Short and Long Questions

1. What is Personal Development?
2. Distinguish between Need and Drive.
3. What do you understand by Self-Esteem?
4. Discuss various reasons why Personal Development should be given a priority.
5. Why Employers Value Personal Skills.
6. Define attitude. How are attitudes formed?
7. What is Self-Esteem?
8. What is leadership?
9. Define Leadership.
10. What are different myth about leadership?
11. Is leader a born or made? Justify your views with contemporary examples.
12. What is creativity?
13. What do you understand by decision making?
14. Write short notes on Team Building
15. Explain building high performance teams?
16. Explain Idea-mapping
17. Write short notes on the following:
18. Attitude
19. Motivation
20. Interpersonal Skills
21. Personal Development

**Model multiple choice /True False Questions**

1. A common method of measuring attitudes is by using:
2. in-depth interviews.
3. observing people’s behaviour
4. semantic differential scales
5. a lie detector
6. Feelings or emotional reactions to an object reflect the \_\_\_\_\_ component of an attitude.

A) knowledge

B) cognitive

**C) affective**

D) behavioral

E) orientation

1. Which of the following is an example of an intrinsic motivator?
2. A pay increase
3. Promotion
4. **Satisfaction in a job well done**
5. Good working conditions
6. Personal skills play an important role in the ……….
7. Workforce
8. Social structure
9. Culture
10. All of the above
11. Positive attitude leads to ---------------
12. Happiness
13. Sadness
14. Achievement
15. Happiness and success
16. Personal skills play an important role in the…….
17. Workforce
18. Economics
19. Psychology
20. General Knowledge
21. Attitudes are related to……
22. feelings
23. beliefs
24. a and b
25. None of the above
26. Causes of stress are ….
27. Job Insecurity
28. High Performance Demand
29. A and B
30. None of the above
31. Symptoms of Stress are …
32. Physical
33. Cognitive
34. Behavioral
35. All of the above
36. Unnecessary Causes of Stress
37. Overeating
38. Caffeine
39. Sleep problems
40. All of the above
41. Which of the following best describes Maslow's hierarchy of needs?
42. It is a perfect model of workplace motivation
43. It was devised by Maslow after meticulous research in workplace settings
44. It has been proven empirically to be accurate in workplace settings.
45. **It is a highly flawed model, although it does recognize that people are motivated differently**



12. The highest level of need, in Maslow's hierarchy of need theory, is the need for self-actualization. **True**/ False

13. [Interpersonal skills](https://www.thebalancecareers.com/interpersonal-skills-list-2063724) are also known as Personal Skills. True/ False

14. Personal development is a lifelong process. True/ False

15. Physiological needs are the most basic human physical needs, which are reflected in the workplace as needs for adequate heat, air, and base salary. **True/** False

16.A little stress can actually be good for you**.** **True**/ False

17. Motivation is what initiates, directs and sustains behaviour. **True**/ False

18. Monetary rewards are a type of intrinsic reward. **True**/ False

19. Emotional stress is the primary cause of stomach ulcers**. True**/ False

20. Holding specific attitudes helps us to gain approval from others. True/ False

21. Attitude reflect how one feels about something. True/ False

**22** Which of these forms of stress can weaken the immune system?

a. Marital conflict

b. Grueling physical labor

c. Job dissatisfaction

d**. All of the above**

**23.** Which of the following physical symptoms can be a sign that you're overstressed?

a. Lingering back pain

b. Insomnia

c. Upset stomach

d**. All of the above**

24.Personal development is a ………………………….

1. Short term process
2. Long term process
3. lifelong process
4. None of the above