

Career Development and Goal Setting

1). Which of these statements is true?

- (A) All jobs are available in all cities
- (B) Some cities have more opportunities than others for certain job roles
- (C) Salary in metro cities is always higher than small towns
- (D) Only a few cities have job opportunities

Correct Answer : B

2). Which among these are not good manners while travelling by public transport?

- (A) Push back our seat without checking with the person on the back seat
- (B) Be polite to fellow passengers and staff
- (C) Follow the instructions of the cabin manager
- (D) Speak in a low voice

Correct Answer : A

3). What is mindfulness?

- (A) It is the technique of not minding anything
- (B) It is about sharpening your brain
- (C) It is the ability to be fully present in a moment
- (D) It is the word used to describe people who are full of thoughts

Correct Answer : C

4). What is a comfort zone?

- (A) It is a place where we go to sleep
- (B) It is a place where children live
- (C) Our familiar lifestyle and behavior is our comfort zone
- (D) A place designed in airport for resting

Correct Answer : C

5). Which of these is a sign of good stress?

- (A) It prevents you from pursuing your goals
- (B) It makes you doubt yourself
- (C) Does not lead to long-term tension, loss of sleep
- (D) Makes you physically ill or causes pain

Correct Answer : C

6). _____ are the qualities that are considered negative, and need to be worked on.

- (A) Personal strengths
- (B) Personal weaknesses
- (C) Opportunities
- (D) Threats

Correct Answer : B

7). Which of the following statements is true?

- (A) Only experts can solve any problem
- (B) The more problems you solve, the better you will get at problem solving!
- (C) We need to pursue a course to even solve a simple problem
- (D) It is not important to solve any problem

Correct Answer : B

8). Which of the following is true about stress?

- (A) Stress can be managed
- (B) Stress cannot be controlled
- (C) Stress can not be decreased
- (D) All of the above

Correct Answer : A

9). Which of these documents are not compulsorily required for international travel?

- (A) Passport
- (B) Visa
- (C) Personal identification (eg. Aadhaar Card)
- (D) Electricity bill

Correct Answer : D

10). An activity that stops or reduces stress is called a stress buster. Which of the following according to you is not a stress buster?

- (A) Spending long hours thinking about the problem
- (B) Going to bed on time
- (C) Listening to music
- (D) Gardening

Correct Answer : A

11). Goals are of 2 types _____ .

- (A) good and bad goals
- (B) long-term and short-term goals
- (C) rich and poor goals

(D) fixed-term and non-fixed term goals

Correct Answer : B

12). Which of these should be considered while making decisions?

(A) Your mood

(B) The choices of your friends

(C) The rules of your community

(D) Your personal priorities

Correct Answer : D

13). Which of these is the full form of SWOT?

(A) Special Wellness Organization Theme

(B) Speak Work Openly Together

(C) Strong World Olympic Team

(D) Strength Weakness Opportunity Threat

Correct Answer : D

14). Which of the following is an example of personal weakness?

(A) Confidence

(B) Being lazy

(C) Hard working

(D) Active

Correct Answer : B

15). Which of these expenses are incurred when we move to a new city?

(A) Buying new clothes

(B) Buying books

(C) Buying shoes

(D) Rent of an accommodation

Correct Answer : D

