

## Chapter-2 ( Part-A)

### Self Management Skills

#### 1. What do you mean by self – management skills?

Answer – Your ability to regulate and control your actions, feelings, and thoughts is referred to as self-management skills. It also helps to improve personal and academic goals.

**Self-management can also help in the following areas:-**

- Reaching your goals
- Developing good habits
- Overcoming challenges and difficulties
- Overcoming bad habits

#### 2. What are the different practices of self management skills?

Answer – Self – management skills are –

- Self – awareness** – Ability to control your values, likes, strengths, dislikes and weaknesses, etc.
- Self – control** – Holding the ability to control your behaviour, discipline, and so on.
- Self – confidence** – Believe in yourself and don't be scared to take risks.
- Problem solving** – Understanding a problem and finding the solution.
- Self motivation** – Try to complete your tasks without any external help.
- Personal hygiene** – Be healthy, clean and smart
- Positive thinking** – Expressing certainty or affirmation even in tough situations
- Teamwork** – Work in team to complete the goals
- Time management** – According to your plan, achieve the task on time.
- Goal setting** – Plan and accomplish the goals within a timeframe.

#### 3. Write a short note on the factors influencing self – management.

Answer – Factors influencing the self – management are patients, cognitive, mental, and behavioural ability to identify disease – related symptoms, seek treatment, and to identify physical, psychological and social changes.

#### 4. Self – management skills strengths and weaknesses?

Answer – Self – management skills strengths and weaknesses –

**Strengths –**

- Think that you are always good at
- Think about what you do well
- Think about what others appreciate about you

**Weaknesses –**

- Identify the areas where you struggle and what you find difficult to do
- Accept the feedback you receive from others
- Be positive with feedback and try to improve yourself.

#### 5. Difference between interests and abilities?

Answer – Interests are the things that we enjoy doing ability acquired or natural capacity that enable an individual to perform a particular task with considerable proficiency.

**Interest may include –**

- Activities you like most to do at school or at home that make you happy.
- Even if no one asks you to do the activity but you want to do it.
- Activities that you like to learn or do in the future.

#### 6. Qualities of self – confidence?

Answer – Qualities of self – confident people –

- Self – belief** – Always believe in yourself and respect the failures, make you successful in life.
- Hard Work** – Work hard to achieve the goal, don't be afraid of failures.
- Positive Attitude** – Positive attitude means focusing on the goal and trying to achieve.

## **7. How to build self – confidence?**

Answer – There are three steps to build self – confidence are as follows –

- a. Step 1: Appreciate achievements & accept failures.
- b. Step 2: Make a goal and try to achieve.
- c. Step 3: Always look on the positive side and be happy.

## **8. What are the factors that decrease self – confidence?**

Answer – Some of the factors which decrease self – confidence

- When we think we are unable to complete a task.
- When you feel bad from the past mistakes, and unmotivated.
- After failure in the first attempt, do not try again to achieve the goal.
- When we are surrounded by people who have negative thoughts.

## **9. What is the importance of positive thinking?**

Answer – An person' attitude can be 'positive' or 'negative'. Positive thinking helps to be successful in life because positive people are always improving themselves. but negative people are always worrying and looking for the bad in things, they never try to overcome the challenges.

### **Positive thinking produces positive outcomes for you, such as**

- Overcoming challenges
- Always be energetic
- Helping others will help you to overcome the challenge of the work.
- Be happy and make others happy.

## **10. What is the importance of personal hygiene?**

Answer – Personal hygiene is very important in our daily life because it helps us

- Create a good image of ourselves
- Stay healthy
- Avoid feeling ashamed in public due to our bad breath, body odour, etc.

## **11. What is the importance of Grooming?**

Answer – The act of putting on clothes is known as dressing. Grooming is the act of making oneself appear neat, orderly, and smart.

### **Benefits of Dressing and grooming in daily life**

- Look smart
- Make a good impression of ourselves
- Feel confident about ourselves

## **Q12. What is self management skills for Class 9?**

Ability to control your actions and regulate your self is known as self management skills, It also help to achieve your personal and academic goal.

## **Q13 . Why is self management important for us Class 9?**

Self-management can also helps in the following areas:-

1. Achieving your goals
2. Adapting good habits
3. Overcoming from the difficulties
4. Overcoming from the bad habits

## **Q14. What is grooming class 9?**

Wearing is clothes is known as dressing. Grooming helps to make your self neat, clean and smart.

