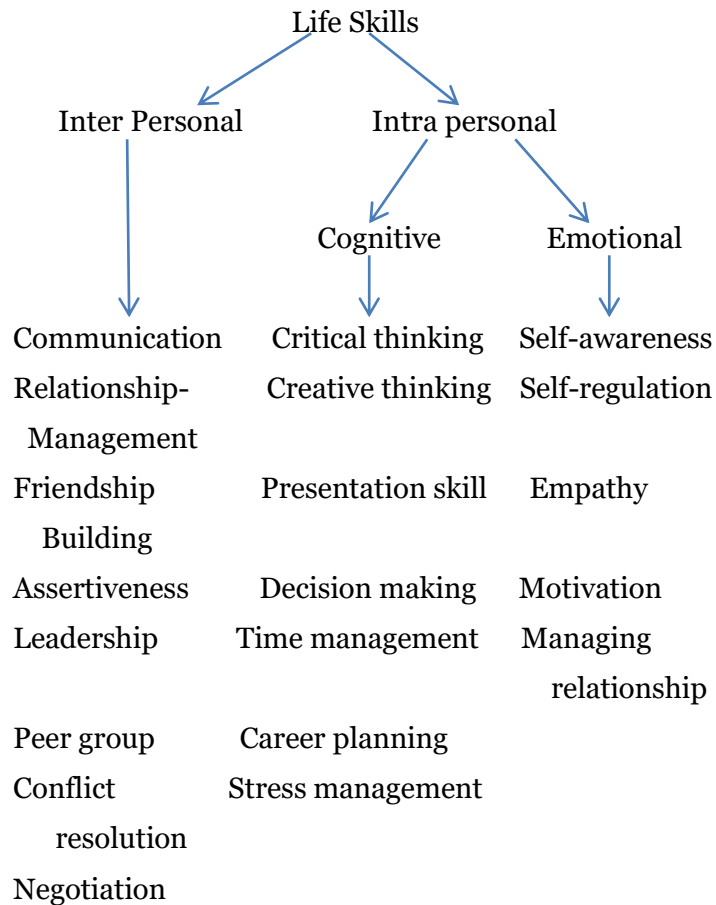


## APPENDIX A

### LIFE SKILLS



## APPENDIX B

### BARRIERS TO COMMUNICATION

Physical	Enviorn- mental	Psycho- logical	Linguistic	Others

## **APPENDIX C**

### **ANALYSING CONVERSATIONS**

#### **Conversation 1**

Father: Come on, lad, Let's go home. We had been in the park since 3 pm. Now it is 6 pm and getting dark.

Son : I won't come. Don't care about me. Father, you get lost. I will go back only at 7 pm

#### **Conversation 2**

Teacher : John, haven't you completed your assignment. Today is the last day for submission.

John : No, Don't you know that I was busy with football coaching last week. How can you expect me to do all these works within such a short time? Perhaps I could complete it after two weeks.

#### **Conversation 3**

Smith is one of your close friends.

You: Smith, I want to share one of my problems with you. Can you spare some time for me. We are having leisure now.

Smith : Oh! I am fed up with my own problems at home. I hate my mother. I don't want to get fed up with your problems too.

You : You are such a selfish stuff. I shouldn't have befriended you.

#### **Conversation 4**

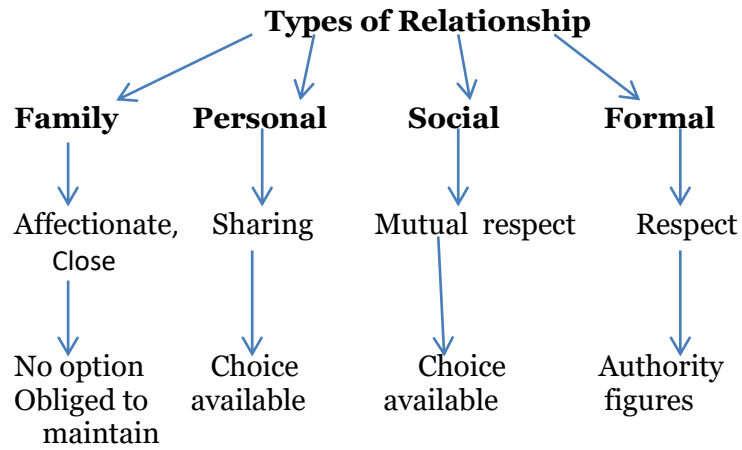
You are conversing with Arum who is a brilliant student

in the next class. He is not your close friend, but knows each other.

