



THE ANSWERS MUST BE ATTEMPTED ON THE ANSWER SHEET PROVIDED

Q.1. Answer the following short questions (6x5=30)

1. What is the role of Time Management in student's success?
2. Describe the Uses of Library.
3. How to remove hurdles in improving reading skills.
4. Explore your Anxieties as a student during the exams.
5. Differentiate between Hearing and Listening during the lecture.
6. What is the difference between Topic Sentence and Thesis Statement?

Q.2. Answer the following questions (3x10=30)

1. Write a paragraph on anyone of the following topics: (Word Limit: 120)

a) Importance of Education

b) Role of Social Media

2. Write a brief note on Skimming and Scanning as techniques of developing reading skills.
3. Read the following passage carefully and answer the following questions.

Stress is a body reaction to any demands or changes in its internal and external environment. Whenever there is a change in the external environment such as temperature, pollutants, humidity and working conditions, it leads to stress. In these days of competition when a person makes up his mind to surpass what has been achieved by others, leading to an imbalance between demands and resources, it causes psycho-social stress. It is a part and parcel of everyday life. Stress has a different meaning, depending on the stage of life you are in. The loss of a toy or a reprimand from the parents might create a stress shock in a child. An adolescent who fails in the examination may feel as if everything has been lost and life has no further meaning. In an adult the loss of his or her companion, job or professional failure may appear as if there is nothing more to be achieved. Such signs appear in the attitude and behavior of the individual, as muscle tension in various parts of the body, palpitation and high blood pressure, indigestion and hyperacidity. Ultimately the result is self-destructive behavior such as eating and drinking too much, smoking excessively, relying on tranquilizers. There are other signs of stress such as trembling, shaking, nervous blinking, dryness of throat and mouth and difficulty in swallowing. In a study sponsored by World Health Organization and carried out by Harvard School of Public Health, the global burden of diseases and injury indicated that stress diseases and accidents are going to be the major killers in 2020. The heart disease and depression – both stress diseases-are going to rank first and second in 2020. Road traffic accidents are going to be the third largest killers. These accidents are also an indicator of psychosocial stress in a fast-moving society. Other stress diseases like ulcers, hypertension and sleeplessness have assumed epidemic proportions in modern societies. A person under stress reacts in different ways and the common ones are flight, fight and flee depending upon the nature of the stress and capabilities of the person. The three responses can be elegantly chosen to cope with the stress so that stress does not damage the system and become distress.

1. What is stress?
2. What factors lead to stress?
3. What are the signs by which a person can know that he is under stress?
4. What are the different diseases a person gets due to stress?
5. How does a person react under stress?