following questions:

1. Explain some important keys of self management.
2. What are the ways for building self-confidence?
3. List some characteristics of an independent person.
4. Differentiate between external and internal self awareness.
5. What are the advantages of doing physical exercise?
6. Enlist some reasons for stress.
7. What do you understand by stress management? Enlist some ways to manage stress.