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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

1 point

- ☐ 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

2) The founding father of stress is

1 point

- ☐ Sigmund Freud
- ☐ Eric Berne
- ☐ Carl Jung
- ☐ Hans Selye

No, the answer is incorrect.

Score: 0

Accepted Answers:

Hans Selye

3) Stress relieving food is

1 point

- ☐ Leafy vegetables
- ☐ Chips
- ☐ Chocolates
- ☐ Coffee

No, the answer is incorrect.

Score: 0

Accepted Answers:

Leafy vegetables

4) The combination which removes toxins from the body is

1 point

- ☐ 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

5) High stress is closely related to

1 point

- ☐ Kidney

(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