

SCHOOL EDUCATION DEPARTMENT – SALEM DISTRICT
MONTHLY TEST JUNE 2024
EMPLOYABILITY SKILL

CLASS :12

TIME: 1.30 hrs
MARKS 40

PART –A

Choose the best answer

1x10=10

1. The inspirational process stimulating people to take the effort to achieve their goals is _____.
 A. Self reflection B. Connection C. Motivation D. Appraisal
2. Personal hygiene increases _____ and promotes positive personal relationships.
 A. Cleanliness B. Motivation C. Roles D. Self confidence
3. Taking the time to think and pay attention to your own thoughts, emotions, decisions and behavior is described as _____.
 A. Self respect B. Self reflection C. Being honest D. Feedback
4. The practice of developing speaking truth throughout life is _____.
 A. Honesty B. Grooming C. Feedback D. Shy
5. An internal dialogue with oneself that influences our thoughts and our actions is _____.
 A. Honesty B. Speaking with friends C. Self talk D. Self motivation
6. With what can we equip ourselves from the triangle of success?
 A. Knowledge B. Emotion C. Behaviour D. Planning
7. The art of treating everyone and everything with care is often termed as _____.
 A. Honesty B. Accepting C. Respect D. Motivation
8. The way of putting off your immediate comfort or wishes in favor of long term success is described as _____.
 A. Self reflection B. Self discipline C. Self acceptance D. Grooming
9. The process of taking steps to look neat and presentable and how you take care of yourself and your appearance is _____.
 A. Cleaning B. Hygiene C. Discipline D. Grooming
10. Doing things in advance in an effort to better control a situation is _____ discipline.
 A. Proactive B. Active C. Reactive D. None of the above

PART B

ANSWER ANY FOUR THE FOLLOWING QUESTIONS. QUESTION NO 16 COMPULSORY

4x2=8

11. State the importances of Self-motivation.
12. What is self reflection?
13. State the importance of being honest.
14. What are the benefits of equipping oneself?
15. State the need for self reflection.
16. Effect of poor personal hygiene explain

PART –C

ANSWER ANY FOUR THE FOLLOWING QUESTIONS. QUESTION NO 22 COMPULSORY

4x3=12

17. What are the reasons for losing self motivation?

18. List out the tips self motivation.

19. What is self talk?

20. Explain the benefits of self-discipline.

21. What are the importances of self grooming?

22. List out 8 steps to continuous self motivation

PART – D

ANSWER ALL THE FOLLOWING QUESTIONS

2x5 =10

23. State the ten signs that explain you are honest to yourself.

(OR)

Write down the common skills required to equip yourself to achieve success.

24. Explain personal hygiene and its importances.

(OR)

Explain the different types of self discipline.