



PRACTICE SET

End Semester Examination, May 2026

Program: LLM

Semester: II

Course: Life Skills & Development

Course Code: 24H.202

Course Outcome: On the completion of the Course, the students will be able to:

CO1: acquire life skills to bring forth the abilities that promote mental well-being and competence as they face the realities of life.

CO2: take positive actions to protect themselves and to promote healthy and meaningful social relationships.

Unit -1

Section: I (10 Marks questions)

1. Explain the concepts of goal setting *and* self-development. Illustrate their importance in personal growth. **CO 1 – Understand BTL LOT**
2. Define character traits and briefly explain its role in shaping an individual's personality. **CO 1- Analyze BTL HOT**
3. **Define** self-management, and briefly explain its role in shaping an individual's personality. **CO 1- Understand BTL LOT**
4. "Goals need to be SMART." Explain this statement by describing each component of SMART goals with suitable examples. **CO 2 –Analyze BTL HOT**

5. Explain how interpersonal skills contribute to effective networking, with relevant examples. **CO 1- Understand BTL LOT**
6. Define attitude and explain its *ABC components* (Affective, Behavioral, Cognitive) with examples. **CO2–Remember BTL LOT**
7. Define interpersonal communication skills. How is Interpersonal different from Intrapersonal skills? **CO1 – Remember BTL LOT**

Section: II (20 Marks questions)

8. A mid-sized company is facing delays in project completion despite having skilled employees. Team members complain about unclear instructions, lack of coordination, and frequent misunderstandings between departments. Management realizes that although resources are adequate, the workflow is inefficient. Evaluate how ineffective communication is impacting organizational performance in this case. **CO1 – Evaluate BTL HOT**
9. “Emotional Intelligence is the ability to make your emotions work for you rather than against you.” Critically evaluate this statement by examining the role of emotional intelligence in decision-making, relationships, and personal effectiveness, with relevant examples. **CO2 – Analyze BTL HOT**

Unit -2

Section: II (10 Marks questions)

10. Discuss the importance of communication in our day-to-day life. With suitable examples. **CO1 – Understand BTL LOT**
11. Define facial expressions and explain how they facilitate effective communication. **CO 1- Remember BTL LOT**
12. Discuss the importance of Presentation Skills in academic and professional life. **CO1 – Understand BTL LOT**
13. Discuss the steps in making an effective power point presentation. **CO 1 - Understand BTL LOT**

14. Differentiate between formal communication and informal communication. **CO 1-Remember BTL LOT**
15. What do you mean by a barrier to communication? List all the barriers to effective communication. **CO 1-Remember BTL LOT**
16. “A good presentation is not just about slides but about delivery.” Critically examine this statement with examples. **CO 1-Analyze BTL HOT**
17. “Stage fright can hinder effective communication but can be managed.” Critically discuss the causes of stage fright and strategies to overcome it. **CO 1-Evaluate- BTL HOT**

Section: III (20 Marks questions)

18. “Good content is the backbone of a presentation.” Critically examine this statement by analyzing the relative importance of content versus delivery, visuals, and audience engagement, with suitable examples. **CO 1- Analyze BTL HOT**
19. (a) ‘Good listening leads to effective communication.’ **Discuss. CO1-Analyze BTL HOT**
- (b) Compare between effective listening and ineffective listening. **CO1- Analyze BTL HOT**

Unit -3

Section: II (10 Marks questions)

20. Explain Stress Management. Bring out the difference between stress, anxiety, and tension. **CO 1- Understand BTL LOT**
21. Explain the major factors responsible for stress in an individual’s personal and professional life. Classify these factors into different categories such as psychological, environmental, organizational, and social. **CO1 – Remember BTL LOT**
22. Discuss the various techniques an individual can adopt to cope with stress in personal and professional life, supporting your answer with suitable examples. **Describe. CO 1- Understand BTL LOT**

