

Understanding the Self

Course Code: BED 4.EPC4

4th Semester Examination – 2020

Full Marks= 35

Time: 2 hour

Answer the questions in your own words. Follow the instructions while answering. Numbers in the right hand margin indicate marks.

1. Answer all questions (Choose the correct option)

1 X5= 5

(i) Self concept is related to:

- (a) Something that only you feel (c) Something that is constantly changing
 (b) Something that is impossible to control (d) All the above

(ii) Symptom of positive Self esteem is;

- (a) Recognizing your own strength and accepting your own weakness
 (b) Hating yourself
 (c) Being unable to trust others
 (d) Thinking others are better than you

(iii) The typical names assigned to the dimensions in the Five Factor Model of personality is:

- (a) Conscientiousness (b) Openness to experience (c) Psychopathy (d) Agreeableness

(iv) People of this type of intelligence can talk to anyone, anywhere, at any time:

- (a) Interpersonal intelligence (b) Personal intelligence
 (c) Intrapersonal intelligence (d) Intelligent intelligence

(v) The higher the Trait Emotional Intelligence:

- (a) The higher the likelihood of personality disorder
 (b) The lower the likelihood of personality disorder
 (c) The higher the likelihood of self-harm
 (d) The higher the likelihood of harm to others

2. Answer any three questions.

10 X 3 =30

(a) Define the term Self Concept. Mention the importance of Self Concept. Explain the three components of Self Concept. (2+3+5)

(b) Explain the term 'Self Esteem'. Name the two types of Self Esteem. Why Self Esteem is very much necessary for all? (3+2+5)

(c) Define Personality. Mention any five factors that affect personality. (3+7)

(d) Discuss the importance of Interpersonal Behaviour. How will you develop Interpersonal Relationships with others? (5+5)

(e) Describe meaning and importance of Emotional Intelligence. (3+7)