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NITTTR (<https://swayam.gov.in/explorer?ncCode=NITTTR>) » Student Psychology (course)

Course outline

Welcome Message
()

Student Psychology
Overview ()

Course Syllabus ()

Course Entry
Survey ()

Telegram Group
Link ()

Week-1: Teaching
Learning Process ()

Week-2: Student
Characteristics,
Types and
Problems ()

Week-3:
Psychological Tests
and Inventories ()

Week-4: Student
Motivation ()

Week-5: Physical
and Cognitive
Development ()

- 1. Welcome Message (unit? unit=68&lesson=69)
- 2. Overview (unit? unit=68&lesson=70)
- 3. Physical Development Issues (unit? unit=68&lesson=71)
- 4. Physical Development Strategies & Areas (unit? unit=68&lesson=72)
- 5. PDS - Promoting Body Self Image, Nutrition and Resilience Training

Graded Activities: Knowledge Quiz-5

The due date for submitting this assignment has passed.

Due on 2025-04-23, 23:59 IST.

As per our records you have not submitted this assignment.

- 1) Parents should try to
- Control emotion of adolescents
 - Divert emotions of adolescents
 - Allow to express emotions of adolescents
 - Suppress emotion of adolescents

No, the answer is incorrect.
Score: 0

Accepted Answers:
Allow to express emotions of adolescents

1 point

- 2) The founding father of stress is
- Sigmund Freud
 - Eric Berne
 - Carl Jung
 - Hans Selye

No, the answer is incorrect.
Score: 0

Accepted Answers:
Hans Selye

1 point

- 3) Stress relieving food is
- Leafy vegetables
 - Chips
 - Chocolates
 - Coffee

No, the answer is incorrect.
Score: 0

Accepted Answers:
Leafy vegetables

1 point

- 4) The combination which removes toxins from the body is
- Lemon and Honey
 - Apple and Honey
 - Aloe Vera and Honey
 - Banana and Honey

No, the answer is incorrect.
Score: 0

Accepted Answers:
Lemon and Honey

1 point

- 5) High stress is closely related to
- Kidney

1 point

(unit?
unit=68&lesson=73)

6. Stress Management
(unit?
unit=68&lesson=74)

7. Stress Coping
Strategies Part-I (unit?
unit=68&lesson=75)

8. Stress Coping
Strategies Part-II
(unit?
unit=68&lesson=76)

9. Time Management
(unit?
unit=68&lesson=77)

10. Cognitive
Development of
Students (unit?
unit=68&lesson=78)

11. E-Content (unit?
unit=68&lesson=79)

Quiz: Graded
Activities:
Knowledge Quiz-5
(assessment?
name=192)

**Week-6: Emotional
and Social
Development ()**

**Week-7: Neuro-
Linguistic
Programming ()**

**Week-8:
Counselling Skills
and Summary ()**

- Heart
- Skin
- Nerve

No, the answer is incorrect.
Score: 0

Accepted Answers:
Heart

6) Garden fresh Lunch promotes

1 point

- Thinking
- Sleep
- Tiredness
- Dizziness

No, the answer is incorrect.
Score: 0

Accepted Answers:
Thinking

7) Drinking water

1 point

- Increases blood content
- Improves water level
- Removes toxins
- Cleans the stomach

No, the answer is incorrect.
Score: 0

Accepted Answers:
Removes toxins

8) The food which gives energy is

1 point

- Nutrition bars
- Chocolates
- Potato chips
- Cakes

No, the answer is incorrect.
Score: 0

Accepted Answers:
Nutrition bars

9) Parents should

1 point

- Hear Adolescent
- Discipline Adolescent
- Monitor Adolescent
- Punish Adolescent

No, the answer is incorrect.
Score: 0

Accepted Answers:
Hear Adolescent

10) Severe eating disorder characterized by the refusal to eat is

1 point

- Bulimia
- Anorexia Nervosa
- Rett disorder
- Obesity

No, the answer is incorrect.
Score: 0

Accepted Answers:
Anorexia Nervosa

11) Power Lunch should consist of

1 point

- Fruits
- Nuts
- Rice
- Proteins

No, the answer is incorrect.

Score: 0

Accepted Answers:

Proteins

12) Bulimia is a disease of

1 point

- Becoming thin
- Becoming fat
- Binge eating and vomiting
- Fasting

No, the answer is incorrect.

Score: 0

Accepted Answers:

Binge eating and vomiting

13) Doing the right thing is

1 point

- Effectiveness
- Efficiency
- Easy
- Efficacy

No, the answer is incorrect.

Score: 0

Accepted Answers:

Effectiveness

14) Anorexia Nervosa, a type of eating disorder is predominant in

1 point

- Girls
- Boys
- Old age
- Infants

No, the answer is incorrect.

Score: 0

Accepted Answers:

Girls

15) Early Maturation is

1 point

- Positive for boys and girls
- Negative for boys and girls
- Positive for boys and Negative for girls
- Negative for boys and Positive for girls

No, the answer is incorrect.

Score: 0

Accepted Answers:

Positive for boys and Negative for girls

16) An internal stressor is

1 point

- Academic Performance
- Family issues
- Unrealistic expectations
- Anger

No, the answer is incorrect.

Score: 0

Accepted Answers:

Anger

17) Most important nutrition advice for teens of today is to

1 point

- Skip dinner
- Undergo fasting
- Take foods rich in calcium, vitamins and minerals
- Skip meals

No, the answer is incorrect.

Score: 0

Accepted Answers:

Take foods rich in calcium, vitamins and minerals

18) Time Management is about

1 point

- Spending time
- Saving time
- Wasting time
- Worrying about time

No, the answer is incorrect.
Score: 0

Accepted Answers:
Saving time

19) Pareto rule is

1 point

- 20% effort 80% results
- 40% effort 60% results
- 60% effort 40% results
- 80% effort 20% results

No, the answer is incorrect.
Score: 0

Accepted Answers:
20% effort 80% results

20) Eustress is

1 point

- Positive stress
- Negative stress
- External stress
- Internal stress

No, the answer is incorrect.
Score: 0

Accepted Answers:
Positive stress