



Name of the Bundle	IT Fundamentals Bundle	Subject	Soft Skills
Topic	Confidence building	Last updated on	15 October 2024

Multiple Choice Questions on Confidence building:

1. Which of the following best describes confidence?
 - a. A feeling of doubt
 - b. A belief in one's abilities and success
 - c. A sense of fear
 - d. A lack of trust

Ans: b. A belief in one's abilities and success

2. Confidence can vary depending on _____.
 - a. weather
 - b. past experiences, knowledge and skills
 - c. food preferences
 - d. other's opinion

Ans: b. past experiences, knowledge and skills

3. How does confidence affect other people?
 - a. It doesn't affect how others feel.
 - b. It might feel less confident.
 - c. It can make others feel more confident too.
 - d. It only affects oneself, not others.

Ans: c. It can make others feel more confident too.

4. The process of developing confidence can be _____.
 - a. fixed and cannot be improved
 - b. influenced by gene
 - c. learned and improved over time
 - d. built only through opinion of others

Ans: c. learned and improved over time



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5. Confidence is having trust in _____.

- a. only others
- b. yourself and others
- c. failure
- d. avoiding tasks

Ans: b. yourself and others

6. Confidence gives you the ability to _____.

- a. ignore problems
- b. overcome challenges
- c. doubt others
- d. fail repeatedly

Ans: b. overcome challenges

7. What does confidence lead to?

- a. A feeling of weakness
- b. Inaction
- c. Willingness to act
- d. Fear of action

Ans: c. Willingness to act

8. What is low self-confidence?

- a. Feeling confident about oneself
- b. Lacking confidence in one's abilities
- c. Having confidence in others
- d. Feeling confident only in specific situations

Ans: b. Lacking confidence in one's abilities

9. Low self-confidence makes someone feel _____.

- a. very confident
- b. inferior
- c. overconfident
- d. proud

Ans: b. inferior

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10. Which scenario shows low self-confidence?

- a. Sara delivers her speech clearly.
- b. Leela avoids social events because of the crowd.
- c. Asha leads a project and succeeds.
- d. Nila applied for a job and qualified for the position.

Ans: b. Leela avoids social events because of the crowd.

11. Inferiority complex means feeling _____.

- a. very clever
- b. confident in abilities
- c. less important than others
- d. overconfident

Ans: c. less important than others

12. Which scenario is an example of an inferiority complex?

- a. Rajiv avoids talking, feeling others are smarter.
- b. Bala prepares thoroughly, believing in his abilities.
- c. Sri joins competitions, eager to challenge herself.
- d. Hari confidently leads a team, trusting his skills.

Ans: a. Rajiv avoids talking, feeling others are smarter.

13. Which scenario does NOT reflect an inferiority complex?

- a. Geetha avoids discussions, thinking her ideas are not good enough.
- b. Priya doesn't attend events, feeling she's not important.
- c. Adithi skips competitions, assuming she will fail.
- d. Vignesh applies for a challenging job, trusting his skills.

Ans: d. Vignesh applies for a challenging job, trusting his skills.



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14. What is overconfidence?

- a. Thinking you are never wrong
- b. Doubting one's own strengths
- c. Feeling inferior
- d. Being unsure

Ans: a. Thinking you are never wrong

15. Which scenario does NOT reflect overconfidence?

- a. Sandhiya skipped studying, saying it will be easy.
- b. Prakash ran a marathon without training.
- c. Ajith led a project being unprepared.
- d. Kavya reviewed her presentation to be fully prepared.

Ans: d. Kavya reviewed her presentation to be fully prepared.

16. What does self-efficacy mean?

- a. Judging if you can do a specific task
- b. Controlling others' actions
- c. Believing failure is certain
- d. Relying on others to succeed

Ans: a. Judging if you can do a specific task

17. Which scenario demonstrates self-efficacy?

- a. Seetha believes practice improves math skills
- b. Gowtham avoids speaking in meetings
- c. Abi drops out after missing one workout
- d. Keerthi refuses to learn a new language

Ans: a. Seetha believes practice improves math skills



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18. Self-efficacy is a person's _____.

- a. feeling of "I can or cannot do this"
- b. confidence in abilities
- c. motivation to try harder
- d. trust in God

Ans: a. feeling of "I can or cannot do this"

19. Which scenario is NOT an example of self-efficacy?

- a. Janani believes she can improve her writing skills.
- b. Ravi feels confident he will succeed in the competition.
- c. Madhu doubts her ability to learn a new language.
- d. Rahul sets goals to achieve his fitness targets.

Ans: c. Madhu doubts her ability to learn a new language.

20. What is self-esteem?

- a. Confidence in others' abilities
- b. Confidence in one's own worth and abilities
- c. A measure of physical strength
- d. A measure of popularity

Ans: b. Confidence in one's own worth and abilities

21. Self-esteem improves by _____.

- a. avoiding challenges
- b. trying hard things
- c. comparing with others
- d. giving up

Ans: b. trying hard things

22. When does self-esteem greatly increase?

- a. When we start trying new things
- b. When we avoid challenges
- c. When we focus on our failures
- d. When we depend on others' approval

Ans: a. When we start trying new things and succeed

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23. Which scenario does NOT reflect self-esteem?

- a. Ramya accepts compliments and feels worthy of them.
- b. Jothi often feels insecure about her appearance.
- c. Divya takes on challenges, believing in her abilities.
- d. Gokul enjoys participating in activities with his peers.

Ans: b. Jothi often feels insecure about her appearance.

24. Which scenario shows high self-esteem?

- a. Oviya expresses ideas confidently.
- b. John criticizes himself.
- c. Roshni compares herself negatively.
- d. Madhan hesitates to express opinions.

Ans: a. Oviya expresses ideas confidently.

25. Which scenario reflects low self-esteem?

- a. Uma avoids discussions, fearing her input isn't valuable.
- b. Swetha shares her accomplishments confidently.
- c. Pavithra seeks feedback, feeling good about her work.
- d. Jaya enjoys new activities and meeting people.

Ans: a. Uma avoids discussions, fearing her input isn't valuable.

26. What is one suggestion to improve self-esteem?

- a. Making a list of your weaknesses
- b. Ignoring compliments
- c. Setting achievable goals and succeeding them
- d. Constantly comparing yourself to others

Ans: c. Setting achievable goals and succeeding them



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27. To build competence, you should ____.

- a. think negatively about yourself
- b. think positively about yourself
- c. avoid self-reflection
- d. compare yourself to others

Ans: b. think positively about yourself

28. Which of the following is NOT a tip to improve your self-talk?

- a. Talking negatively to yourself
- b. Seeking feedback
- c. Focusing on good aspects
- d. Encouraging yourself

Ans: a. Talking negatively to yourself

29. What is suggested about setting goals for yourself?

- a. Set the bar too high
- b. Set the bar too low
- c. Don't set the bar too high
- d. Don't set any goals at all

Ans: c. Don't set the bar too high

30. Which scenario demonstrates the tip to "change the way of your self-talk"?

- a. Gayathri Often criticizes herself for not being perfect.
- b. Madhavan tells himself that he is capable and can improve with effort.
- c. Asha focuses on her mistakes and feels discouraged.
- d. Nivi avoids challenges because she fears failure.

Ans: b. Madhavan tells himself that he is capable and can improve with effort.