

Unit 2: Self-Management Skills – II

- Q1. Explain the meaning of stress and describe how it affects an individual.
- Q2. Describe the difference between good stress (eustress) and bad stress (distress).
- Q3. What are the physical, emotional, and mental signs of stress? Explain with examples.
- Q4. Define self-awareness and explain why it is important for personal growth.
- Q5. Explain the difference between public self-awareness and private self-awareness.
- Q6. Describe intrinsic and extrinsic motivation with suitable examples.
- Q7. What is self-regulation? Explain how it helps manage emotions effectively.
- Q8. What is self-analysis? Explain how it helps individuals understand themselves better.
- Q9. Explain the importance of time management and how it improves daily life.
- Q10. Discuss the SMART method of goal setting and explain how it helps in achieving goals.