



2/2/26 AN
Kambal

Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University Estd. u/s 3 of UGC Act 1956, Category 'A' by MHRD.
Re-accredited with 'A++' Grade by NAAC. Recognised by UGC Section 12B
Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment I –February 2026
Semester IV

Class: II UG
Major: All Majors / All Branches

Time: 2 Hours
Maximum Marks: 40

23BSBSS1 – Soft Skills

Course Outcomes:

At the end of the course, students will showcase:

1. Increased awareness about the self
2. Display enhanced knowledge of social and professional etiquette
3. Ability to work in teams
4. Practice positive thinking in interpersonal relationships
5. Acquire confidence in stress management and cultivate emotional intelligence

Part - A

15 x 1= 15

Choose the Correct Answer

1. _____ can be defined as the way in which a person views and evaluates something/ someone.
a. Attitude b. Character c. Self –esteem d. Personality
2. Passion – Direction = _____.
a. goals galore b. dreams come true c. wasted energy d. fantasies
3. Setting _____ helps to take control of one's life direction.
a. goals b. puzzles c. a team d. a game
4. In the acronym SMART, 'M' stands for _____.
a. Magnificent b. Measurable c. Meticulous d. Mean
5. Choose the hard skill among the following.
a. Coding b. Self-confidence c. Active-listening d. Leadership skills
6. When you _____ your goals, they become real and tangible.
a. write b. tell c. think of d. forget
7. Communication that flows from a higher level to a lower level is known as _____.
a. upward communication b. downward communication
c. lateral communication d. diagonal communication
8. _____ goal is set for immediate outcomes.
a. Stretch b. Long- term c. Short-term d. Academic
9. One should ask _____ questions in a small talk.
a. open-ended b. close-ended c. complex d. small talk
10. Send the interviewer a _____ letter after the interview.
a. thank you b. permission c. request d. apology
11. _____ is not a quality of a leader.
a. Active listening b. Avoiding challenges c. Empathy d. Integrity
12. *Resilience* means the ability to _____.
a. avoid stress b. give up easily c. recover and adapt d. feel anxious
13. Which of the following is a soft skill?
a. Fluency in French b. App development c. Copywriting d. Confidence
14. One should have a _____ attitude in the workplace.
a. positive b. negative c. neutral d. defensive
15. Which of the following might help in overcoming shyness?
a. Understanding what makes one shy b. Being hesitant
c. Being silent d. Avoiding going out

Part - B

2 x 5 = 10

Answer ALL Questions

16. Write a short note on SMART goals.
17. Give any two tips to develop a positive attitude.
18. How does experience influence attitude formation?

Part - C

3 x 5 = 15

Answer ALL Questions

Each answer should not exceed 400 words or two pages

21. Discuss in detail about the five stages of an interview.
22. Explain *The Positive Work Attitude Equations* with examples.
23. Enumerate on the importance of setting goals and write any five guidelines to set a goal.

No. of Copies : 1270 + 100

Staff in- charge : Divya Dharshini.A