

CAREER DEVELOPMENT AND GOAL SETTING

Q. ID: ITISKILL735001

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Answer Key

Duration: 30 Mins

Total Marks: 25

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1. Jack is very good at MS Excel. He must apply for a job based on his _____.

- A) Mood
- B) Decision
- C) Interests
- D) Abilities

Answer: D) Abilities

2. The goal that someone plans to achieve within a year is called a _____.

- A) Desire
- B) Steps
- C) Long term goal
- D) Milestone

Answer: D) Milestone

3. Things that one loves to do are called _____.

- A) Interests
- B) Job
- C) Work
- D) Abilities

Answer: A) Interests

4. Everything that we do outside work is _____.

- A) Personal life
- B) Dislikes
- C) Tuition
- D) Professional life

Answer: A) Personal life

5. How can creating career pathway posters help you plan your career?

- A) By limiting your career growth
- B) By teaching unrelated skills
- C) By providing clarity on your future goals
- D) By ignoring market demands

Answer: C) By providing clarity on your future goals

6. Ramesh wanted to collect 50 stamps in 6 months. So, he started by collecting two stamps every week. This is a _____ goal.

- A) Life-time
- B) Unrealistic
- C) Short-term
- D) Long-term

Answer: C) Short-term

7. Nithya aims to achieve a score of 75% in her 10th- grade exams by the end of the academic year. This is a _____ goal.

- A) SMART
- B) STAR
- C) Life-time
- D) Great

Answer: A) SMART

8. What can be the source of information for a market scan?

- A) Industry visits
- B) Alumni
- C) Internet
- D) All of these

Answer: D) All of these

9. A _____ path is a series of jobs to help you progress towards your goals.

- A) Unsatisfying
- B) Foot
- C) Work
- D) Career

Answer: D) Career

10. Balance in _____ is important to have a healthy and happy life.

- A) Work-life
- B) Job satisfaction
- C) Salary
- D) Career demand

Answer: A) Work-life

11. What does a market scan help us do?

- A) Get better at sports
- B) Learn new hobbies
- C) Identify different career pathways
- D) None of these

Answer: C) Identify different career pathways

12. Latha is planning to join a beauty salon. But she is not very sure about this profession. Who should she speak with to get a better understanding of the profession?

- A) Professionals
- B) Parents
- C) Classmates
- D) Strangers

Answer: A) Professionals

13. A _____ is something you really want in life. You plan and take the right actions to make it happen.

- A) None of these
- B) Dream
- C) Goal
- D) Desire

Answer: C) Goal

14. An occupation undertaken for a long period and with opportunities for progress is called _____.

- A) Hobby
- B) Career
- C) Job
- D) Work

Answer: B) Career

15. One must choose the career path based on the changing_____.

- A) Abilities
- B) Cities
- C) Interests
- D) Market demands

Answer: D) Market demands

16. Prem has completed his fashion design course. Which of the following he must consider when choosing a career path?

- A) Ability
- B) Trends
- C) All of these
- D) Demands

Answer: C) All of these

17. Nisha loves cooking and she is good at dancing. Her ability is _____.

- A) Cooking
- B) Dancing
- C) Painting
- D) Singing

Answer: B) Dancing

18. Activities that one is good at and can do well are called _____.

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

Answer: A) Abilities

19. SMART stands for _____.

- A) Specific, Measurable, Achievable, Relevant, and Time-Bound.
- B) Specific, Measurable, Achievable, Relevant, and Trim
- C) Specific, Memorable, Achievable, Relevant, and Time-Bound.
- D) Specific, Measurable, Archive, Relevant, and Time-Bound.

Answer: A) Specific, Measurable, Achievable, Relevant, and Time-Bound.

20. Sarah is a teacher at a school for one year. After that, she

becomes a trainer for new teachers and then a principal. What does this job progression show?

- A) Sarah's hobby
- B) Sarah's education
- C) Sarah's career
- D) Sarah's job

Answer: C) Sarah's career

21. We should choose our career based on our _____?.

- A) Disadvantages
- B) Strengths
- C) Workplace
- D) Weakness

Answer: B) Strengths

22. Which is NOT a proper way to collect data about a career?

- A) Career guidance agencies
- B) Listening to gossips
- C) Career magazines
- D) News papers

Answer: B) Listening to gossips

23. Siddhu is planning to start his career. He should have _____.

- A) Resume
- B) All of these
- C) Education
- D) Career plan

Answer: B) All of these

24. Raghu's father had a typewriting press/shop. Now, he is replacing typewriters with_____.

- A) Radio
- B) TV
- C) Phones
- D) Computers

Answer: D) Computers

25. Suraj has finished his ITI course. He can create a career path that helps him progress towards his _____and _____?.

- A) Singing and dancing
- B) Strengths and weakness
- C) Goals and Objectives
- D) Cooking and painting

Answer: C) Goals and Objectives