

B A, BSC, BCOM DEGREE END SEMESTER EXAMINATION – MARCH 2026**UGP (HONS.) SEMESTER – 4: SKILL ENHANCEMENT COURSE****COURSE: 24UPSYSEC201: LIFE SKILLS DEVELOPMENT***(For Regular 2024 Admission)*

Time: 1.5 Hours

Max. Marks: 50

SECTION A**Answer All**

1. In the Johari Window model developed by Joseph Luft and Harrington Ingham, when a colleague tells you that you often interrupt others—something you were unaware of—which quadrant is being reduced? (CO1, U)
 - A. Hidden Area
 - B. Unknown Area
 - C. Blind Spot
 - D. Open Area
2. Which process is primarily responsible for expanding the "Open Area" horizontally by reducing the "Blind Spot"? (CO1, U)
 - A) Self-disclosure
 - B) Problem-solving
 - C) Receiving and accepting feedback
 - D) Individual self-assessment
3. A student sets a goal: "I will complete two chapters of psychology every weekday at 6 PM for the next three weeks." This goal is effective mainly because it is: (CO1, A)
 - A. Emotional and flexible
 - B. Specific and time-bound
 - C. Broad and inspirational
 - D. Outcome-focused only
4. The practice of sharing an emotional experience with another, typically derived from having faced similar situations. (CO2, U)
 - A. Cognitive Empathy
 - B. Emotional Empathy
 - C. Affection
 - D. Compassionate Empathy
5. In CRAAP, C stands for: (CO2, R)
 - a. Acceptance
 - b. ARPANET
 - c. Authority
 - d. Agency

6. Rahul joins a new company for his first job. On his first day, he arrives late without informing anyone, interrupts colleagues during meetings, and sends emails with informal language and emojis to his manager. After a week, his supervisor advises him to improve his professional etiquette. Why is professional etiquette important in this situation? (CO2, An)
- A. It helps employees avoid doing their assigned work.
 - B. It creates a positive impression and builds respect in the workplace.
 - C. It allows employees to behave casually at all times.
 - D. It reduces the need for communication in the workplace.
7. When applying the "SIFT" method to evaluate online information, what distinguishes the "lateral reading" technique from traditional evaluation methods like the CRAAP test? (CO2, An)
- A) It focuses on reading the article from start to finish to find internal errors in the author's logic.
 - B) It requires checking the website's "About Us" page and "Contact" information to verify professional legitimacy.
 - C) It involves leaving the original page to open new tabs and run background checks on the source's reputation via external sites.
 - D) It prioritizes the "Currency" of the information by checking the publication date before reading the content
8. The STOP technique begins with: (CO2, R)
- A) Speak
 - B) Stop
 - C) Solve
 - D) Study
9. Riya applies for a credit card with a ₹50,000 limit. She uses ₹10,000 to buy a laptop and plans to repay it next month. Which of the following statements correctly explains the situation? (CO2, U)
- A. ₹50,000 is her debt and ₹10,000 is her credit.
 - B. ₹50,000 is the credit available to her, and ₹10,000 becomes her debt after she uses it.
 - C. ₹10,000 is her credit, and she has no debt until next month.
 - D. Credit and debt mean the same thing in this situation.
10. Which of the following visual or auditory "red flags" is most indicative of an AI-generated deepfake? (CO2, An)
- A) A website that uses an excessive number of pop-up advertisements and low-resolution images.
 - B) Facial anomalies such as skin that appears too smooth, abnormal blinking patterns, or visual glitches in the background.
 - C) A social media post that contains multiple spelling and grammatical errors in the caption.

D) A news article that triggers a strong emotional response or "System 1" thinking.

(1 × 10 = 10)

SECTION B

Answer five questions.

11. What comprises self-awareness? (CO1, R)
12. How can a student use the ABCDE approach to challenge negative self-talk after experiencing rejection? (CO1, A)
13. A team member learns from colleagues that he often interrupts others without realizing it. Which Johari Window quadrant does this information belong to, and how can feedback help? (CO1, An)
14. What is the Nominal Group Technique and how does it allow groups to reach decisions quickly? (CO2, U)
15. Briefly describe the "Six Thinking Hats" technique developed by Edward de Bono. (CO2, U)
16. A software team is struggling to fix a complex bug. After hours of frustration, the lead developer decides to take a walk. Suddenly, the solution "strikes" her while she is not thinking about the code. Identify the stage of the creative process she experienced during her walk and explain why it is necessary. (CO2, An)

(2 × 5 = 10)

SECTION C

Fill in the blanks

17. In the SIFT method, the first step is to _____ before reading or sharing content. (CO2, R)
18. A _____ mindset is the belief that intelligence, talents, and abilities can be developed over time through effort and persistence. (CO1, R)
19. The Johari Window expands horizontally through receiving _____ and vertically through _____. (CO1, R)
20. The _____ bias is the tendency to focus on information that confirms your existing beliefs. (CO2, R)
21. The _____ myth believes that creativity is a one man show, that is, creativity is the result of a single person's efforts. (CO2, R)
22. The level of creativity that is more spontaneous and child like and is not concerned with the utility of the work is _____. (CO2, R)
23. Tasks that are urgent but less important should be _____ to someone else. (CO2, U)

24. The "Aha!" or "I have found it" experience is known as the _____ stage of creative thinking. (CO2, R)
25. According to J.P. Guilford, _____ thinking refers to thinking that is required to solve problems which have only one correct answer. (CO2, R)
26. The stage of _____ occurs when a person gets stuck and may even leave the problem for some time during the creative process. (CO2, R)
- (1 x 10 = 10)**

SECTION D
Answer any two questions.

27. Rohan believes he is an excellent communicator, but his colleagues often misunderstand his instructions and avoid approaching him with concerns. He feels frustrated and blames others for being "incompetent." (CO1, An, E)
- (a)** Identify two aspects of self-awareness that Rohan is lacking and explain how this affects his professional relationships. (5 marks)
- (b)** Recommend two strategies he can use to develop greater self-awareness.(5 marks)
28. In a brainstorming meeting, one dominant member proposes an idea, and the rest of the group immediately supports it without analyzing alternatives. Other creative suggestions are not explored, and the final solution proves ineffective. (CO2, An, C)
- (a)** Identify two issues related to group dynamics or critical thinking that affected the quality of the decision. Explain how they contributed to the problem.(5 marks)
- (b)** Suggest two structured group decision-making methods that could improve participation and idea evaluation in future meetings. (5 marks)
29. A design team continues using the same product ideas that worked in the past, rejecting any unusual suggestions as "impractical." Over time, their competitors introduce more innovative products and gain market share. (CO2, An, C)
- (a)** Identify two barriers to creativity present in this situation and explain how they limited innovation. (5 marks)
- (b)** Suggest two techniques the team could use to enhance creative thinking in future projects. (5 marks)
- (2 x 10 = 20)**