



AJEENKYA

D Y PATIL UNIVERSITY

End Term Examinations (December 2018)

School: School of Management

Program: B.Com

Course: Time & Stress Management

Course Code: GEX162

Semester: III

Max Marks: 20

Duration (mins): 60

Note- 1. Figures to the right indicate full marks.

2. Attempt all the Questions.

3. Write in points / Table format where needed.

4. Write the correct question number & sub-question number while writing the answers in the answer sheet.

Q1) Answer any 4 of the following:

16 Marks

- Mention some benefits of using Time Management Techniques
- Give some benefits of delegating the task across the group.
- Draw the Priority Matrix by Eishenhower.
- Define Time Management. Mention at least 3 Time Management Techniques
- Define Stress and mention the 4 major categories of Stress Symptoms.
- Give full form of SMART Goals

Q2. Choose the correct option for the following questions:

5 Marks

1) Who was the first to coin the term “Stress”?

- Hans Selye
- Walter Cannon
- Bruce McEwen
- JaapKoolhaas

2) Which of the following is not a symptoms of stress?

- a) Emotional symptoms
- b) Physical symptoms
- c) Cognitive symptoms
- d) Adaptive symptoms

3) Principles of goal setting are:

- a) Clarity
- b) Challenge
- c) Feedback
- d) All of the above

4) _____ goals can be accomplished within a short span of time or immediate through effective planning.

- a) Long term
- b) Short term
- c) SMART
- d) Both a and b
