CBCS SCHEME

Fourth Semester MBA Degree Examination, June/July 2023
Personal Growth and Interpersonal Effectiveness

Time: 3 hrs.

Max. Marks:100

(10 Marks)

**20MBAHR402** 

Note: 1. Answer any FOUR full questions from Q1 to Q7. 2. Question No. 8 is compulsory.

1	a.	Define Personal growth.	(03 Marks)
	b.	What is time structuring? Explain six ways of structuring time.	(07 Marks)
	c.	Elaborate the five dimensions of emotional intelligence.	(10 Marks)
2	a.	What is Neuro Linguistic programming?	(03 Marks)
	b.	Define Self awareness and explain its core areas.	(07 Marks)
	C.	Explain the four Quadrants of the Johari window. What are the applications	of Johari
		window tool?	(10 Marks)
3	a.	What is a T- Group?	(03 Marks)
	b.	Define "life position" and explain its four types.	(07 Marks)
	C.	What is creativity? Explain six Thinking Hats tool of creative thinking.	(10 Marks)
4	a.	Compare Type A and Type B individuals.	(03 Marks)
-	b.		(07 Marks)
	c.	What is transactional analysis? Explain the three types of transactions with example	es.
			(10 Marks)
5	a.	Define Personality.	(03 Marks)
	b.		(07 Marks)
	c.	Describe the seven habits of highly effective people.	(10 Marks)
	1	C- C-	
6	a.		(03 Marks)
	b.	Explain the three interpersonal needs as classified by FIRO-B and state the utility of	of FIRO-B
		scale.	(07 Marks)
	c.	Explain the five conflict handling styles.	(10 Marks)
7	a.	Define Appreciative Inquiry.	(03 Marks)
	b.	Explain briefly the MBIT theory of personality.	(07 Marks)
	c.	What is Ego? Explain defense mechanisms used by the individual to manage the eg	go.

(05 Marks)

## CASE STUDY [Compulsory] 8

Go through the following transactions and identify:

- Ego states used by both the individuals
- The type of Transaction using the POO diagram and justify your answers ii)

## Questions:

- Boss: "our values are getting eroded" Subordinate: "I agree with you. We are deteriorating every day" (05 Marks)
- Subordinate: "I want to discuss the resources I need to complete the assignment" (05 Marks) Boss: "your are always complaining.
- c. Boss: "What is the date today?" Employee: "Sir, I shall definitely send the report tomorrow" (05 Marks)
- d. A to B: "How are you?" B to A: "Why do you care?"