

ITI Quiz - 27-Mar-2026

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Q. ID: ITISKILL3618E9

March 2026

Answer Key

Duration: 30 Mins

Total Marks: 30

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1. What are the advantages of time management?

- A) Reduce stress
- B) Achieve daily goals
- C) All of these
- D) Complete tasks on time

Answer: C) All of these

2. Bhanu creates 25 minutes task planner and never gets distracted during the blocked time. Which method does she follow?

- A) Pomodoro
- B) Calendar
- C) Timing
- D) Blocktime

Answer: A) Pomodoro

3. Things that one is good at doing are _____.

- A) Abilities
- B) Concerns
- C) Interests
- D) Passion

Answer: A) Abilities

4. Rahim learns MS Office during his lunch break. This is an example of -

- A) Logical thinking
- B) Online job
- C) Time Management
- D) Over thinking

Answer: C) Time Management

5. Which of the following is not a step in problem solving?

- A) Divide problem into parts
- B) Set timer
- C) Identify the problem
- D) Find solutions

Answer: B) Set timer

6. Regular assessment of skills is necessary for the growth of _____.

- A) Career
- B) Skill
- C) Job
- D) Interview

Answer: A) Career

7. Neetu has excellent story telling skills. What type of intelligence is it?

- A) Body Smart
- B) Picture Smart
- C) Word Smart
- D) Logic Smart

Answer: C) Word Smart

8. The way we interact, manage and deal with our external environment is known as _____skills.

- A) Teaching
- B) Musical

C) Technical D) Behavioural

Answer: D) Behavioural

9. Inability to do something well is one's _____.

- A) Value
- B) Weakness
- C) Strength
- D) Aspiration

Answer: B) Weakness

10. The process of manufacturing has changed due to technology and _____development.

- A) Facilitation
- B) Teaching
- C) Scientific
- D) Training

Answer: C) Scientific

11. If one is capable of finding solutions to problems, one will get better at _____.

- A) Problem-solving
- B) Career
- C) Self-motivation
- D) Painting

Answer: A) Problem-solving

12. Alpan does yoga in the morning. He follows Youtube classes to motivate himself. This is an example of_____.

- A) Problem- Solving
- B) Decision-Making
- C) Time Management
- D) Self-motivation

Answer: D) Self-motivation

13. Meena likes to learn music in her free time. It is one of her _____to improve.

- A) Logics
- B) Weakness
- C) Interests
- D) Value

Answer: C) Interests

14. Choosing between two or more options is known as_____process.

- A) Decision-making
- B) Scientific
- C) Technical
- D) Manufacturing

Answer: A) Decision-making

15. Good time management helps in improving _____at work.

- A) Pressure
- B) Stress
- C) Weakness
- D) Performance

Answer: D) Performance

16. Rehana faced a problem with her project. She is dealing with a problem with the right attitude. This is an example of-

- A) Positive attitude
- B) Negative attitude
- C) Technical skill
- D) Scientific skill

Answer: A) Positive attitude

17. Soni is trying to fix the download problem on the laptop. She did not succeed on the first attempt. What should she do?

- A) Never solve the problem
- B) Quit the job
- C) Quit the task
- D) Try another way

Answer: D) Try another way

18. Revathi got a job offer out of her town. She decided to refuse the offer after listing the pros and cons. She followed_____?process.

- A) Decision- making
- B) Conflict resolution
- C) Positive attitude
- D) Negative attitude

Answer: A) Decision- making

19. _____is a way of thinking to solve a problem.

- A) Negative attitude
- B) Self confidence
- C) Time Management
- D) Critical thinking

Answer: D) Critical thinking

20. The time blocked for work is called a _____ technique.

- A) Doro
- B) Domo
- C) Pomo
- D) Pomodoro

Answer: D) Pomodoro

21. Manu thinks about a problem well before making any decision. This is an example of;

- A) Critical thinking
- B) Self-motivation
- C) Logical thinking
- D) Time Management

Answer: A) Critical thinking

22. Which of the following is not a part of decision-making?

- A) Identify problem
- B) Performance
- C) Implement decision
- D) Generate options

Answer: B) Performance

23. Bijo is not good at MS excel. With his hard work, he learns to overcome weaknesses and turn them into a_____.

- A) Belief
- B) Value
- C) Leader
- D) Strength

Answer: D) Strength

24. Steve?s mother told him that the mixer grinder is not working. What should be his first step in order to solve the problem?

- A) Throw it
- B) Complain
- C) Sell the mixer
- D) Identify the problem

Answer: D) Identify the problem

25. The way we manage/solve the problem is called _____.

- A) Positive attitude
- B) Negative attitude
- C) Passion
- D) Conflict resolution

Answer: D) Conflict resolution

26. Swaraj is looking for internet-based/data entry jobs. What is the most important skill he needs?

- A) Beautician skills
- B) Wood cutting skills
- C) Entrepreneuria l skills
- D) Basic computer skills

Answer: D) Basic computer skills

27. Finding a solution to any problem is known as ____skill.

- A) Over thinking
- B) Critical thinking
- C) Decision-making
- D) Problem solving

Answer: D) Problem solving

28. _____is one of the behavioral skills that is required to organize work efficiently and complete it on time.

- A) Cooking
- B) Dancing
- C) Painting
- D) Time Management

Answer: D) Time Management

29. Major changes took place in the manufacturing world with_____.

- A) Milk revolution
- B) White revolution
- C) Industrial revolution
- D) Green revolution

Answer: C) Industrial revolution

30. Which of the following is not a part of one's personality?

- A) Weaknesses
- B) Beliefs
- C) Skin colour
- D) Strengths

Answer: C) Skin colour