

2024

(July/August)

FYUP : 2nd Semester Examination

SKILL ENHANCEMENT COURSE

(Confidence Building)

(SEC-181)

Marks : 56

Time : 2½ hours

*The figures in the margin indicate full marks
for the questions*

SECTION—A

(Short answer-type questions)

1. Answer any four questions from the following : 4×4=16

- (a) What is meant by self-confidence?
- (b) Mention four characteristics of self-confidence.
- (c) Describe the interpersonal relationship skills with peer mates.

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(Turn Over)

- (d) What is self-awareness?
- (e) What are communication skills?
- (f) List out two outdoor activities to improve self-confidence.

SKILL ENHANCEMENT COURSE

(Continued) SECTION—B

(Descriptive answer-type questions)

2. Answer any four questions from the following : 10×4=40
- (a) Is self-confidence nature or nurture? Explain with examples.
 - (b) Discuss the needs and importance of self-confidence in the present-day context.
 - (c) What is public speaking? How does public speaking help in confidence building? 3+7=10
 - (d) Enumerate what goals you will set for building self-confidence.
 - (e) Describe any one classroom-group activity that can develop self-confidence among the students.

- (f) Explain any one of the following :
 - (i) Three types of self-confidence
 - (ii) Yoga for mindfulness
 - (iii) Physical exercise to boost confidence
