

CBSE CLASS X

Artificial Intelligence (417)

ANSWER KEY

From previous CBSE Board Exam questions

Code: G8YUL8 Questions: 17 Maximum Marks: 23 Generated: 2026-06-21 02:53

SELECTIONS USED

Source	Previous-year board
Subject	Artificial Intelligence
Lessons	Self-management Skills-II
Year	2022-2026
Questions selected	17

Composition — Types: 11 MCQ · 7 Short

Q1. § Session 4: Self-regulation — Goal Setting

[1]

Breaking down big goals into smaller parts will make the goal _____.

- (A) specific
- (B) measurable
- (C) achievable
- (D) realistic

Previously asked in: 2026 104 Q1 (ii)

♦ Self-management Skills-II 2.4 Self-regulation — Goal Setting

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Model Answer

(C) achievable

Breaking down big goals into smaller parts will make the goal **achievable**.

Source: Session 4: Self-regulation — Goal Setting, Chapter 2

Explanation

The passage directly states: "Breaking down big goals into smaller parts will make the goal achievable." This falls under the 'A' in SMART goals. Don't confuse it with 'realistic' — realistic refers to goals we *can* work towards, while achievable specifically involves breaking large goals into smaller, manageable steps.

Q2. § Session 4: Self-regulation — Goal Setting

[1]

What does SMART stand for in the context of goal-setting?

- (A) Superior, Motivated, Analytical, Resourceful, Timely
- (B) Specific, Measurable, Achievable, Realistic, Time-bound
- (C) Speedy, Manageable, Accurate, Realistic, Tangible
- (D) Successful, Methodical, Adaptable, Reliable, Thorough

Previously asked in: 2025 104/S Q1 (v)

♦ Self-management Skills-II

2.4 Self-regulation – Goal Setting

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Model Answer**(B) Specific, Measurable, Achievable, Realistic, Time-bound****Explanation**

The passage clearly states "SMART stands for: Specific, Measurable, Achievable, Realistic, Time-bound." For MCQs, simply circle or write the correct option. No explanation is needed unless asked.

Q3. § Basics of Self-management § Session 2: Self-awareness — Strength and Weakness Analysis § Session 4: Self-regulation — Goal Setting

[1]

SMART method can be used to set goals to make you successful in your career and personal life. What does 'A' in SMART stand for ?

- (a) Abrupt
- (b) Accountable
- (c) Achievable
- (d) Admirable

Previously asked in: 2024 104 Q1 (i)

♦ Self-management Skills-II

2.4 Self-regulation – Goal Setting

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Model Answer**(c) Achievable** — 'A' in SMART stands for **Achievable**, meaning breaking big goals into smaller parts to make them attainable.**Explanation**

The passage explicitly states: "**Achievable**: Breaking down big goals into smaller parts will make the goal achievable." Options (a), (b), and (d) are not part of the SMART framework. Always remember the full form: **Specific, Measurable, Achievable, Realistic, Time-bound**.

Q4. § Session 2: Self-awareness — Strength and Weakness Analysis**[2]**

Answer the following:

- (a) What is emotional intelligence ? [1]
- (b) Name any two skills included in emotional intelligence. [1]

Previously asked in: 2026 104 Q7

♦ Self-management Skills-II 2.1 Stress Management

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Model Answer

- (a) Emotional intelligence is the ability to understand, manage and effectively express one's own emotions, and to understand and influence the emotions of others.
- (b) Two skills included in emotional intelligence are:
1. Self-awareness
 2. Self-motivation

Explanation

The source passages (Chapter 2 on Self-management) mention self-awareness and self-motivation as key skills under self-management/emotional intelligence. Examiners expect a clear one-line definition for (a) and any two named skills for (b) — no elaboration needed for 1-mark answers.

Q5. § Session 1: Stress Management**[2]**

Explain the effectiveness of physical exercise and fresh air in stress management.

Previously asked in: 2025 104/S Q9

♦ Self-management Skills-II 2.1 Stress Management

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Model Answer

Physical exercise and fresh air are effective stress management techniques because:

- Activities like yoga, meditation, and deep breathing improve blood circulation and relax the body.
- Taking a walk or playing in a park provides fresh oxygen, making a person more active and reducing stress levels.

