

MCQs on 'Pubertal Changes'

- Which of the following statements about puberty is false :
 - Puberty sets in at exactly at the same age in every child.
 - Onset of Puberty is governed by genetic influence
 - Pubertal children are more worried about their bodies than younger children
 - Puberty and adolescence mean the same.
- Changes during Teen age include
 - Hormonal changes
 - Sex Organ development & Secondary Sex Characters
 - Mental and emotional changes
 - All of the above
- The first sign of puberty in girls is
 - Increase in height
 - Breast bud development
 - Onset of menses
 - Typical body fat deposition
- Earliest pubertal changes in boys are
 - Appearance of pubic hair
 - Break of voice
 - Enlargement of scrotum & testicles
 - Enlargement of penis
- Which of the following statements are true about adolescent
 - Teen agers are susceptible to emotional highs & lows
 - The limbic system (deals with emotion) develops prior to cerebral cortex (logical thinking)
 - Risky behaviors are common
 - All of the above

ANSWERS: Q1- A&B, Q2-D, Q3-B, Q4-C, Q5-D

MCQ'S For Adolescent Neurodevelopment 2

- Jaish is fifteen years old suddenly, he's getting into a lot of trouble at school, his grades are dropping, and he's acting recklessly. Which of the following likely explains this?
 - Jaish's myelin sheath is developing in the wrong area of the brain, inhibiting decision making.
 - Jaish's neurons have too many connections, which inhibits his decision making.
 - Jaish's frontal lobe, which is responsible for decision making, is underdeveloped due to a lack of myelin.
 - Jaish's myelin sheath is developing too rapidly and this is inhibiting his frontal lobe development.
- Adolescents brain goes through a process of removing excess connections in order to make a smaller number of them more effective. This is called _____.
 - Neural pruning
 - Synaptic pruning
 - Synaptic removal
 - Myelination.
- The prefrontal cortex is involved in which psychological functions?
 - Rewards and incentives
 - Emotional responses
 - Monitoring and control
 - Sensorimotor reactions

- This neurotransmitter is most often associated with motivation and pleasure/reward:
 - Acetylcholine
 - GABA
 - Dopamine
 - Serotonin
- Which neurotransmitter is involved in the "Fight of Flight" response?
 - Serotonin
 - Adrenaline
 - Dopamine
 - Melatonin

ANSWERS: Q1-C, Q2-B, Q3-C, Q4-C, Q5-B

MCQs on Cognitive and Psychosocial Development

- What is meant by 'Cognition'?
 - Intelligence
 - Comprehension
 - Learning potential
 - Mental abilities
- When do children start thinking in abstraction (beyond concrete real and observable)?
 - After 7 years
 - After 10 years
 - After 12 years
 - After 14 years
- In which of these stages the peer influence is at its peak?
 - Pre-adolescent stage
 - Early Adolescence
 - Middle adolescence
 - Late adolescence
- What is meant by 'sexual orientation'?
 - Knowing one's gender
 - Accepting one's gender roles
 - Getting sexual thoughts
 - Knowing and analysing one's own sexual preferences
- What factors affect the cognitive and psychosocial growth?
 - Opportunities one gets
 - Parenting style
 - Genetic factors
 - All the above

ANSWERS: Q1-D, Q2-C, Q3-C, Q4-D, Q5-D

MCQs on Neurodevelopmental & Mental Disorders

- Poor scholastic performance is usually due to
 - Laziness
 - Neuro-developmental disorders.
 - Irresponsible and uncaring parents
 - Health issues
- An adolescent with Reading Disorder can be helped by
 - Remedial reading
 - Oral rather than written exams
 - Audio textbooks
 - All of the above

3. Which statement is NOT true about a child with Autism?
 - A. He has difficulty interacting socially with others
 - B. He has a communication problem
 - C. He is shy and clings to his mother all the time
 - D. He does not mimic adult activities
4. The best way to manage an adolescent with mild intellectual disability is to
 - A. Detain him for a year
 - B. Give him extra homework
 - C. Make him learn everything by heart
 - D. Recommend vocational courses
5. Which statement is WRONG about adolescents with ADHD?
 - A. They are high achievers due to their plentiful energy and hyperactivity.
 - B. They can control their hyperactivity and inattention while playing an exciting video game
 - C. They are always on the go, but tend to skip from one task to another without completing it.
 - D. They often lack organization and discipline.

ANSWERS 1.b. 2.d. 3.c. 4.d. 5.a.

