

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.