

**Vidya Vikas Mandal's**  
**Shree Damodar College of Commerce & Economics, Margao-Goa**  
**SYBBA, Term VII, End Term Assessment, March 2024**  
**Emotional Intelligence (BBCS010)**

**Duration: 1 hour 30 minutes**

**Maximum Marks: 25 marks**

**Instructions:**

- 1) Start each question on a fresh page.
- 2) Figures to the right indicate maximum marks.

- A. Answer any three of the following in not more than 50 words **3 x 2 = 6**
1. What are the different uses of empathy?
  2. What are the effective skills of self regulation?
  3. Explain Johari Window.
  4. What makes you angry and how do you control it?
- B. Answer any three of the following in not more than 100 words **3 x 3 = 9**
1. Explain any 4 social skills that you use in your day to day life.
  2. Explain in brief the importance of emotional intelligence skills.
  3. How to improve self- Awareness?
  4. How to practice self regulation?
- C. Answer any two of the following in not more than 150 words. **2 x 5 = 10**
1. Explain emotional intelligence in brief.
  2. Explain in detail intrinsic motivation as an emotional intelligence skill.
  3. How to develop and practice self-regulation?