



Name of the Bundle	Basic Bundle	Subject	Communicative English & Soft Skills
Topic	Goal setting	Last updated on	23 April 2024

## Multiple Choice Questions (MCQ) on Goal setting:

1. A \_\_\_\_\_ is an objective or target.

- a. goal
- b. game
- c. learning
- d. hobbies

**Ans: a. goal**

2. \_\_\_\_\_ is usually a step to a long-term goal.

- a. Long term goal
- b. Any term Goal
- c. Short term goal
- d. Mid term goal

**Ans: c. Short term goal**

3. A \_\_\_\_\_ usually requires a lot of time and planning for the accomplishment.

- a. mid term goal
- b. short term goal
- c. any term Goal
- d. long term goal

**Ans: d. long term goal**

4. What does SMART stand for?

- a. Stated, Measurable, Achievable, React, Treat
- b. Specific, Measurable, Achievable, Relevant, Time Bound
- c. Specific, Manageable, Attainable, Reasonable, Time Bound
- d. Stated, Measurable, Achievable, Reasonable, Treat

**Ans: b. Specific, Measurable, Achievable, Relevant, Time Bound.**

5. The strategy to goal adjustment is the \_\_\_\_\_.

- a. 5 R's
- b. 3 R's
- c. 4 R's
- d. 6 R's

**Ans: c. 4 R's**



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6. What is goal setting?

- a. A random wish or desire.
- b. The process of identifying specific objectives and creating a plan to achieve them.
- c. A form of daydreaming without taking action.
- d. Following someone else's objectives.

**Ans: b. The process of identifying specific objectives and creating a plan to achieve them.**

7. What does a 'specific goal' mean?

- a. A goal that is easy to achieve
- b. A goal that has no timeline
- c. A goal without any relevance to the individual
- d. A goal with a clearly defined outcome

**Ans: d. A goal with a clearly defined outcome**

8. What is one benefit of setting measurable goals?

- a. It make goals harder to achieve
- b. It allows for inflexibility in the process
- c. It enables us to track the progress and success
- d. It decreases motivation

**Ans: c. It enables us to track the progress and success**

9. Which type of goal setting is most effective?

- a. SMART goals
- b. Setting vague and general goals
- c. Setting overly complex and unattainable goals
- d. Setting goals without deadlines

**Ans: a. SMART goals**

10. What does the "R" stand for in SMART goals?

- a. Reform
- b. Relevant
- c. Research
- d. Rigorous

**Ans: b. Relevant**



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11. When setting goals, it's important to \_\_\_\_\_.
- keep them vague to allow for flexibility
  - set as many goals as possible to cover all areas of life
  - write them down and review them regularly
  - focus only on long-term goals and ignore short-term goals

**Ans: c. write them down and review them regularly.**

12. Which of the following is an example of a long-term goal?
- Completing a daily task list
  - Achieving in Olympics
  - Finishing a book by every weekend
  - Eating a healthy breakfast every morning

**Ans: b. Achieving in Olympics**

13. What is the purpose of setting short-term goals?
- To provide a general direction for life
  - To be achieved only after long-term goals are accomplished
  - To eliminate the need for long-term planning
  - To break down long-term goals into manageable tasks

**Ans: d. To break down long-term goals into manageable tasks**

14. What does the "S" in SMART stand for?
- Specific
  - Significant
  - Success
  - Strategic

**Ans: a. Specific**

15. What does the "M" in SMART stand for?
- Manageable
  - Meaningful
  - Measurable
  - Motivational

**Ans: c. Measurable**



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16. Which characteristic of 'SMART' goals emphasize the importance of setting goals that are relevant to the idea?

- a. Specific
- b. Measurable
- c. Achievable
- d. Relevant

**Ans: d. Relevant**

17. What does the 'A' in SMART goals stand for?

- a. Acceptance
- b. Achievable
- c. Aggressive
- d. Action

**Ans: b. Achievable**

18. Which characteristic of 'SMART' goals emphasize the importance of setting a deadline for a particular task?

- a. Specific
- b. Measurable
- c. Time-bound
- d. Achievable

**Ans: c. Time-bound**

19. "I will learn a new language within a year" - which characteristic is missing from this goal to make it a 'SMART' goal?

- a. Specific
- b. Measurable
- c. Achievable
- d. Time-bound

**Ans: d. Time-bound**

20. Which characteristic of SMART goals does the statement "I will finish writing 60,000 words in 6 months" fulfill?

- a. Measurable
- b. Specific
- c. Achievable
- d. Time-bound

**Ans: a. Measurable**



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21. Which characteristic of SMART goals does the statement "I've always dreamt of becoming a professional writer" fulfill?

- a. Measurable
- b. Specific
- c. Achievable
- d. Relevant

**Ans: d. Relevant**

22. "I will write 2,500 words per week" is an example of a SMART goal. Which characteristic does it fulfill?

- a. Measurable
- b. Specific
- c. Achievable
- d. Time-bound

**Ans: c. Achievable**

23. "I'm going to write a 60,000-word sci-fi novel," is an example of a SMART goal. Which characteristic does it fulfill?

- a. Measurable
- b. Specific
- c. Achievable
- d. Time-bound

**Ans: b. Specific**

24. Which of the following is NOT a characteristic of a SMART goal?

- a. Relevant
- b. Time-bound
- c. Achievable
- d. Wide-reach

**Ans: d. Wide-reach**

25. What does the "T" in SMART goals stand for?

- a. Time-bound
- b. Targeted
- c. Thoughtful
- d. Transparent

**Ans: a. Time-bound**



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26. Which component of SMART goals focuses on setting clear and defined objectives?

