

The Village International School Thodupuzha

Class: XII	Department: Commerce
Worksheet: 01	Employability Skills
Month: April	Self Management Skills

I. Choose the correct option:

1. Which of the following is not a parameter to describe an individual's personality?

- (a) **Self-confidence**
- (b) Openness
- (c) Neuroticism
- (d) Agreeableness

2. Which of the following is characterised by an extreme feeling of self importance?

- (a) **Narcissistic personality disorder**
- (b) Borderline personality disorder
- (c) Dependent personality disorder
- (d) None of the above

3. Ravi has feelings of emptiness, abandonment and suicide. What type of personality disorder is this?

- (a) **Borderline**
- (b) Dependent
- (c) Avoidant
- (d) Obsessive

4. Mona is helping her sister to overcome a personality disorder. What should she do?

- (a) Talk to her sister
- (b) Engage her in hobbies
- (c) Help her build confidence
- (d) **All of the above**

Identify the personality disorders depicted in the cases given below:

- a. Kapil studies in a school. He disregards the rules set by the school, is irritable and does not talk much with either friends or family.
- b. Jaya has been feeling fearful and empty for the last few days. She even tried to harm herself. What kind of personality disorder is this? How can you help her?
- c. Shikha is an elderly woman. She stays with her family. She has a habit of washing her hands at least 20 times a day. Even after washing her hands, she feels they are not clean, and continues rubbing or washing them. She neither talks to her grandchildren, nor does she participate in any family activity

II. Fill in the blanks:

1. The term '**schizoid**' refers to the natural tendency to direct attention toward one's inner life away from the external world.
2. People falling under this cluster always mistrust others and are suspicious, even when there is no need to do so. – **Cluster**
3. **Personality traits** are defined as relatively lasting patterns of thoughts, feelings and behaviours that distinguish individuals from one another.
4. A **positive personality** can lead to better performance, increased productivity and cordial relationships with others.
5. A person, who can easily make friends and make any gathering lively, is confident and an **extrovert**.
6. **Self-awareness** is about understanding one's own needs, desires, habits, traits, behaviours and feelings
7. **personality development** is the development of an organised pattern of behaviours and attitudes that makes a person distinctive
8. There are five parameters that describe an individual's personality. These five dimensions are also called **the 'Big Five Factors**
9. people who help and take care of others are, generally, **agreeable**
10. A **personality disorder** is a way of thinking, feeling and behaving that deviate from worldly expectations and causes distress, which lasts over time

