

## Chapter 2 (IT) – Self Management Skills - I

### ANSWERS OF CLASS IX – CHAPTER 2 – SELF MANAGEMENT SKILLS

#### Session 2:

A 1. Which of the following is a self-management skill?

- (a) Rational ability                      (b) Personal quality                      **(c) Both (a) & (b)**

2. Which of the following shows your ability to participate as a member of a team?

- (a) Interpersonal skill**                      (b) Communication skill                      (c) None of these

B 1. Self-management skills musters your vanity. : **True**

2. Your intellectual (or cognitive skills are determined by your EQ. : **False**

3. Your interpersonal (or non-cognitive) skills are determined by your IQ. : **False**

#### Session 2.2:

A 1. \_\_\_\_\_ is the extent to which you base your behavior on cues from other people and situations

- (a) Self-monitoring**                      (b) Self-esteem                      (c) Both (a) and (b)

2. General feeling of self-worth is known as:

- (a) Self-confidence                      **(b) Self-esteem**                      (c) None of these

B 1. Rational abilities include your ability to understand a problem and then to find a way to effectively solve it. : **True**

2. Taking initiatives reflects your positive personal qualities.: **True**

#### Exercises

A 1. Self-management skills do not involve

- (a) Manage emotions                      **(b) Manage inanimate objects**                      (c) Manage situations

2. Three broad areas influenced by self management do not include

- (a) Rational abilities                      (b) Personal qualities                      **(c) Communication skills**

3. \_\_\_\_\_ refers to a belief about your own ability to deal with events and challenges

- (a) Self-confidence                      **(b) Self-efficacy**                      (c) Self-monitoring

4. Improving your self management skills:

- (a) Builds your confidence**                      (b) Helps in making friends                      (c) None of these

### **B 1. Define self-management**

Self management skills are the core skills that govern our attitude and approach towards life further making us self-confident.

### **2. What are the three broad areas influenced by self-management?**

The three broad areas influenced by self-management are Rational abilities, Personal qualities and Interpersonal skills

### **3. Mention the areas a person should work on for sharpening his self-confidence.**

The areas a person should work on for sharpening his self-confidence are Locus of control, Self-efficacy, Self-esteem, Self-monitoring and Positive thinking.

### **C 1. Explain the meaning of self-management.**

Self management skills are the core skills that govern our attitude and approach towards life further making us self-confident. They complement variety of other personal and professional skills. They refer to the cluster of personal qualities that differentiate us from other people.

### **2. Explain the personal qualities influenced by self-management skills.**

The personal qualities influenced by self-management skills are

- • Do you take personal initiative?
- • Are you considered responsible?
- • Do you take accountability seriously?
- • Are you sociable and socially sensitive?
- • Do you adapt well?

### **3. How do people work on self-management through self-monitoring?**

Self-monitoring is the extent to which you base your behavior on cues from other people and situations. Individuals high in self-monitoring pay attention to what behavior is appropriate in certain situations.