

Chapter- 2**SELF-MANAGEMENT SKILLS****A. Self-Management Skills Class 10 MCQ**

1. What makes you complete work or studies without others cheering you?
  - a. Self-confidence
  - b. Communication
  - c. Self-motivation
  - d. Self-esteem
  
2. Which of the following are types of motivation?
  - a. Internal
  - b. Intermediate
  - c. External
  - d. Extensive
  
3. Ravi works hard to get the best student award at the end of year. What type of motivation is this?
  - a. Internal
  - b. External
  - c. Both internal and external
  - d. Not any specific type of motivation

**B. Subjective Questions of Self-Management Skills**

1. Describe stress and stress management in your own words.
2. List your favourite stress management technique and elaborate on why you find it the most effective for you.
3. What is Goal Setting?
4. In SMART goals, what does 'S' stand for? Explain.
5. What is the best way to work on long-term goals?
6. What is time management and how can you manage your time?
7. How can tracking your time help you?

**Session 1 Stress Management****A: Subjective questions**

- Q1. Define self-Management.

- Q2. Describe stress and stress management in your own words.
- Q3. Identify the steps for managing stress.
- Q4. Define emotional intelligence.

## Session 2 Self-awareness — Strength and Weakness Analysis

### A: Subjective questions

- Q5. Define Self Awareness.
- Q6. Difference between Interests and Abilities (Strengths)

## Session 3 Self-motivation

### A: Multiple choice questions

Read the questions carefully and circle the letter(s) (a), (b), (c) or (d) that best answers the question.

1. What makes you complete work or studies without others cheering you?
- A: Self-confidence  
B: Communication  
C: Self-motivation  
D: Self-esteem
2. Which of the following are types of motivation?
- A: Internal  
B: Intermediate  
C: External  
D: Extensive
3. Ravi works hard to get the best student award at the end of year. What type of motivation is this?
- A: Internal  
B: External  
C: Both internal and external  
D: Not any specific type of motivation

### B: Subjective questions

- Q7. Explain the meaning of self-motivation.
- Q8. Identify types of motivation.
- Q9. List the qualities of self-motivated people.
- Q10. List the steps to build self-motivation.

## Session 4 Self-regulation — Goal Setting

### A: Subjective questions

- Q11. What is Goal Setting?

- Q12. In SMART goals, what does 'S' stand for? Explain.
- Q13. What is the best way to work on long-term goals?
- Q14. Identify the benefits of 'Goal Setting.'

## Session 5 Self-regulation — Time Management

### A:Subjective questions

- Q15. What is time management and how can you manage your time?
- Q16. How can tracking your time help you?
- Q17. Four Steps for Effective Time Management.
- Q18. List the steps for managing time effectively.