- a. Measurable
- b. Specific
- c. Achievable
- d. Relevant

**Ans: b. Specific**

27. Which characteristic of SMART goals emphasize the importance of setting goals that are realistic and attainable?

- a. Specific
- b. Measurable
- c. Achievable
- d. Time - bound

**Ans: c. Achievable**

28. Which characteristic of SMART goals emphasizes the importance of setting goals that can be tracked and evaluated?

- a. Specific
- b. Achievable
- c. Relevant
- d. Measurable

**Ans: d. Measurable**

29. What does the "C" in the 7 C's of goal setting represent?

- a. Challenge
- b. Clarity
- c. Consistent
- d. Creativity

**Ans: c. Consistent**

30. What does the "C" in the 7 C's of goal setting emphasize about the goals?

- a. Creativity
- b. Count
- c. Competition
- d. Commitment

**Ans: d. Commitment**



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31. What term describes a strong belief or assurance that one can achieve a particular goal?

- a. Disinterest
- b. Confidence
- c. Over- confidence
- d. Ambition

**Ans: b. Confidence**

32. When someone possesses confidence in their ability to achieve a goal, they are more likely to\_\_\_\_\_.

- a. procrastinate
- b. set unrealistic goals
- c. persist in the face of challenges
- d. lose interest in the goal

**Ans: c. persist in the face of challenges**

33. Concentrating on what it takes to achieve a goal involves\_\_\_\_\_.

- a. identifying and planning necessary actions
- b. daydreaming about success
- c. ignoring potential challenges
- d. wishing for luck

**Ans: a. Identifying and planning necessary actions**

34. How does consistency contribute to achieving goals?

- a. It diminishes the importance of setting goals
- b. It ensures rapid achievement of goals
- c. It sustains the progress
- d. It leads to complications

**Ans: c. It sustains progress**

35. When you have an emotional commitment to a goal, you will feel \_\_\_\_\_.

- a. disinterested in achieving it
- b. deeply interested in its importance
- c. forget about the goal altogether
- d. confused about its value

**Ans: b. deeply interested in its importance**



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36. What does it mean to have a capacity to enjoy the process in goal setting?

- a. Focusing on the result
- b. Ignoring the challenges
- c. Finding satisfaction in achieving the goals
- d. Setting unrealistic goals

**Ans: c. Finding satisfaction in achieving the goals**

37. Which principle denotes the importance of setting goals that are easily understood and clearly defined?

- a. Clarity
- b. Consistency
- c. Collaboration
- d. Communication

**Ans: a. Clarity**

38. What distinguishes a short-term goal from a long-term goal?

- a. The level of difficulty
- b. The timeframe for achievement
- c. The specificity of the goal
- d. The importance of the goal

**Ans: b. The timeframe for achievement**

39. Short-term goals are typically achievable within a time frame of\_\_\_\_\_.

- a. 1-3 years
- b. 3-5 years
- c. 5-10 years
- d. less than one year

**Ans: d. less than one year**

40. Short-term goals are often characterized by their\_\_\_\_\_.

- a. instant success
- b. complexity
- c. long duration
- d. uncertainty

**Ans: a. instant success**





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41. Long-term goals typically extend over a period from \_\_\_\_\_.

- a. months to year
- b. weeks to months
- c. years to decades
- d. days to weeks

**Ans: c. years to decades**

42. Which factor is crucial for successfully achieving long-term goals?

- a. Consistency
- b. Frequent changes in direction
- c. Lack of planning
- d. Relying solely on luck

**Ans: a. Consistency**

43. What role does prioritization play in accomplishing long-term goals?

- a. It is unnecessary for long-term goals
- b. It helps in focusing efforts and resources effectively
- c. It leads to procrastination
- d. It limits creativity

**Ans: b. It helps in focusing efforts and resources effectively**

44. Which of the following is a potential challenge when pursuing long-term goals?

- a. Quick results
- b. Low expectation
- c. Flexibility in approach
- d. Lack of motivation

**Ans: d. Lack of motivation**

45. How can one stay motivated when working towards long-term goals?

- a. By constantly changing goals
- b. By seeking validation from others
- c. By celebrating milestones along the way
- d. By avoiding challenges

**Ans: c. By celebrating milestones along the way**



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46. Short-term goals help individuals to break down larger objectives into\_\_\_\_\_.

- a. more complex tasks
- b. shorter time frames
- c. unattainable targets
- d. long-term aspirations

**Ans: b. shorter time frames**

47. Which of the following is NOT a benefit of setting short-term goals?

- a. Allowing procrastination
- b. Enhancing focus and motivation
- c. Providing a sense of achievement
- d. Facilitating better time management

**Ans: a. Allowing procrastination**

48. Short-term goals should be aligned with\_\_\_\_\_.

- a. other people's aspirations
- b. personal values and long-term objectives
- c. random whims and fancies
- d. ignoring individual interests

**Ans: b. personal values and long-term objectives**

49. How often should short-term goals be reviewed and adjusted if necessary?

- a. Once a decade
- b. Once a year
- c. Never
- d. Once in a month

**Ans: d. Once in a month**

50. Which of the following is an example of a short-term educational goal?

- a. Obtaining a Ph.D. in five years.
- b. Completing a single course within the course period.
- c. Learning a new language fluently in a month.
- d. Writing a book on a specific subject in ten years.

**Ans: b. Completing a single course within the course period.**