



Name of the Bundle	Advanced Bundle V2	Subject	Communicative English & Soft Skills
Topic	Self – Qualifying factors	Last updated on	28 February 2024

Multiple choice Question on Self Qualifying Factors:

Choose the correct option for each question.

1. What does the term "self-qualifying factors" refer to?
 - a. External criteria determined by others
 - b. Personal characteristics and achievements
 - c. Random variables affecting decision-making
 - d. Social influences on self-perception

Ans: b. Personal characteristics and achievements

2. Which following factor is not a Self-qualifying factor?
 - a. Self-learning
 - b. Self-driven
 - c. Self-mind set
 - d. Selfishness

Ans: d. Selfishness

3. Self-Learning factors can be improved by _____.
 - a. Reading books
 - b. Laziness
 - c. Lack of goals
 - d. Lack of Time Management

Ans: a. Reading books



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4. How can external influences affect self-qualifying factors?

- They have no impact on personal assessment
- They shape individuals' self-perception and standards
- They lead to complete conformity
- They discourage any form of self-evaluation

Ans: b. They shape individuals' self-perception and standards

5. Which of the following is an internal factor influencing self-qualifying factors?

- Peer opinions
- Personal values and beliefs
- Cultural expectations
- Media influence

Ans: b. Personal values and beliefs

6. In the context of personal development, why is it essential to reassess self-qualifying factors periodically?

- Self-qualifying factors are fixed and unchangeable
- It allows individuals to remain stagnant in their growth
- It helps individuals to adapt changing circumstances and perspectives
- Periodic reassessment is unnecessary

Ans: c. It helps individuals to adapt changing circumstances and perspectives



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7. Which of the following is an external factor of self-learning?

- a. Intelligence
- b. Personality
- c. Environment
- d. Motivation

Ans: c. Environment

8. How can the "Self-learning factor" contribute to personal growth and development of an individual?

- a. It hinders adaptability to new information
- b. It discourages any form of education
- c. It fosters a mindset of continuous learning and improvement
- d. It solely relies on external sources for knowledge

Ans: c. It fosters a mindset of continuous learning and improvement

9. What is a key attribute of successful self-learners?

- a. Reliance on formal education
- b. Ability to delegate tasks
- c. Proactive and self-motivated attitude
- d. Resistance to change

Ans: c. Proactive and self-motivated attitude



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10. Self-learning helps us to build _____.

- a. self confidence
- b. fear
- c. unwillingness
- d. stubbornness

Ans: a. self confidence

11. What is the role of the "Self-driven factor" in the context of self-qualifying factors?

- a. It promotes motivation and determination, influencing one's self-assessment
- b. It discourages personal initiative
- c. It impedes self-awareness
- d. It leads to complete dependence on external validation

Ans: a. It promotes motivation and determination, influencing one's self-assessment

12. Which of the following is not a self-driven personality?

- a. Enthusiasm
- b. Jealousy
- c. Motivation
- d. Aspiration

Ans: b. Jealousy



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13. In what way does the "Self-driven factor" impact an individual's ability to overcome challenges and setbacks in the process of self-qualification?

- a. It leads to a defeatist attitude
- b. It depends on external motivation exclusively
- c. It impedes self-reflection
- d. It encourages resilience and perseverance

Ans: d. It encourages resilience and perseverance

14. What role does discipline play in self-driven success?

- a. It is unnecessary
- b. It hinders progress
- c. It is crucial for consistency and focus
- d. It leads to fear of failure

Ans: c. It is crucial for consistency and focus

15. Which of the following tips is very useful to become a self-driven person?

- a. Stop caring about the things that don't matter
- b. Lack of focus
- c. Dependence on external motivation
- d. Procrastination

Ans: a. Stop caring about the things that don't matter.



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16. What is a key characteristic of self-driven individuals?

- a. Dependence on external motivation
- b. Procrastination
- c. Internal motivation and initiative
- d. Aversion to challenges

Ans: c. Internal motivation and initiative

17. Which factor reflects a growth mind-set in self-driven individuals?

- a. Fixed mind-set
- b. Resistance to change
- c. Embracing challenges and learning from failures
- d. Fear of success

Ans: c. Embracing challenges and learning from failures

18. How can the "Self-mindset factor" influence an individual's self-qualifying factors?

- a. It has no impact on personal beliefs and values
- b. It leads to a fixed and unchangeable self-perception
- c. It shapes perspectives, attitudes and beliefs about oneself
- d. It solely relies on societal expectations

Ans: c. It shapes perspectives, attitudes and beliefs about oneself



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19. Which of the following is considered as a one among basic mind-set?

