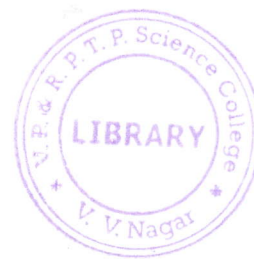




A Charutar Vidya Mandal's Institution
V.P. & R.P.T.P. SCIENCE COLLEGE
(AUTONOMOUS) (Grant-in-Aid)
Affiliated to Sardar Patel University
VALLABH VIDYANAGAR-388120



Bachelor of Science (Semester - IV) External Examination - 2026
US04VABSC03: LIFE SKILLS & SELF ENHANCEMENT

Date: 23-03-2026, (MONDAY)

Time: 01:45 PM to 03:15 PM (1.5 HRS.)

Total marks: 25

NOTE: Figures to the right indicate full marks to the questions.

Q-1 Write the most appropriate answer from the following multiple-choice questions. [05]

- (1) When a problem arises in a workplace, identifying causes and evaluating possible solutions is part of:
(a) Decision making (b) Problem solving
(c) Communication (d) Delegation
- (2) A misunderstanding occurs because the receiver interprets the message differently from what the sender intended. This indicates:
(a) Effective communication (b) Communication barrier
(c) Proper feedback (d) Clear message
- (3) Career counselling is important because it helps individuals:
(a) Avoid making career decisions (b) Select suitable career paths based on their skills and interests
(c) Ignore job opportunities (d) Delay career planning
- (4) Which of the following should be done before attending an interview?
(a) Research about the organization (b) Ignore company information
(c) Avoid preparing answers (d) Delay arrival
- (5) A growth mindset encourages individuals to:
(a) Avoid learning (b) Believe abilities cannot change
(c) Learn from mistakes and improve (d) Ignore feedback

Q-2 Give the meaning of Creative Thinking. Also explain the characteristics of a creative person. [10]

OR

Q-2 Discuss the components of Effective Communication. [10]

Q-3 Define Time Management. Describe the Principles of Time Management. [10]

OR

Q-3 Write a detailed note on "How to Change Mindset". [10]