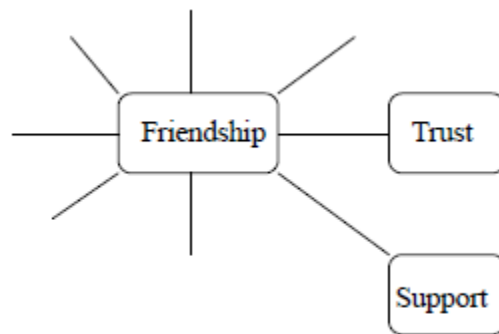
You : The exams are fast approaching. I haven't learnt anything. Will you prepare a note for me, which contains the important points to prepare for the examination? I don't feel like preparing one myself.

Arun : Oh! No. I am busy preparing for the exam. You are such a lazy boy and I don't want to help you.

**APPENDIX D**  
**TYPES OF RELATIONSHIP**



**AAPENDIX E**  
**ELEMENTS OF GOOD FRIENDSHIP**



**APPENDIX F**

**ASSERTIVENESS**

Type of Conversation- Passive/Assertive/ Aggressive	Non-verbal cues

## APPENDIX G

### LIST OF TRAITS

Openness	Alert	Confident	Cultured
Brilliant	Adventure	Creative	Dishonest
Cheerful	Colorful	Co-	Desperate
Shy	Lazy	operation	Curious
Tensed	Passive	Courageous	Decent
Weak willed	Rigid	Fearful	Dynamic
Impulsive	Irresponsible	Forgetful	Critical
Secretive	Athletic	Foolish	Demanding
Extroversion	Cunning	Caring	Faithful
Introversion	Compassion	Benevolent	Elegant
Neuroticism	Greedy	Clever	Flexible
Calm	Hostile	Egocentric	Careless
Confused	Cold	Envious	Honest
Childish	Friendly	Convention	Optimist
Intelligent	Brutal	Generous	Aggressive
Patient	Reliable	Arrogant	Relaxed
Sympathetic	Mature	Sharing	Trust worth
Sociable	Practical wise	Honest	Punctual
Blunt		tolerant	
		ambitious	



## APPENDIX H

### IMPULSIVITY-QUESTIONNAIRE

A few real life situations are given. You would have faced such situations in your life or imagine that you faced it. Read the below statements and mark how well you could control yourself in such situations.

- 1) Teacher shouted at you for not submitting your assignments in time.

No control	Slight control	Moderate	High	Very high

- 2) Your best friend talked bad about you to your other friends.

No control	Slight control	Moderate	High	Very high

- 3) Someone hit your dearest little brother.

No control	Slight control	Moderate	High	Very high

- 4) You went to visit a wonderful waterfall with your friends where there are a lot of restrictions due to safety concerns. How well you can follow the instructions there?

No control	Slight control	Moderate	High	Very high

- 5) You went to a beach on a day when there is a warning has been given by the metrological department for the likelihood of high waves. Your friend insists on you to move further into the sea while taking sea bath. How well you could resist his temptation?

No control	Slight control	Moderate	High	Very high

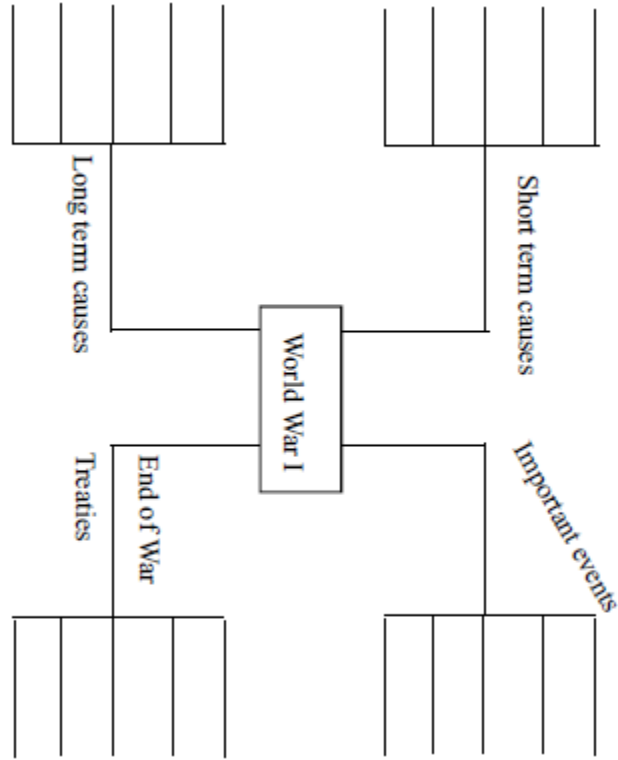
**APPENDIX I**  
**IMPULSIVE BEHAVIOUR PATTERN**  
**ANALYSIS**

