



Name of the Bundle	IT Fundamentals Bundle	Subject	Soft Skills
Topic	Self awareness	Last updated on	07 October 2024

Multiple Choice Question on Self awareness:

1. What does self-awareness mean?
 - a. Knowing oneself
 - b. Ignoring oneself
 - c. Forgetting oneself
 - d. Hiding oneself

Ans: a. Knowing oneself

2. Why is self-awareness important?
 - a. To understand others
 - b. To make better decisions
 - c. It doesn't matter
 - d. To make unaware of yourself

Ans: b. To make better decisions

3. Which of the following is NOT a component of self-awareness?
 - a. Understanding one's emotions
 - b. Knowing one's goals
 - c. Recognizing one's behaviors
 - d. Ignoring one's thoughts

Ans: d. Ignoring one's thoughts

4. How can you improve self-awareness?
 - a. Reflecting on your actions and feelings
 - b. Avoiding self-reflection
 - c. Blaming others for your problems
 - d. Forgetting about your past actions

Ans: a. Reflecting on your actions and feelings

5. Self-awareness involves being conscious of _____.
 - a. our likes and dislikes
 - b. other people's opinions only
 - c. ignoring our thoughts and feelings
 - d. our strengths and weaknesses

Ans: d. our strengths and weaknesses



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6. Why is it important to be aware of our thoughts and beliefs?
- They don't matter
 - They are irrelevant
 - They shape our actions and decisions
 - They only affect others

Ans: c. They shape our actions and decisions.

7. Recognizing our motivation helps us to _____.
- understand others better
 - improve decision making skill
 - hide our true intentions
 - ignore our goals

Ans: b. improve decision making skill

8. How can being aware of our emotions benefit us?
- It makes us less accountable
 - It increases our ignorance
 - It doesn't make any difference
 - It helps us manage our reactions better

Ans: d. It helps us manage our reactions better

9. Understanding our weaknesses can lead to_____.
- self-improvement
 - overconfidence
 - ignoring our flaw
 - denying our shortcomings

Ans: a. Self-improvement

10. In self-awareness, understanding our beliefs helps us to _____.
- ignore our values
 - shape our perceptions and actions
 - stay oblivious to our surroundings
 - avoid personal growth

Ans: b. shape our perceptions and actions



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11. What is the alternate term for self-analysis?

- a. External security
- b. Self-blaming
- c. Introspection
- d. Self-depreciation

Ans: c. Introspection

12. Why is self-analysis important?

- a. To understand who we are and our position in life
- b. To compare ourselves with others
- c. To ignore our strengths and weaknesses
- d. To avoid setting goals

Ans: a. To understand who we are and our position in life

13. What does self-analysis help us to discover?

- a. Others' opinions about us
- b. Our true desires and aspirations
- c. Our ability to deceive others
- d. Ways to blame others for our failures

Ans: b. Our true desires and aspirations

14. Which term refers to the process of finding out who we are and our place in life?

- a. Self-denial
- b. Self-deception
- c. Self-blame
- d. Self-analysis

Ans: a. Self-analysis

15. What is the significance of accepting weaknesses?

- a. It prevents growth
- b. It encourages self-depreciation
- c. It leads to overconfidence
- d. It fosters introspection

Ans: d. It fosters introspection



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16. Which of the following is NOT a benefit of identifying problem areas?

- a. Fostering self-awareness
- b. Promoting personal growth
- c. Increasing ignorance
- d. Encouraging introspection

Ans: c. Increasing ignorance

17. What is the benefit of being aware of your strengths?

- a. To remain stagnant
- b. To use them for personal growth
- c. To hide them from others
- d. To neglect them

Ans: b. To use them for personal growth

18. What happens when you overcome your weaknesses?

- a. You become complement
- b. You stop growing
- c. You continue to improve
- d. You forget about them

Ans: c. You continue to improve

19. Which of the following is a step towards developing self-awareness?

- a. Avoiding introspection
- b. Acknowledging our actions
- c. Blaming others for our shortcomings
- d. Ignoring feedback from others

Ans: b. Acknowledging our actions

20. Which of the following is NOT a benefit of developing self-awareness?

- a. Increased confusion about oneself
- b. Improved decision-making
- c. Better interpersonal relationships
- d. Enhanced emotional intelligence

Ans: a. Increased confusion about oneself

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21. Why is it important to catch changes in our behavior early?