23. Explain the key to good time management. **CO 1- Understand BTL LOT**
24. Define Time Management. Chart out the various features of a prudent time manager. **CO 1- Understand BTL LOT**
25. Priority setting and discipline are the foundation of effective time management.” Analyze this statement with suitable examples from real-life situations. **CO1-Analyze BTL HOT**
26. Explain the techniques and tricks of managing time in an effective way. **CO 1- Remember BTL LOT**
27. “Prudent time managers possess specific characteristics.” Critically analyze these traits and their impact on productivity. **CO 1- Analyze BTL HOT**

Section: III (20 Marks questions)

28. “Stress management and time management are closely interrelated yet distinct concepts.” Critically evaluate their relationship and differences, and evaluate how effective time management can contribute to stress reduction, with suitable examples. **CO 2 – Evaluate BTL HOT**
29. “Mind mapping is a unique technique for organizing thoughts and evaluating individual understanding.” Critically analyze this statement by examining its effectiveness in enhancing creativity, decision-making, and learning, supported with relevant examples. **CO 2- Analyze BTL HOT**
30. Life is all about balancing the stress and leading a healthier self. Discuss how stress and tension are inevitable part of human life but the art lies in dealing with it.’ **CO 2-Analyze BTL HOT**

Unit -4

Section: I (10 Marks questions)

31. “Effective communication in the 21st century requires more than basic skills.” Critically analyze its key components in modern contexts. **CO 1- Analyze BTL HOT**
32. Explain the different types of listening and their importance in communication. **CO 1- Understand BTL LOT**
33. Explain listening and communicative skills and their role in effective interaction. **CO 1- Understand BTL LOT**
34. “Problem solving is the foundation of effective decision making.” Critically examine this statement with real-life examples. **CO 1 – Evaluate BTL HOT**
35. Explain the concept of leadership in an organization with suitable examples. **CO 1- Understand BTL LOT**
36. Career planning involves many stages. Describe the various stages of career planning. **CO 2- Analyze BTL HOT**
37. Discuss the specific leadership styles practised in the organisation. **CO 2- Understand. BTL LOT**

Section: II (20 Marks questions)

38. “Producers and managers are essential, but leaders are vital for long-term organizational success.” Critically evaluate this statement by analyzing the distinct roles of producers, managers, and leaders, and their impact on sustainable organizational performance, with relevant examples. **CO 2 – Evaluate BTL HOT**
39. “Organizations often require both effective leadership and efficient management for sustained success.” Critically analyze the distinction between leadership and managership by examining their roles, functions, and approaches in organizational settings. **CO 2 - Analyze BTL HOT**

40. “Goal setting must be aligned with one’s vision and mission.” Critically justify this statement by analyzing the importance of such alignment in achieving personal and organizational success, with suitable examples. **CO2– Evaluate BTL HOT**

SUMMARY SHEET

CO WISE

CO	Q. NO	MARKS
CO1	1,2,3,5,7,8,11,12,13,14,15,16,17,18,19,20,21,23,24,25,26,27,31,32,33, 34,35,36	320
CO2	4,6,9,28,29,30,37,38,39,40	180
TOTAL		500

Unit Wise

Units	Q. No	Marks
Unit 1	1,2,3,4,5,6,7,8,9	120
Unit 2	10,11,12,13,14,15,16,17,18,19	120
Unit 3	20,21,22,23,24,25,26,27,28,29,30	140
Unit 4	31,32,33,34,35,36,37,38,39,40,	130
Total		510

Blooms Taxonomy Level (BTL) Wise

BTL	Q. No	Marks
LOT	1,3,5,6,8,11,12,13,14,15,18,21,22,23,24,26,28,29, 32,33,35,38	270
HOT	2,4,7,9,10,16,17,19,20, 25,27,30,31,34,36,37,39,40	240
Total		510

Prepared By: Ms. Priyanka Kumari

Moderated By: Ms. Vanshika Tainwala

Disclaimer: - This is a Practice Set. The Question in End semester examination will differ from the Practice Set. This Practice Set is meant for practice only.