Think of an impulsive behavior pattern that you have displayed in your life. Revisit that incident in your mind and fill up the worksheet given below.

Nature of Impulsive behavior	To whom, when, Where, why & How	Consequences Of the behavior

# APPENDIX J

## MIND MAP



## APPENDIX K

### LIST OF WORDS (LIST-1)

Carrot	Red
School	Computer
Tap	Labrador
Hill	Spike
Heavy	Hot
Young	Ash
Space	Temple
John	Stream
Knife	Gum
Shirt	Legs
Spinner	India
Athlete	Pen
Jam	Hen
High	Article
Bus	Pasta

## APPENDIX L

### LIST OF WORDS (LIST-2)

Black board	Table
Yellow	Potato
Ship	Student
Onion	Aero plane
Light	Violet
Fast	Slow
Blue	Cabbage
Train	Classroom
Cucumber	Bitter guard
Teacher	Bicycle
Pen	White
Black	Tall
Green	Beans
Tram	Car
Short	Long

## APPENDIX M

### LIST OF CAREER

Accountant	Fashion	Occupational
Actors	designer	therapist
Acupuncturist	Interior	Computer
Clerks	designer	programmer
Advertising	Photographer	Judge
agent	Plumber	Software
Sales Agents	Chemist	developer
Advertisement	Pharmacist	lawyer
manager	Guidance	Police officer
Aerospace	counselor	Security guard
engineer	Librarian	Social worker
Athlete	Teacher	Auto mechanic
Administrative	School	Cosmetologist
officers	counselor	Fitness trainer
Hotel managers	Bank teller	Animal
Waiters	Fire fighter	groomer
Editor	Insurance	Carpenter
Graphic	claim surveyor	Hair dresser
designer	Auditor	Cashier
Web designer	Financial	Customer care
Translator	advisor	executive
Special	Bio-chemical	Retail
education	engineer	supervisor
teacher	Dentist	Floor manager
Public relations	Doctor	Shop Assistant
officers	Cardio-	Chef
Social media	vascular	Building
manager	technologist	cleaning
Architect	Health	worker

Electrician	educator	Painter
Environmental engineer	Public health supervisor	Bus driver
Business man	Medical lab technician	Copy writer
Clinical counselor	Physician assistant	Tailor
Spray painter	Soldiers	Costume designer
Loco pilot	Sailors	Fashion models
Railway guard station master	Food safety officers	Career guidance counselor
Signal inspector	Merchant navy officer	Artist potter
Sports coach	Fire and safety officer	Crane operator
Machine operator	Computer hardware engineer	Criminal Investigator
Commercial pilot	Language teacher	Share broker
Industrial designer	Information system manager	Tailor
Commercial diverse	Computer operator	Data entry operator
Communication equipment operator	Receptionist	Data base administrator
Community health worker	Agriculture officer	Astronaut
Psychiatric nurse	Farmer	Dermatologist
Psychiatrist	Social worker	Detective
Job analyst	Construction inspector	Radiologist
HR manager	Mason	Dietician
Personal assistant		Historian
Composers		Economist
		Dish washer
		Distance learning coordinator



Film director	Newspaper	Professor
Production	agent	Clinical data
controller	Physiotherapist	manager
Bus conductor	Construction	Administrator
Business analyst	labor	Placement
Instrumentation	Farm labor	Officer
technician	Mining	Demonstrator
Blacksmith	machine	Film
Goldsmith	operator	distributor
Camera	Vendor	Sound
operator	Town planning	engineer
Captain	officer	Loco guard
Caption writers	Chemical	Air hostess.
Cartoonist	engineer	Climate
Dancer	Chief executive	change analyst
Choreographer	Child care	Clergy
T.V Anchor	worker	Postal
Instructor	Civil draftsman	Assistant
Boiler assistant	Lab	Civil engineer
	assistant	Postma
	Linguist	Light boys
		Author

