

School of Liberal Education

**Bachelor of Arts in Journalism and Mass Communication
Semester End Examination - Jun 2024**

**Duration : 180 Minutes
Max Marks : 100**

Sem IV - K2UA406T - Enhancing Soft Skills and Personality*General 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*

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| 1) | What are the qualities of a team leader? | K1(2) |
| 2) | Infer the factors that cause stress | K2(4) |
| 3) | Explain Why is regular exercise important for maintaining physical health, mental well-being, and overall quality of life? | K2(6) |
| 4) | Identify are some practical strategies or techniques for overcoming procrastination and increasing task initiation? | K3(9) |
| 5) | Identify How do digital communication platforms and social media present unique challenges and opportunities for ethical conduct and etiquette? | K3(9) |
| 6) | Explain the concept of personality disorders and the impact they can have on individuals' relationships and daily functioning. | K5(10) |
| 7) | Analyze Why do individuals often feel compelled to say "yes" to requests or demands from others, even when it may not align with their own priorities or well-being? | K4(12) |
| 8) | Explain the significance of positive thinking in shaping individuals' attitudes, behaviors, and outcomes in life? | K5(15) |
| 9) | Explain the concept of sustainability and its implications for responsible resource management, waste reduction, and pollution prevention. | K5(15) |
| 10) | Discuss how humor can serve as a coping mechanism for dealing with stress, adversity, and challenging situations in the workplace. | K6(18) |