

**Goa Vidyaprasarak Mandal's
GOPAL GOVIND POY RAITURCAR COLLEGE OF COMMERCE AND ECONOMICS
FARMAGUDI, PONDA – GOA**

**B.COM. UGC-CCFUP (SEMESTER-I) Intra Semester Assessment (ISA-I)-Test AUGUST 2023
VAC-117 – LIFE SKILLS**

Time: 30 Minutes

Marks: 05

Q1. Choose a suitable option and re-write the following **(1 Mark)**

- a. What is NOT a good way to solve a conflict?
 - i. Talk it out.
 - ii. Listen to the other person's thoughts and feelings.
 - iii. Tell the person you are not their friend anymore.
- b. Whenever you make a decision, you have to be willing to accept the results.
The results of your actions are called:
 - i. alternatives
 - ii. consequences
 - iii. risk
 - iv. opportunities

Q2. Answer the following in 25-30 words each. (Any two) **(2 Marks)**

- a. Define Empathy.
- b. "Self-regulation is the core of managing your emotions". List out some techniques to support the statement.
- c. Define Problem solving.

Q3. Answer the following in 50-60 words. (Any one) **(2 marks)**

- a. Discuss the importance of self-awareness.
 - b. Explain why both negative and positive emotions are essential.
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