- a. Positive mindset
- b. Skillset
- c. Negative mindset
- d. Ego

Ans: a. Positive mindset

20. How can a positive "Self-mindset factor" contribute to effective decision-making and problem-solving?

- a. It fosters a fixed mindset that resists change
- b. It encourages open-mindedness and adaptability
- c. It leads to impulsive decision-making
- d. It relies solely on external opinions for guidance

Ans: b. It encourages open-mindedness and adaptability

21. What term refers to an individual's underlying beliefs about their abilities and intelligence?

- a. Skill set
- b. Mind-set
- c. Aptitude
- d. Personality

Ans: b. Mind-set



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22. Mind-set could be developed by _____.

- a. negative thought
- b. avoiding challenges
- c. getting out of our comfort zone
- d. limited experiences

Ans: c. getting out of our comfort zone

23. In what way does the "Self-ego factor" play a role in self-qualifying factors?

- a. It promotes humility and self-reflection
- b. It leads to a distorted and inflated self-image
- c. It has no influence on self-perception
- d. It fosters collaboration with others

Ans: b. It leads to a distorted and inflated self-image

24. What role does a healthy "Self-ego factor" play in building positive relationships with others in the context of self-qualifying factors?

- a. It fosters collaboration and mutual respect
- b. It leads to egocentrism and arrogance
- c. It has no impact on interpersonal relationships
- d. It discourages assertiveness

Ans: a. It fosters collaboration and mutual respect



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25. Perception of self includes _____.

- a. isolation
- b. self-efficacy
- c. cultural influences
- d. external opinions

Ans: b. self-efficacy

26. Which trait is associated with a healthy self-ego?

- a. Rigidity
- b. Flexibility
- c. Stubbornness
- d. Closed-mindedness

Ans: b. Flexibility

27. Which of the following statements reflect a balanced self-ego?

- a. "I am always right, and others are wrong."
- b. "I am open to feedback and willing to learn."
- c. "I don't need to improve; I am perfect as I am."
- d. "I don't care about others' opinions."

Ans: b. "I am open to feedback and willing to learn."



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28. How does the "Self-organizing factor" contribute to an individual's self-qualifying factors?

- It results in chaos and disorganization
- It diminishes the importance of personal goals
- It relies solely on external organization and control
- It encourages structured planning and goal-setting, influencing self-assessment

Ans: d. It encourages structured planning and goal-setting, influencing self-assessment

29. How does the "Self-organizing factor" contribute to time management?

- It results in disorganization and procrastination
- It encourages effective planning and prioritization
- It has no influence on time management
- It solely relies on external organization and control

Ans: b. It encourages effective planning and prioritization

30. Choose the health benefits of being organized.

- stress relief
- mental confusion
- insomnia
- promotes stress

Ans: a. stress relief



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31. Which is not a type of organizational skill?

- a. Decision making
- b. Team work
- c. Communication
- d. Creating conflict

Ans: d. Creating conflict

32. _____ refers to the process by which individuals organize events, functions, meetings, sports.

- a. Self-organization factors
- b. Self-ego
- c. Self-driven factors
- d. self-mindset

Ans: a. Self-organization factors

33. 4'C of self-organizing skills stands for _____.

- a. Communication, Coordination, Collaboration, Conflict
- b. Communication, Coordination, Collaboration, Cooperation
- c. Communication, Conflict, Collaboration, Cooperation
- d. Communication, Coordination, Contradiction, Cooperation

Ans: b. Communication, Coordination, Collaboration, Cooperation



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34. What is the main advantage of self-organization in a team or organization?

- Rigidity and inflexibility
- Adaptability and flexibility
- Lack of innovation
- External micromanagement

Ans: b. Adaptability and flexibility

35. How can effective self-organizational skills contribute to personal productivity and goal achievement?

- Self-organizational skills have no impact on personal productivity.
- They create unnecessary stress and pressure.
- They enable efficient time management and help in achieving set goals.
- They solely depend on external factors for success.

Ans: c. They enable efficient time management and help in achieving set goals.

36. Why is it important for individuals to align their actions with their self-qualifying factors?

- Alignment has no impact on personal development
- It fosters a sense of authenticity and consistency in one's behavior
- Alignment solely depends on external expectations
- It discourages personal values and beliefs

Ans: b. It fosters a sense of authenticity and consistency in one's behaviour