

## **F.Y.BSc.CS**

### **Assignment Questions**

#### **Subject/Course: Foundation of Behavioural skills**

##### **Answer the following (Any 5)**

1. Explain the meaning and significance of life skills. Discuss how life skills help individuals deal effectively with the demands and challenges of everyday life.
2. Explain critical thinking and creative thinking. Compare and contrast the two with suitable examples.
3. Discuss the various life skills required for professionals, such as positive thinking, right attitude, attention to detail, having the big picture, learning skills, research skills, perseverance, setting goals, leadership, and helping others.
4. Explain different approaches to stress management—action-oriented, emotion-oriented, and acceptance-oriented approaches—with examples.
5. Describe the process of coping with emotions, including identifying and managing emotions effectively.
6. Discuss the common myths of creativity and explain why creativity is not limited to a few individuals.
7. Discuss the basic guidelines, content, and process of Value Education
8. Explain the classification of Value Education, highlighting personal values, social values, moral values, and spiritual values.
9. Discuss the concepts of IQ, EQ, and SQ. Explain their importance in overall personality development.
10. Discuss the importance of self-awareness and empathy in building healthy interpersonal relationships and emotional well-being.