**APPENDIX N**  
**LIST OF EMOTIONS**

Joy	Amusement	Happy	Excited
Pleasure	Satisfaction	Thrill	Vibrant
Ecstatic	Delighted	Jovial	Pleasant
Sad	Unhappy	Gloomy	Lonely
Depressed	Disappointment	Deserted	Rejection
Neglect	Withdrawn	Angry	Enraged
Furious	Provoked	Annoyed	Irritated
Insulted	Offended	Afraid	Alarmed
Shocked	Startled	Stunned	Terrified
Horrified	Scared	Nervous	Paralyzed
Confused	Uncertain	Unsure	Ashamed
Guilty	Kind	Sympathy	Helpless
upset	Passionate	Hopeless	Tensed

## APPENDIX O

### (QUESTIONNAIRE)

Read the statements given below and put a (□) mark against the proper column. Please respond to all

		Alwa ys	Ofte n	Some times	Ne ver
1a)	I used to feel fear without any proper reason				
b)	I am afraid that I may meet with an accident				
c)	I am afraid of particular person/s				
d)	I used to stay away from particular situations because of fear				
e)	I feel very uneasy to meet new people or to address a gathering				
f)	I always keep away from people				
2a)	I have shivered with anger				
b)	I have thrown away objects when I was angry				
c)	I have injured myself when I was angry				
d)	I have cursed others out of my anger				
e)	I have attacked others/used filthy language on others when I was angry				
f)	I have shouted at my parents/teachers when I was angry				
3a)	I used to get sorrow, thinking about my unlucky fate				
b)	I once decided to put an end to my life				
c)	I used to sit and cry alone thinking about				

	my past				
d)	Nobody loves me, I am sad				
e)	I am not enthusiastic				
f)	I always likes to sit alone				
4a)	As the exams gets near I used to worry a lot				
b)	I always feel a lack of time for doing things				
c)	My body sweats a lot/cools down when I am worried				
d)	When I am tensed my throat gets dried up				
e)	I used to evaluate quite often about my actions in the past				
f)	Others used to comment that I am a tensed person				
5a)	I am almost continuously bothered about a certain thought				
b)	After a wrong doing I used to keep on thinking about it to the extent that I couldn't concentrate in my works				
c)	When I start to sit and study some particular thought always bothers me				
d)	I used to talk myself aloud about a persistent disturbing thought which bothers me				
e)	I have forgotten to do some of my important works because of my persistent disturbing thoughts				
f)	Others used to complain that I am a day dreamer who is careless				

## APPENDIX P

### TIME MANAGEMENT

<b>Subject</b>	<b>Task</b>	<b>Due/test date</b>
English	Assignment Story Dramatization	10-7-21
Social Science	Class test	6-7-21
Physics	Project-Energy management	10-7-21
Biology	Chart- Communicable diseases	8-7-21
Chemistry	Class test	5-7-21
Maths	Geometrical chart	6-7-21
Work experience	Making a toy	5-7-21

**APPENDIX Q**  
**ANALYSIS OF STRESSFUL SITUATION**

Stressful Situation	Your response	How & When overcome

**APPENDIX R**  
**STRESS ANALYSIS**

SI NO	Stressor	intensity (chronic/ mild)	Source (external/ Internal)	type of stress (short /long term)
1				
2				
3				
4				
5				

**APPENDIX S**  
**STRESSFUL SITUATION ANALYSIS**

When	
Where	
Why	
What	
Physiological Changes	
Minor/Chronic stressor	
How intense - Rate on 1-10 scale	
The way proposed to face the problem	
Goal to be set to face the problem. Long term and short term	



**APPENDIX T**  
**LIST OF PERSONAL VALUES**

Accuracy	Altruism	Beauty	Challenge
Achievement	Assertiveness	Boldness	Charity
Comfort	Amusement	Bravery	Cleanliness
Control	Ambition	Brilliance	Clever
Discipline	Commitment	Confidence	Consistency
Friendship	Courtesy	Dedication	Determination
Humor	Dignity	Equality	Punctual
Justice	Hard work	Hope	Independence
Respect	Innovation	Creative	Kindness
Simplicity	love	Power	Peace
Truth	Professional	Risk taking	Self-reliance
	Status	Spirituality	Thankful
	Valor	Fame	Wealth