MODEL PAPER

Communication Skills and Personal Grooming Grade-10

Time allowed: 2 Hrs. **Max. Marks: 40**

PART-I (OBJECTIVE TYPE)

Q. 1: Choose the correct option. **(1 × 10 = 10)**

(i) The least effective persuasion method is:

(a) storytelling (b) manipulation
(c) facts (d) audience awareness

(ii) Facebook should focus on:

(a) Personality (b) behaviour
(c) emotions (d) assumptions

(iii) Which outfit is most suitable for a job interview?

(a) jeans and t-shirt (b) shalwar kameez with waistcoat
(c) sports tracksuit (d) party dress

(iv) Casual attire usually includes:

(a) collared shirt with trousers (b) jeans and t-shirts
(c) three-piece suit (d) bright party wear

(v) Which type of interview asks about past experiences?

(a) situational (b) behavioural
(c) technical (d) virtual

(vi) The most essential document in every interview is:

(a) storybook (b) resume
(c) family Photos (d) calculator

(vii) An example of positive thinking is the practice of:

(a) complaining about difficulties (b) journaling
(c) comparing yourself with others (d) expecting failure

(viii) A student notices that he gets irritated whenever he is hungry. This is an example of:

(a) empathy (b) self-awareness
(c) conflict resolution (d) leadership

(ix) Resilience means:

(a) avoiding all challenges in any case (b) recovering from setbacks with strength
(c) never asking for help from anyone (d) ignoring difficulties as much as one can

(x) Appropriate behaviour on social media includes:

(a) cyberbullying (b) using offensive language
(c) sharing positive content (d) plagiarism

PART-II (SUBJECTIVE TYPE)

Q. 2: Attempt any four out of the following six parts: **2 × 4 = 8**

(i) Define communication in your own words.

(ii) Compare formal and casual dress codes with examples.

(iii) List three essential documents that should be carried to an interview.

(iv) Differentiate between behavioural and situational interview questions with one example each.

(v) Mention two factors that influence self-esteem.

(vi) Write three benefits of positive thinking.

Q. 3: Attempt any four out of the following six parts: **2 × 4 = 8**

(i) Define emotional intelligence in your own words.

(ii) List two examples of basic emotions and their triggers.

(iii) Define procrastination with an example.

(iv) List the five steps in the decision-making process.

(v) What is meant by digital footprint?

(vi) List two principles of professionalism in online communication.

PART-III (SUBJECTIVE TYPE)

Attempt any two questions in detail from the following: **7 × 2 = 14**

Q. 4: Suggest techniques to manage conflict in a group project.

Q. 5: Define empathy and self-awareness. Explain how they are connected.

Q. 6: Discuss common barriers to achieving goals and strategies for overcoming them.

MODEL PRACTICAL

COMMUNICATION SKILLS & PERSONAL GROOMING GRADE-10

Maximum Marks: 20 **Time Allowed: 2 Hours**

Practical :1

Note: Attempt any one of the following practical. 7

(a) Deliver a speech to the class on the importance of time management.

OR

(b) The teacher will read a passage before the entire class. The students will listen actively to the passage, write the key points in their own words and share them with the class.

Practical: 2

Note: Attempt any one of the following practical. 7

(a) Students work together to plan a school trip.

OR

(b) Practice responding to opposing view point respectfully and improve persuasion skills.

Practical Notebook: 4

Viva Voce: 2