

2/SEC-181 Syllabus-2023

2026

(May-June)

FYUP : 2nd Semester Examination

SKILL ENHANCEMENT COURSE

(Confidence Building)

(SEC-181)

Marks : 56

Time : 2½ hours

*The figures in the margin indicate full marks
for the questions.*

SECTION—A

(Short Answer-type Questions)

1. Answer any *four* of the following questions in
4 or 5 sentences each : 4×4=16
 - (a) What are the different types of self-confidence?
 - (b) Discuss two reasons why self-confidence is significant in life.
 - (c) Highlight four ways or reasons how physical exercise builds self-confidence.

(2)

- (d) How does mindfulness relate to self-confidence?
- (e) Analyze two classroom practices that aid in developing better communication skills.
- (f) Identify two benefits of group activity in the classroom for promoting self-confidence.

SECTION—B

(Descriptive-type Questions)

Answer any *four* of the following questions :

10×4=40

- 2. Is self-confidence nature or nurture? Support your answer with relevant examples.
- 3. What is goal-setting? Describe four ways in which goal-setting builds self-confidence.
2+8=10
- 4. Compare and contrast four outdoor activities that can be used to build self-confidence.
- 5. Discuss the key components or strategies for building self-confidence in public speaking. Use relevant examples.

(3)

- 6. Identify three key interpersonal relationship skills with peers. Describe ways in which each of these skills can be developed. 5+5=10
- 7. What is the significance of self-awareness in the process of building self-confidence? Identify two strategies that can be used to overcome negative self-talk. 4+6=10
- 8. Briefly explain the following : 5+5=10
 - (a) The concept of self-confidence
 - (b) Drawbacks of group activity for building self-confidence

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