

Basavarajeswari Group of Institutions  
**BALLARI INSTITUTE OF TECHNOLOGY & MANAGEMENT**  
 (Autonomous Institute under Visvesvaraya Technological University, Belagavi)

USN 

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Course Code 

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First/Second Semester B.E. Degree Examinations, September/October 2022

**STUDY SKILL & SELF DEVELOPMENT**

(Common to all Branches)

Max. Marks: 100

Duration: 3 hrs

Note: 1. Answer any FIVE full questions, choosing ONE full question from each module.  
 2. Missing data, if any, may be suitably assumed

<u>Q. No</u>	<u>Question</u>	<u>Marks</u>	<u>(RBTL:CO:PI)</u>
<b><u>MODULE - 1</u></b>			
1.	a. Explain the advantages and disadvantages of Presentation?	04	(2 : 1 : 6.1.1)
	b. Describe how to Prepare for exams and deal with exam Anxiety /fear?	08	(2 : 1 : 6.1.1)
	c. Explain the mapping method of note taking with method?	08	(2 : 1 : 6.1.1)
(OR)			
2.	a. List out the different types of Notes Taking?	06	(2 : 1 : 6.1.1)
	b. Discuss Meaning and Methods of Note Taking?	07	(2 : 1 : 6.1.1)
	c. Explain when to use sentence note taking method with advantages and disadvantages?	07	(2 : 1 : 6.1.1)
<b><u>MODULE - 2</u></b>			
3.	a. Identify and Examine the Memory Techniques?	06	(2 : 2 : 6.1.1)
	b. What is the importance of Memory?	07	(1 : 2 : 6.1.1)
	c. Demonstrate Remembering and Ways of Forgetting.	07	(2 : 2 : 6.1.1)
(OR)			
4.	a. What is the importance of Memory?	04	(1 : 2 : 6.1.1)
	b. Explain the types of Memory?	08	(2 : 2 : 6.1.1)
	c. Relate Memory with Memory Techniques?	08	(2 : 2 : 6.1.1)
<b><u>MODULE-3</u></b>			
5.	a. Explain the Stephen Coveys Four Quadrants of Time Management?	04	(2 : 3 : 6.1.1)
	b. Explain the Principles of Goal Setting?	08	(2 : 3 : 6.1.1)
	c. Describe the Individual Time Management Styles?	08	(2 : 3 : 6.1.1)
(OR)			
6.	a. How to Overcome with Time wasters?	04	(2 : 3 : 6.1.1)
	b. Compare and Contrast Techniques for better Time Management?	08	(2 : 3 : 6.1.1)
	c. Explain the SMART Goals?	08	(2 : 3 : 6.1.1)
<b><u>MODULE-4</u></b>			
7.	a. Explain the theories of Motivation?	03	(2 : 4 : 6.1.1)
	b. Compare and contrast the Goal setting theory and Self Efficacy theory?	08	(2 : 4 : 6.1.1)
	c. Summarize all the Motivational theories?	09	(2 : 4 : 6.1.1)
(OR)			
8.	a. How to Motivate yourself and Motivating Others?	04	(2 : 4 : 6.1.1)
	b. What is Achievement of Motivational Drivers?	08	(2 : 4 : 6.1.1)

Note: (RBTL - Revised Bloom's Taxonomy Level: CO - Course Outcome: PI - Performance Indicator)

c. Identify and Explain Motivational drives? 08 (2 :4 : 6.1.1)

**MODULE-5**

9. a. Describe the importance of Meditation? 02 (2 :5 : 6.1.1)  
b. Write the benefits of yoga? 12 (2 :5 : 6.1.1)  
c. Explain about the health Problems? 06 (2 :5 : 6.1.1)

**(OR)**

10. a. Discuss Yoga and its importance? 06 (2 :5 : 6.1.1)  
b. Describe the assessment of mental health and counselling on health issues? 07 (2 :5 : 6.1.1)  
c. Explain the concept of normal and abnormal behaviour. 07 (2 :5 : 6.1.1)

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