

CAREER DEVELOPMENT AND GOAL SETTING

Q. ID: ITISKILL735001

February 2026

Question Paper

Duration: 30 Mins

Total Marks: 25

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Student Name: _____ Roll No: _____

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

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

2. 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

3. 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 job
B) Sarah's hobby
C) Sarah's career
D) Sarah's education

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

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

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

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

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

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

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

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

8. SMART stands for _____.

A) Specific, Memorable, Achievable, Relevant, and Time-Bound.

C) Specific, Measurable, Achievable, Relevant, and Trim

B) Specific, Measurable, Achievable, Relevant, and Time-Bound.

D) Specific, Measurable, Archive, Relevant, and Time-Bound.

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

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

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

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

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

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

12. What does a market scan help us do?

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

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

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

14. One must choose the career path based on the changing _____.

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

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

- A) Resume
B) Career plan

C) Education

D) All of these

16. A ____ path is a series of jobs to help you progress towards your goals.

A) Unsatisfying

B) Work

C) Foot

D) Career

17. 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

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

A) Computers

B) TV

C) Radio

D) Phones

19. Everything that we do outside work is ____.

A) Dislikes

B) Tuition

C) Professional life

D) Personal life

20. 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) STAR

B) Great

C) Life-time

D) SMART

21. 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) Classmates

B) Professionals

C) Strangers

D) Parents

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

A) Career guidance agencies

B) News papers

C) Listening to gossips

D) Career magazines

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

A) Sports

B) Abilities

C) Interests

D) Passion

24. The goal that someone plans to achieve within a year is called a_____.

A) Long term goal

B) Milestone

C) Desire

D) Steps

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

A) Abilities

B) Mood

C) Interests

D) Decision