USN | | | | | | | | | Course Code | 2 | 1 | S | S | D | 1 | 9 |

First Semester B.E. Degree Examinations, May 2022
STUDY SKILL & SELF DEVELOPMENT
(Common to all Branches)

Duration: 3 hrs   **Max. Marks: 100**

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

Q. No		*Question*	*Marks*	*(RBTL:CO:PI)*
		MODULE – 1		
1.	a.	What is meant by Learning Skills?	05	(1 :1 : 6.1.1)
	b.	Write the different types of Learning Skills.	05	(2 :1 : 6.1.1)
	c.	Illustrate any two of the effective Learning Skills.	10	(2 :1 : 6.1.1)
		(OR)		
2.	a.	Define examination.	05	(1 :1 : 6.1.1)
	b.	What is Anxiety?	05	(2 :1 : 6.1.1)
	c.	How do you cope with Exam anxiety? Explain.	10	(2 :1 : 6.1.1)
		MODULE - 2		
3.	a.	Write the meaning and definition of Concentration.	05	(1 :2 : 6.1.1)
	b.	Discuss the difference between Remembering and Forgetting.	05	(2 :2 : 6.1.1)
	c.	Describe the ways of Forgetting.	10	(2 :2 : 6.1.1)
		(OR)		
4.	a.	What is Memory?	05	(1 :2 : 6.1.1)
	b.	Write the types of Memory.	05	(2 :2 : 6.1.1)
	c.	Explain Memory techniques.	10	(2 :2 : 6.1.1)
		MODULE-3		
5.	a.	Define Goal setting	05	(1 :3 : 6.1.1)
	b.	Mention the different types of Goals setting.	05	(2 :3 : 6.1.1)
	c.	Explain SMART Goals.	10	(2 :3 : 6.1.1)
		(OR)		
6.	a.	What is Time Management?	05	(1 :3 : 6.1.1)
	b.	Name the Stephen coveys' four Quadrants of Time Management.	05	(2 :3 : 6.1.1)
	c.	Discuss the techniques for better Time Management.	10	(2 :3 : 6.1.1)
		MODULE-4		
7.	a.	Write the meaning and definition of Motivation.	05	(1 :4 : 6.1.1)
	b.	Explain any two theories of Motivation.	15	(2 :4 : 6.1.1)
		(OR)		
8.	a.	Define Motivating Self and Motivating Others.	05	(1 :4 : 6.1.1)
	b.	Summarize Motivational Drives with examples.	15	(2 :4 : 6.1.1)

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

MODULE-5

9.	**a.**	What is Mental Health?	**05**	(1 :5 : 6.1.1)
	b.	List out the different health problems.	**05**	(2 :5 : 6.1.1)
	c.	Explain the concept of Normal & Abnormal behaviour.	**10**	(2 :5 : 6.1.1)

(OR)

10.	**a.**	Define Yoga.	**05**	(1 :5 : 6.1.1)
	b.	Name the different types of Yoga.	**05**	(2 :5 : 6.1.1)
	c.	Explain the benefits of Yoga with example.	**10**	(2 :5 : 6.1.1)

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