

Worksheet

1

Name:

Roll No: Class: Section:

Date:

SELF-MANAGEMENT SKILLS-II

Unit-2

1. Tick (✓) the correct option.

- (a) is the modus of applying and using one's self characteristics in a righteous and responsible way.
- | | | | |
|------------------------|--------------------------|------------------------|--------------------------|
| (i) Self-management | <input type="checkbox"/> | (ii) Stress-management | <input type="checkbox"/> |
| (iii) Skill management | <input type="checkbox"/> | (iv) None of these | <input type="checkbox"/> |
- (b) Imagine, today is your exam, you have missed the school bus and suddenly you realized that you have worn the wrong uniform. Which type of stress will you feel in such kind of situation?
- | | | | |
|---------------------|--------------------------|--------------------|--------------------------|
| (i) Physical Stress | <input type="checkbox"/> | (ii) Mental Stress | <input type="checkbox"/> |
| (iii) Social | <input type="checkbox"/> | (iv) Financial | <input type="checkbox"/> |
- (c) Ravi is working in a private company and gets ₹ 25000 as monthly salary. But, his monthly expenses are more than the salary he get. Which type of stress will he feel in such kind of situation?
- | | | | |
|---------------------|--------------------------|--------------------|--------------------------|
| (i) Physical Stress | <input type="checkbox"/> | (ii) Financial | <input type="checkbox"/> |
| (iii) Mental Stress | <input type="checkbox"/> | (iv) None of these | <input type="checkbox"/> |
- (d) If a student regularly become excessively nervous before or during the exams, which of the following stress management techniques will you suggest him to overcome the problem?
- | | | | |
|-----------------------|--------------------------|----------------|--------------------------|
| (i) Physical Exercise | <input type="checkbox"/> | (ii) Yoga | <input type="checkbox"/> |
| (iii) Meditation | <input type="checkbox"/> | (iv) Enjoyment | <input type="checkbox"/> |
- (e) Which of the following are the qualities of a motivated person?
- | | |
|---|--------------------------|
| (i) He can take initiative | <input type="checkbox"/> |
| (ii) He can work independently | <input type="checkbox"/> |
| (iii) He can take the right decisions quickly | <input type="checkbox"/> |
| (iv) All of these | <input type="checkbox"/> |

2. Fill in the blanks.

- (a) refers to self-acting or self-operating.
- (b) means understanding how other people judge us, in terms of values, passions, thoughts, behaviours, strengths and weakness.
- (c) represents how clearly we see our own values, passion, aspirations, reactions including thoughts, feelings, behaviours, strengths, weakness and their impact on others.
- (d) Stressful situation arises when we are not good at