

**INFORMATION TECHNOLOGY (402)**  
**CLASS – X UNIT 2: SELF MANAGEMENT SKILLS – II**

1. Stress has bad effects always.
  - a. True
  - b. False
2. Ravi was extremely excited to break the good news to his mother of his winning the highest amount of scholarship. This is an example of \_\_\_\_\_.
  - a. Stress
  - b. Eustress
  - c. Distress
  - d. Self-management
3. Imagined, unreal threats affect us \_\_\_\_\_.
  - a. Psychologically
  - b. Physically
  - c. Both a) and b)
  - d. There is nothing as imagined, unreal threats.
4. Find the odd stress symptom of the following out.
  - a. Social withdrawal
  - b. Depression
  - c. Fatigue
  - d. Anxiety
5. Find the odd stress symptom of the following out.
  - a. Chest pain
  - b. Angry outburst
  - c. Headache
  - d. Low energy
6. Impact of stress depends on \_\_\_\_\_.
  - a. Age and health
  - b. Profession
  - c. Living conditions
  - d. All of these
7. Ravi is suffering from insomnia due to noisy market place in his neighbourhood. What remedy do you suggest him?
  - a. Change of place
  - b. Go on a quieter place during vacations
  - c. Take medications for insomnia
  - d. Install sound proof windows and doors.
8. In case of sudden disaster, our response is \_\_\_\_\_.
  - a. Calculated
  - b. Autonomous
  - c. Pre-planned
  - d. Delayed

9. Find the odd one out.
- To save the child, mother jumped into the raging fire.
  - The boy froze in his place seeing the deadly snake in front of him.
  - Sudden explosion took away all ability of the man to run away.
  - The woman could not find courage to run out of the burning house.
10. Sympathetic nervous system enables us for which of the following responses?
- Fight
  - Flight
  - Both a) and b)
  - Freeze
11. Homeostasis sets in when \_\_\_\_\_.
- Danger is passed
  - Danger strikes
  - Victim is wounded
  - All of these
12. Stress cannot be \_\_\_\_\_ but \_\_\_\_\_.
- Cured, practised
  - Eradicated, managed
  - Learnt, forgotten
  - Avoided, welcomed
13. For imaginary threats, \_\_\_\_\_ is/are responsible.
- Environment
  - Bad company
  - We ourselves
  - News channels
14. A quick smoke works wonders in easing stress.
- True
  - False
15. Which amount of daily sleep is best of the following?
- 4 hours
  - 5 hours
  - 10 hours
  - 7 hours
16. Keeping everyone happy, keeps us happy.
- True
  - False
17. Nature walk, yoga and community activities helps us fight stress due to \_\_\_\_\_.
- Work
  - Environment
  - Sudden need of survival
  - None of these
18. Unreal fears are the major reasons of which of the following stress?
- Eustress

- b. Internal distress
  - c. Environmental stress
  - d. Stress due to work
19. Being independent means.
- a. Working alone
  - b. Doing all the tasks without anyone's help
  - c. Owning your task
  - d. All of the above
20. Find the odd one out.
- a. Alternate plan ready for any sudden change in situation.
  - b. Compiled annual report without anybody's help.
  - c. Knowing if you can do the given task or not.
  - d. Saying no due to already assigned too many tasks.
21. Which of the following is not a skill to work independently?
- a. Task prioritisation.
  - b. Maintaining integrity and trust.
  - c. Regular exercise to keep fit to do all tasks timely.
  - d. Being aware of one's limitations.
22. Self-awareness brings.
- a. Self-motivation
  - b. Self-control
  - c. Both a) and b)
  - d. None of these
23. Find the odd one out.
- a. Our values and beliefs
  - b. Our Aspirations
  - c. Better understanding of other people
  - d. Our attitude
24. Find the odd one out.
- a. Assessing other's viewpoint
  - b. Deliver tasks efficiently
  - c. Knowing one's own preferences
  - d. Interpersonal skills
25. Ability to turn an idea into action is called \_\_\_\_\_.
- a. Self-management
  - b. Self-motivation
  - c. Self-awareness
  - d. Working independently
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