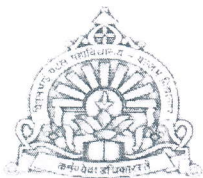


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A Charutar Vidya Mandal's Institution

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)

Internal Examination - 2026

US04VABSC03: LIFE SKILLS & SELF ENHANCEMENT

Date: 06-03-2026

Day: Friday

Time: 2:45 P.M. to 3:45 P.M.

Total marks :20

Note: Figures to the right indicate marks of the question.

Q-1 Write the most appropriate answer from the following multiple-choice questions. [06]

- 1 Decision making means:
(a) Ignoring options (b) Selecting the best alternative
(c) Avoiding responsibility (d) Delaying work
- 2 Non-verbal communication includes:
(a) Talking (b) Writing
(c) Body language (d) Reading
- 3 Which skill is most important for programmers?
(a) Sleeping (b) Problem solving
(c) Ignoring errors (d) Watching videos
- 4 Sneha makes a to-do list and completes important tasks first. Sneha is using the principle of:
(a) Elimination (b) Prioritization
(c) Avoidance (d) Multitasking
- 5 A candidate explains his software project confidently during interview. This reflects his:
(a) Communication skill (b) Fear
(c) Weakness (d) Confusion
- 6 Pooja believes she can improve her skills through practice. This is an example of:
(a) Negative mindset (b) Fixed mindset
(c) Growth mindset (d) Emotional mindset



Q-2 Define Decision Making. Explain the steps involved in the decision-making process. [07]

OR

Q-2 What is Creative Thinking? Explain the characteristics of a creative person. [07]

Q-3 Describe how to change your mind set for success. [07]

OR

Q-3 Define Time Management. Explain the essentials of time management. [07]



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VALLABH VIDYANAGAR-388120
Bachelor of Science (Semester IV) Quiz- 2026



US04VABSC03: LIFE SKILLS & SELF ENHANCEMENT

Date: 06-03-2026

Time: 10 minutes

Day: Friday

Total marks :05

Q-1 Fill in the blanks with appropriate answer given in the bracket. [05]

- (i) _____ thinking involves analyzing facts before forming a judgment.(Creative / Critical)
- (ii) _____ is the ability to produce new ideas. (Creativity /Listening)
- (iii) Career counselors use various _____ tools like aptitude tests.(assessment / communication)
- (iv) Time management primarily focuses on _____ utilization of available time.
(optimal / unlimited)
- (v) Curriculum Vitae is a detailed summary of educational and _____ background.
(professional / emotional)