MCQ'S on Positive Discipline

1. Inculcating discipline in adolescents becomes difficult for a teacher because
 - A. Children have a habit to misbehave since childhood
 - B. Parents neglect children a lot
 - C. Teacher is not aware of reasons of misbehavior & skills to correct it
 - D. Teacher is not allowed to physically punish the students
2. Adolescents resist discipline in school because
 - A. they cannot understand what is discipline
 - B. they cannot foresee the consequences of their misbehavior
 - C. they want to trouble the teacher
 - D. they don't like classrooms
3. While applying discipline a teacher has to take into account
 - A. Needs of the adolescent
 - B. Assimilation & Accommodation of an adjusting adolescent
 - C. Science of misbehavior
 - D. All of the above
 - E. b & c of the above
4. While using Positive Discipline techniques in classroom, a teacher should be
 - A. kind but firm
 - B. kind & not firm
 - C. permissive
 - D. Judgemental
5. Positive Discipline does not include
 - a. Democratic approach while framing rules of classroom behavior
 - b. Assertive communication by the teacher
 - c. Applying consistent appropriate consequences each time a misbehavior occurs
 - d. Publicly discussing difficult to handle students

ANSWERS: 1.C 2.B 3.D 4.A 5.D

MCQ'S on Counselling Skills

1. Mention the qualities shown in the movie TaareJamin Par by Aamir Khan.
 - A. Compassionate
 - B. Understanding
 - C. Empathetic
 - D. Nonjudgemental
 - E. All of the above
2. All are qualities /skills of a teacher as a counselor except.
 - A. Non Judgemental
 - B. Trustworthy
 - C. Moralizing
 - D. Self Disclosure
 - E. Active Listening Skills
3. Which Strategy was developed by educational Professor
 - A. 2X5 Strategy
 - B. 2X10 Strategy
 - C. 3X10 Strategy
 - D. 5X10 Strategy
 - E. 4X10 Strategy
4. What should a teacher do that students come and talk to him .
 - A. Call her Parent
 - B. Take him to Principal
 - C. Send Him Home
 - D. Build a Rapport
 - E. Tell him to go and study
5. Can teacher act as a good counsellor
 - A. Yes
 - B. No
 - C. Do not Know
 - D. May be

MCQ on Study Skill & Exam Anxiety

1. In case of 'internal motivation' all of the following is true, except
 - A. It's easy to maintain concentration.
 - B. You give your best efforts because you are keen to do well
 - C. You do it even if there are no cash prizes or rewards in anyway
 - D. Rewards are essential
2. Memory techniques include all of the following except
 - A. Grouping
 - B. Creating associations
 - C. Creating visuals & mnemonics
 - D. None of the above
3. By 'Study skill', we mean
 - A. Rote learning of syllabus
 - B. Preparing for exams
 - C. Systematic way to learn the curriculum
 - D. None of the above

4. While students appear for examination, we should discourage all of the following, except
 - A. Reading all the questions before starting writing
 - B. Using short hand
 - C. Spending long time on one question at hand and finishing it off once for all
 - D. Post mortem discussion on examination with your classmates.
5. Anxiety management technique include
 - A. Thought stopping
 - B. Tactile distraction
 - C. Positive Self talks e. g. I can do it. I am doing great.
 - D. All of the above

ANSWERS: 1.D 2.D 3.C 4.A 5.D

MCQ on Life Skills

1. How many core life skills have been identified by WHO?
 - A. 5
 - B. 7
 - C. 10
 - D. 8
2. All of these are thinking skills except-
 - A. Creative thinking
 - B. Self-awareness
 - C. Problem solving
 - D. Critical thinking
3. A girl is able to assess the risk involved in accepting an invitation from a male stranger to accept a lift across town. Identify the skill being used-
 - A. Creative thinking
 - B. Problem solving
 - C. Critical thinking
 - D. Decision making
4. Creative thinking implies
 - A. Having a brilliant new insight
 - B. Planning how to make use of it
 - C. Implementing one's plans
 - D. All of the above
5. All of these are considered good methods of imparting life skills except -
 - A. Brainstorming
 - B. Role play
 - C. Didactic lectures
 - D. Debates
6. Effective Communication implies
 - A. Listening actively and sincerely
 - B. Speaking after adequate thought
 - C. Positive body language
 - D. All of the above

ANSWERS: 1.C 2.B 3.C 4.D 5.D 6.D