## **Q15. What is the purpose of self management explain?**

Purpose of Self-management skills are – Self Awareness, Self Control, Self Confidence, Problem Solving and Self motivated.

**1. \_\_\_\_\_ term is also referred to self management.**

- a. Emotions, behavior and thoughts
- b. Self regulation
- c. Self control
- d. All of the above

Ans: d. All of the above

**2. Self management is also useful in:**

- a. Reaching your goals
- b. Overcoming bad habits
- c. Creating positive habits
- d. All of the above

Ans: d. All of the above

**3. Self management skills abilities include the \_\_\_\_\_.**

- a. Self motivation & Positive thinking
- b. Self confidence & Problem solving
- c. Self awareness & Self control
- d. All of the above

Ans: d. All of the above

**4. Which one is not applicable for self-management?**

- a. Understanding self
- b. Bargaining
- c. Problem solving
- d. Confidence building

Ans: b. Bargaining

**5. Grooming is a term used to describe the process of \_\_\_\_\_.**

- a. Time management
- b. Problem solving
- c. Neat and Clean appearance
- d. Self-management

Answer: c. Neat and Clean appearance

**6. Identifying strengths**

- a. Take time off to think about what you do well
- b. Think of anything that you are always good at
- c. Think about what others appreciate about you
- d. All of the above

Ans: d. All of the above

**7. Identifying weaknesses**

- a. Point out the areas where you struggle and what you find difficult to do
- b. Look at the feedback you receive from others
- c. Be open to feedback and accept your weaknesses
- d. All of the above

Ans: d. All of the above

**8. If you are aware of your own values, likes, dislikes, strengths, and shortcomings as an individual. It denotes the fact that you are \_\_\_\_\_.**

- a. Self-Confident
- b. Self-Control
- c. Self Motivated
- d. Self-Aware

Ans: d. Self-Aware

**9. A person's \_\_\_\_\_ is an acquired or natural ability that allows them to execute a specific job or task with a high level of proficiency.**

- a. Weaknesses
- b. Strength
- c. Interest
- d. Abilities

Ans: d. Abilities

**10. Which one is not a good example of strength?**

- a. I am good at understanding other peoples    b. Dealing with strangers, I am confident.  
c. I don't know, how to play chess.                      d. I help my parents in household chores.

Ans: c. I don't know, how to play chess.

**11. \_\_\_\_\_, often known as 'areas for improvement', refers to the things we don't do well or aren't very good at.**

- a. Weaknesses                      b. Strength                      c. Interest                      d. Abilities

Ans: a. Weaknesses

**12. When we believe in our ability to achieve in anything we undertake in life, we develop the quality of \_\_\_\_\_.**

- a. Self-confidence                      b. Self-awareness    c. Self-control                      d. Positive attitude

Ans: a. Self-confidence

**13. You can develop your self – confidence through changes in \_\_\_\_\_.**

- a. Attitude                      b. Practice                      c. Both a) and b)                      d. None of the above

Ans: c. Both a) and b)

**14. Dipa Karmakar having flat foot since she was six years old, she work hard and become the first Indian female gymnast in the Olympics.**

- a. Self – belief                      b. Hard Work    c. Positive Attitude    d. Commitment

Ans: b. Hard Work

**15. Before successfully inventing the incandescent light bulb, Thomas Edison created hundreds of prototypes. Despite facing several setbacks, his perseverance and self-confidence resulted in the creation of one of the world's most remarkable products, the bulb.**

- a. Self – belief                      b. Hard Work                      c. Positive Attitude                      d. Commitment

Ans: a. Self – belief

**16. Focusing on the good, especially in the face of hardship, constitutes an optimistic attitude. Losing a game, for example, might be interpreted as either a loss or an opportunity to analyze game methods and develop in order to win in the future.**

- a. Self – belief                      b. Hard Work                      c. Positive Attitude                      d. Commitment

Ans: c. Positive Attitude

**17. Mahatma Gandhi, the leader of the Indian Freedom Struggle, was a staunch supporter of India's independence from the British Raj. To gain India's freedom, he used nonviolent civil disobedience.**

- a. Self – belief                      b. Hard Work                      c. Positive Attitude                      d. Commitment

Ans: d. Commitment

**18. When the team wins a competition, congratulate them on their accomplishments. When the team loses a tournament, articulate learning.**

- a. Appreciate achievements & accept failures    b. Have a goal and take steps towards it  
c. Always look at the good side and be happy    d. None of the above