- To ignore them
- To deny their significance
- To make the changes simple and easy
- To avoid self-reflection

Ans: c. To make the changes simple and easy

22. An effective tool for self-awareness is _____.

- Insightful Reflection
- SWOT Analysis
- Mindfulness Meditation
- Social Comparison

Ans: b. SWOT Analysis

23. SWOT stands for _____.

- Strengths, Weaknesses, Opportunities, Threats
- Superior Way of Operating Technique
- Self-Worth Observation Test
- Self-Worth Optimization Technique

Ans: a. Strengths, Weaknesses, Opportunities, Threats

24. SWOT analysis assists in understanding external factors such as _____ and _____.

- Goals, objectives
- Skills, talents
- Opportunities, threats
- Strengths, weaknesses

Ans: c. Opportunities, threats

25. SWOT analysis assists in understanding internal factors such as _____ and _____.

- Goals, objectives
- Skills, talents
- Opportunities, threats
- Strengths, weaknesses

Ans: d. Strengths, weaknesses

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26. Through _____, individuals can gain clarity on their values and priorities.

- a. External Validation
- b. SWOT Analysis
- c. Conformity
- d. Self-Doubt

Ans: b. SWOT Analysis

27. What does the 'W' stand for in SWOT analysis?

- a. Wonderful
- b. Worthless
- c. Weaknesses
- d. Winsome

Ans: c. Weaknesses

28. Which of the following is NOT a component of SWOT analysis?

- a. Strategies
- b. Strengths
- c. Weaknesses
- d. Opportunities

Ans: a. Strategies

29. In SWOT analysis, what does the 'O' represent?

- a. Obstacles
- b. Outcomes
- c. Optimism
- d. Opportunities

Ans: d. Opportunities

30. What does the 'T' stand for in SWOT analysis?

- a. Talents
- b. Threats
- c. Triumphs
- d. Targets

Ans: b. Threats

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31. Which of the following statements is true about SWOT analysis?

- a. It provides a holistic view of personal attributes.
- b. It only focuses on personal strengths.
- c. It encourages avoidance of self-awareness.
- d. It's only applicable in academic settings.

Ans: a. It provides a holistic view of personal attributes.

32. In SWOT analysis, what does the 'S' represent?

- a. Success
- b. Superstitions
- c. Strengths
- d. Surprises

Ans: c. Strengths

33. What aspect of an individual does SWOT analysis aim to identify under strengths?

- a. Areas needing improvement
- b. External challenges
- c. Potential opportunities
- d. Positive attributes and capabilities

Ans: d. Positive attributes and capabilities

34. In SWOT analysis, what does the term "weaknesses" refer to?

- a. Positive attributes
- b. Internal limitations or disadvantages
- c. External factors beyond control
- d. Opportunities for growth

Ans: b. Internal limitations or disadvantages

35. What is the primary purpose of identifying weaknesses in SWOT analysis?

- a. To Know about achievements
- b. To ignore opportunities
- c. To address areas for improvement
- d. To ignore internal challenges

Ans: c. To address areas for improvement

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36. How are opportunities defined in SWOT analysis?

- a. As external factors that can be a benefit
- b. As internal weaknesses
- c. As personal strengths
- d. As threats to be mitigated

Ans: a. As external factors that can be a benefit

37. What do strengths enable us to achieve?

- a. Temporary success
- b. Continued success
- c. No success at all
- d. Success without effort

Ans: b. Continued success

38. Weaknesses are qualities that_____.

- a. enhance our potential
- b. have no impact on our potential
- c. are unrelated to our potential
- d. prevent us from realizing our full potential

Ans: d. prevent us from realizing our full potential

39. Where do opportunities come from?

- a. Our own thoughts
- b. Our fears and anxieties
- c. The environment we are in
- d. Random chance

Ans: c. The environment we are in

40. What do threats do to our success?

- a. Risk it
- b. Strengthen it
- c. Ignore it
- d. Minimize it

Ans: b. Risk it

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41. How do threats compound vulnerability?

- By strengthening strengths
- By relating to weaknesses
- By ignoring weaknesses
- By minimizing vulnerabilities

Ans: b. By relating to weaknesses

42. What are threats in simple terms?

- Challenges from within the organization
- Obstacles that make success difficult
- Opportunities for growth
- Positive factors in the external environment

Ans: b. Obstacles that make success difficult