Explanation

This is a 2-mark question, so two clear points suffice. Examiners expect you to mention specific activities (yoga, meditation, deep breathing, walking/playing) and their direct benefits (blood circulation, relaxation, fresh oxygen, increased activeness). Avoid vague statements like "exercise is good" — link the activity to its benefit.

Source: Chapter 2, Session 1 — Stress Management, Management Techniques

Q6. § Session 1: Stress Management

[2]

Explain the importance of following a healthy lifestyle in effectively dealing with stress. Write any one common factor that causes stress among the children nowadays.

Previously asked in: 2024 104 Q6

♦ Self-management Skills-II

2.1 Stress Management

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Model Answer

A healthy lifestyle helps in managing stress effectively. Physical exercise, yoga, meditation, and deep breathing improve blood circulation and relax the body. A balanced diet provides energy, and adequate sleep (at least 7 hours) recharges the brain and body, keeping stress levels low.

One common factor causing stress in children: Exam pressure — being unprepared or too close to exams causes significant stress among students.

Source: Stress and Stress Management, Chapter 2

Explanation

- The question has two parts: (1) importance of healthy lifestyle for stress management, and (2) one common stressor for children — address both.
- From the passage, "healthy lifestyle" covers exercise, diet, sleep, and yoga/meditation — mention at least 2–3 for full marks.
- For the second part, any one valid stressor from the passage (exam pressure, lack of sleep, family pressure) is acceptable. Exam pressure is the most commonly cited example in the text.
- Do not over-explain; keep it concise as it is a 2-mark question.

Q7. § Session 1: Stress Management

[1]

Which of the following does not help in stress management ?

- (A) Healthy food
- (B) Sound sleep
- (C) Yoga asanas
- (D) Negative thoughts

Previously asked in: 2024 104 Q1 (i)

♦ Self-management Skills-II 2.1 Stress Management

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Model Answer

(D) Negative thoughts

Negative thoughts do not help in stress management. Techniques like healthy food, sound sleep, and yoga asanas are recommended to reduce stress.

Source: Stress Management, Chapter 2

Explanation

The passage clearly states under **Positivity**: "Focussing on negative aspects of life will add **more** stress." In contrast, healthy diet, sleep (7 hours), and yoga/meditation are all listed as stress management techniques. Examiners expect the correct option with a one-line justification.

Q8. § Session 1: Stress Management

[2]

How does meditation help in Managing Stress? Discuss briefly.

Previously asked in: 2023 104 Q6

♦ Self-management Skills-II 2.1 Stress Management

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Model Answer

Meditation helps in managing stress in the following ways:

- Doing **yoga, meditation and deep breathing exercises** helps in proper blood circulation and relaxes the body.
- It keeps a person **calm and composed**, reducing the physical and mental effects of stress.
- Practising meditation regularly helps in **managing emotions** and maintaining a positive state of mind.

Source: Chapter 2, Session 1 – Stress Management

Explanation

The question is worth 2 marks, so a brief, focused answer with 2–3 clear points is enough. The textbook specifically mentions meditation under **physical exercise and fresh air** as a stress management technique. Examiners expect students to mention blood circulation, body relaxation, and calmness. Avoid writing long paragraphs — bullet points work well here for clarity and marks.

Q9. § Session 1: Stress Management**[1]**

Stress management is vital because it leads to following benefits:

- (a) Improves mood
- (b) Boosts immune system
- (c) Promotes longevity
- (d) All of the above

Previously asked in: 2023 104 Q1 (v)

♦ Self-management Skills-II

2.1 Stress Management

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Model Answer**(d) All of the above**

Stress management improves mood, boosts the immune system, and promotes longevity, making option (d) correct.

Source: Session 1: Stress Management, Chapter 2

Explanation

The passage states that effective stress management helps you "have a joyful life," "be more energetic," and prevents long-term health problems — collectively pointing to improved mood, a stronger immune system, and longer, healthier living. In MCQs where all options are valid benefits, always choose "All of the above."

Q10. § Session 2: Self-awareness — Strength and Weakness Analysis**[1]**

Intrapersonal Intelligence is a concept that :

- (a) Measures an individual's ability to understand others' emotions and feelings.
- (b) Assesses one's proficiency in mathematics and logical reasoning.
- (c) Describes the level of self-awareness someone has, starting from realizing weaknesses, strengths, to recognizing their own feelings.
- (d) Evaluates an individual's spatial navigation and visualisation skills.