Ans: a. Appreciate achievements & accept failures

**19. If you've won bronze in an event before, create a goal for yourself to win gold next time and work toward it.**

- a. Appreciate achievements & accept failures
- b. Have a goal and take steps towards it
- c. Always look at the good side and be happy
- d. None of the above

Ans: b. Have a goal and take steps towards it

**20. If you lost the match, congratulate the members of your team who performed well.**

- a. Appreciate achievements & accept failures
- b. Have a goal and take steps towards it
- c. Always look at the good side and be happy
- d. None of the above

Ans: c. Always look at the good side and be happy

**21. What steps should one take to boost their confidence?**

- a. Set goals in life
- b. Appreciate oneself for all the achievements
- c. Always think positively
- d. Talk to people who are confident

Ans: a. Set goals in life

**22. Which of the following is a sign of someone who is self – confident?**

- a. Patient
- b. Compassionate
- c. Committed
- d. Passionate

Ans : c. Committed

**23. The attitude of a person might be classified as either \_\_\_\_\_ or \_\_\_\_\_.**

- a. Positive
- b. Negative
- c. Both a) and b)
- d. None of the above

Ans: c. Both a) and b)

**24. Which of the following is a positive thinking example?**

- a. Overcoming challenges
- b. Making you do well or making you an energetic individual
- c. Helping you get better at work
- d. All of the above

Ans: d. All of the above

**25. What is the most effective method to begin our day on a happy note?**

- a. Think about everything that may go wrong.
- b. Consider the challenging test you'll face later in the day.
- c. Consider what you've accomplished thus far and be proud of yourself.
- d. Feeling worried because of the traffic on the road?

Ans: c. Consider what you've accomplished thus far and be proud of yourself.

**26. Rahul receives criticism from his class teacher on his project effort. In this case, which of these solution indicate a good attitude?**

- a. Rahul ignores the feedback.
- b. Rahul takes feedback but not implemented .
- c. Rahul informs his peers that the teacher is incorrect.
- d. Rahul positive with feedback and makes his project better.

Ans: d. Rahul positive with feedback and makes his project better.

**27. What can you do if you're having trouble letting go of negative thoughts or feelings?**

- a. Relax and feel better by meditating.

- b. Ignore the negative thought and move on in life.
- c. Act on the basis of unpleasant sentiments or beliefs.
- d. Talk to a friend and share all your negative feelings.'

Ans: c. Act on the basis of unpleasant sentiments or beliefs.

**28. \_\_\_\_\_ is beneficial to our health and well-being.**

- a. Cleanliness
- b. Regular School
- c. Work at home
- d. None of these

Ans: a. Cleanliness

**29. Personal Hygiene is essential because it helps us in our daily lives.**

- a. Stay healthy
- b. Create a good image of ourselves
- c. Avoid feeling ashamed in public due to our bad breath, body odours
- d. All of the above

Ans: d. All of the above

**30. Do you think individuals who live in hill stations can go several days without bathing?**

- a. No, bathing should be done on a regular basis regardless of the weather.
- b. Yes, for persons who live in frigid climates, without taking a bath for several days is okay.
- c. Yes, as long as they clean themselves down with a damp cloth.
- d. None of the above

Ans: . No, bathing should be done on a regular basis regardless of the weather.

**31. Radha uses a lot of hair oil in order to grow her hair. She does not wash her hair for days at a time, and it often stinks.. What would you advice her to do?**

- a. She can keep the oil in her hair since it promotes hair growth.
- b. She can wear it at night and wash her hair before leaving the house every day.
- c. She shouldn't use any of the oil
- d. To lessen the odor, she might apply the oil and a little water to her hair before leaving the house.

Ans: b. She can wear it at night and wash her hair before leaving the house every day.

**32. The process of making yourself look neat, tidy and smart is know as \_\_\_\_\_.**

- a. Grooming
- b. Exercise
- c. Watching T.V
- d. Playing Video Games

Ans: a. Grooming

**33. Personal Grooming is a term used to describe the act of \_\_\_\_\_.**

- a. Maintaining personal hygiene for pleasing personality
- b. Brushing teeth
- c. Trimming nails
- d. None of these

Answer: a. Maintaining personal hygiene for pleasing personality

**34. Dressing and grooming are vital since they assist us in our daily activities.**

- a. Look smart
- b. Feel confident about ourselves
- c. Make a good impression of ourselves
- d. All of the above

Ans: d. All of the above

**35. It is very important to dressing and grooming properly, because they help us to look \_\_\_\_\_.**

- a. smart
- b. untidy
- c. shabby
- d. All of the above

Ans: a. smart