

Dr. Babasaheb Ambedkar Open University
Term End Examination July– 2026

Course : BCAR
Subject Code : BCAR-305
Subject Name : Personality Development

Date : 14-07-2026
Time : 11:30am to 01:45pm
Duration : 02.15 Hours
Max. Marks : 70

Section A

Answer the following (Attempt any three)

(30)

1. What is Introspection? Explain the different ways of doing introspection.
2. Define Personality development. Discuss the tips for developing Personality.
3. Discuss the steps of building Self Confidence.
4. Write the meaning of the term Personality. Discuss the important characteristics of Personality.
5. Discuss the importance of personality and write about the traits of personality development.

Section B

Answer the following (Attempt any four)

(20)

1. Describe the nuances of Interpersonal Skills in the workplace.
2. What is Self-awareness? How is it related to introspection?
3. Describe the working of the Power of Positive Thinking
4. "The field of Body Language, i.e. nonverbal communication, consists of 3 main disciplines; Kinesics, Proxemics and Haptics" – Discuss.
5. How do I identify negative thinking and focus on positive thinking?
6. Briefly explain the type of confidence.

Section C

Part – A (Multiple Choice Questions)

(10)

- 1 Determinants of personality does not include the factor :
A Environmental B Hereditary
C Cultural D Hierarchy
- 2 Sigmund Freud propagated _____ a view of human personality.
A Psychodynamic B Biodynamic
C Physiodynamic D None
- 3 Personality is a sum total of ways in which an individual
A Coordinates and deals with others B Felicitates and facilitates others
C Reacts and interacts with others D Mingles and gel with others
- 4 Extraversion refers to a state where individuals
A show more concern towards what B determine their own way of
is happening outside behavior
C show their inner self D none of the above
- 5 Non verbal communication consists of 3 main disciplines. Which one is odd one out ?
A Kinesics B Haptics
C Proxemics D Hypothesis

- 6 Elements of Pleasing Personality does not include_____.
- A Sincere B Flexible
- C Courtesy D Shrewd
- 7 The first step of Self Introspection is_____.
- A Take note B Reflect and repeat
- C Create Quiet Space D Ask Deep Open-Ended Questions
- 8 _____is not the type of confidence.
- A Specific confidence B Overconfidence
- C General confidence D Ardent confidence
- 9 Power of positivity helps you in creating and transforming energy into_____.
- A Desirability B Reality
- C Hypocrisy D Hyperactivity
- 10 One of the common form of negative self-talk include :
- A Demoralizing B Assertion
- C Authentication D Catastrophe

Part – B (Fill in the Blanks)

(10)

- 1 Researchers have found that in some cases, optimistic thinking can improve _____.
- 2 A _____ is any large and disastrous event of great significance.
- 3 _____ is something that will solve all problems, a remedy believed to cure all diseases, a cure-all.
- 4 The_____ of an individual is the most important asset for professional success.
- 5 The term personality is derived from the Latin word _____.
- 6 _____ is the dynamic interplay between forces that govern human behaviour.
- 7 _____ act or process of knowing or perceiving.
- 8 _____ looking inward, inspection of one's own thoughts and feelings, in look
- 9 Common Office Discourtesies do not include _____.
- 10 _____is identifying with or understanding the thoughts, feelings, or emotional state of another person.
