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School of Liberal Education

Bachelor of Arts in Journalism and Mass Communication

Mid Term Examination - May 2024

Duration : 90 Minutes

Max Marks : 50

Sem IV - K2UA406T - Enhancing Soft Skills and PersonalityGeneral Instructions*Answer to the specific question asked**Draw neat, labelled diagrams wherever necessary**Approved data hand books are allowed subject to verification by the Invigilator*

- 1) Explain that How to overcome barriers of Listening Skills? K2 (2)
- 2) What are LSRW Skills? K1 (3)
- 3) Explain Self-awareness. What are its components? K2 (4)
- 4) Explain the importance of life or soft skills in developing personality K2 (6)
- 5) Identify the concept of mindset and explain its significance in shaping individuals' attitudes, behaviors, and outcomes. K3 (6)
- 6) Identify some common misconceptions about time management, and how can addressing these misconceptions lead to more effective use of time? K3 (9)
- 7) Distinguish between Time management and Procastination K4 (8)
- 8) Examine the concept of "temporal discounting" and its role in procrastination, and strategies for overcoming the tendency to prioritize short-term rewards over long-term goals. K4 (12)

OR

- List 5 examples of specific cognitive biases or irrational beliefs that contribute to procrastination, and techniques for challenging these patterns of thinking? K4 (12)