

**BALLARI INSTITUTE OF TECHNOLOGY & MANAGEMENT**

(Autonomous Institute under Visvesvaraya Technological University, Belagavi)

USN 

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Course Code 

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**First Semester B.E. Degree Make-up Examinations, August 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*

<u>Q. No</u>	<u>Question</u>	<u>Marks</u>	<u>(RBTL:CO:PI)</u>
<b><u>MODULE – 1</u></b>			
1.	a. Explain in detail the effective Learning Skills. (OR)	20	(2 :1 : 6.1.1)
2.	a. Write in detail how to prepare for Exams and deal with Exam Anxiety / Fear.	20	(2 :1 : 6.1.1)
<b><u>MODULE – 2</u></b>			
3.	a. What are the ways of Forgetting? b. What is Visualization? (OR)	10 10	(2 :2 : 6.1.1) (2 :2 : 6.1.1)
4.	a. Relate Memory with Memory Techniques in detail.	20	(2 :2 : 6.1.1)
<b><u>MODULE-3</u></b>			
5.	a. What are the principles of Goal Setting? b. Explain briefly how to set the Career Goals? (OR)	10 10	(2 :3 : 6.1.1) (2 :3 : 6.1.1)
6.	a. Explain the Stephen Covey's four quadrants of Time Management?	20	(2 :3 : 6.1.1)
<b><u>MODULE-4</u></b>			
7.	a. Write the definitions of Motivation? b. What is hierarchy of Needs? (OR)	10 10	(2 :4 : 6.1.1) (2 :4 : 6.1.1)
8.	a. Explain in detail how to Motivate yourself and Motivating Others?	20	(2 :4 : 6.1.1)
<b><u>MODULE-5</u></b>			
9.	a. What do you understand by Mental Health? b. What are abnormal behaviours? (OR)	10 10	(2 :5 : 6.1.1) (2 :5 : 6.1.1)
10.	a. What is Yoga and explain its importance. b. Explain the importance of Meditation?	10 10	(2 :5 : 6.1.1) (2 :5 : 6.1.1)

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