



Rudra the Practical School

Evaluation exam - 1st

Sub - Information Technology

Class: 10th (CBSE)

Marks - 30

Name: _____

Date: / /

10 M

Q.1 A) Multiple choice questions.

Read the questions Carefully and tick the letter (a), (b), (c), (d)

- 1) When we wish to communicate orally, the words used should be
a) difficult b) simple c) confusing d) abbreviated
- 2) By being courteous in communication, one is expected to be _____ to others.
a) Harsh b) Polite c) cruel d) disrespectful
- 3) Concise means _____
a) to the point b) logical and smooth
c) Includes all required information d) none of these
- 4) Verbal Communication is the sharing of information by using _____
a) Signs b) words c) gestures d) none of these
- 5) Facial expressions are examples of _____ Communication .
a) Verbal b) non-verbal c) visual d) none of these
- 6) Listening music _____ the level of stress.
a) increases b) reduces c) has no impact on d) none of these
- 7) _____ refers to your knowledge and understanding of your values, emotions, beliefs, Perceptions, biases, abilities, etc.
a) Self-motivation b) self-awareness c) self-regulation d) all of these
- 8) Which of the following is a self management skill?
a) managing stress b) self - awareness c) self-motivation d) all of these
- 9) The advantages of working individually include:
a) efficient planner b) more clarity c) full credit d) all of these
- 10) What can help you to perform better at work?
a) self - motivation b) over confidence c) self obsession d) all of these

Q – 2 Short answer questions. (any 10)

(10 Marks)

- 1) What do you mean by the term communication?
- 2) What is verbal communication?
- 3) What are adverbs? Give examples.
- 5) Explain the following parts of sentence with examples: Subject, Object, verb.
- 6) Write the factors that can cause stress.
- 7) Discuss the advantages of working individually.
- 8) Why is self-awareness important in one's life?
- 9) Explain self-regulation.
- 10) Why is stress management important?
- 11) What are the disadvantages of verbal communication?

Q 3 – Long Answer questions. (any 5)

(10 marks)

- 1) Explain the 7 C's of effective communication.
- 2) What is public speaking? Explain the 3 P's of public speaking.
- 3) Distinguish between active voice and passive voice.
- 4) Why is nature walk important? Explain.
- 5) Discuss the impact of stress on our life.
- 6) Give two real life examples that show self motivation.
- 7) Explain behavioural and emotional self-regulation by giving Examples.