Previously asked in: 2024 104 Q2 (v)

♦ Self-management Skills-II

2.2 Self-awareness – Strength and Weakness Analysis

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Model Answer

(c) Intrapersonal Intelligence describes the level of self-awareness someone has, starting from realizing weaknesses, strengths, to recognizing their own feelings.

Explanation

The passage defines self-awareness as identifying your strengths, weaknesses, and knowing yourself — your beliefs, feelings, and inner qualities. This directly matches option (c). Options (a), (b), and (d) describe interpersonal, logical-mathematical, and spatial intelligence respectively — different types of intelligence altogether.

Q11. § Session 2: Self-awareness — Strength and Weakness Analysis**[1]**

Kinesthetic Intelligence :

- (A) Is the ability that is related to how a person uses his limbs in a skilled manner.
- (B) Is the ability related to mathematical reasoning.
- (C) Describes the level of self-awareness someone has, starting from realising weaknesses, strengths, to recognising their own feelings.
- (D) The ability to perceive the visual world and the relationship of one object to another.

Previously asked in: 2025 104/S Q2 (v)

♦ Self-management Skills-II

2.2 Self-awareness – Strength and Weakness Analysis

Kinesthetic Intelligence

Multiple Intelligences (Howard Gardner's Theory)

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Model Answer**(A) Is the ability that is related to how a person uses his limbs in a skilled manner.****Explanation**

Kinesthetic intelligence refers to bodily-movement intelligence — the skill of using one's body/limbs effectively. Options B, C, and D describe Logical-Mathematical, Intrapersonal, and Spatial intelligence respectively. Note: this concept (Howard Gardner's Multiple Intelligences) is not covered in the provided source passages, but it is part of the Class 10 Employability Skills syllabus.

Q12. § Session 3: Self-motivation**[1]**

Which of the following is not a step to build self-motivation ?

- (A) Focusing on your goal.
- (B) Planning to achieve your goal.
- (C) Being undisciplined.
- (D) Finding out your strength.

Previously asked in: 2024 104 Q1 (iv)

♦ Self-management Skills-II

2.3 Self-motivation

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Model Answer**(C) Being undisciplined.**

Being undisciplined is **not** a step to build self-motivation. The four steps are: finding out your strengths, focusing on your goals, planning to achieve your goals, and staying loyal to your goals.

Source: Chapter 2, Session 3: Self-motivation — Building Self-motivation

Explanation

The textbook lists four clear steps for building self-motivation (Figure 2.9): find out your strengths, set and focus on goals, develop a plan, and stay loyal to goals. Options A, B, and D directly match three of these steps. "Being undisciplined" is the opposite of what self-motivation requires — examiners expect you to identify it as the odd one out.

Q13. § Introduction § Basics of Self-management § Session 5: Self-regulation — Time Management

[2]

Mention any two benefits of working independently.

Previously asked in: 2023 104 Q8

♦ Self-management Skills-II

2.3 Self-motivation

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Model Answer

Two benefits of working independently are:

1. **Self-motivation:** Working independently helps develop inner drive and self-motivation, pushing a person to complete tasks without relying on others for encouragement or direction.
1. **Self-development:** It builds responsibility and ownership of tasks, which leads to personal growth, increased confidence, and improvement of skills like discipline, time management, and problem-solving.

Source: *Basics of Self-management, Chapter 2*

Explanation

The question asks for **two benefits**, so two clear, distinct points are enough — one per mark. The source passages discuss self-management skills like responsibility, self-motivation, and self-awareness as outcomes of managing yourself independently. Examiners look for:

- Named benefit (bold/underlined heading helps)
- A brief explanation of each (1–2 lines)

Avoid writing vague answers like "it is good" — always link the benefit to a skill or outcome (e.g., confidence, discipline, responsibility).

Q14. § Session 3: Self-motivation

[1]

Which of the following is an inner urge to do something, achieve their goals without any external pressure / lure for award or appreciation?

- (a) Self-awareness
- (b) Self-motivation
- (c) Self-regulation
- (d) Self-control

Previously asked in: 2023 104 Q1 (vi)

♦ Self-management Skills-II

2.3 Self-motivation

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Model Answer**(b) Self-motivation**

Self-motivation is the inner force that drives a person to achieve goals without external pressure, lure, reward, or appreciation from others.

Source: Session 3: Self-motivation, Chapter 2

Explanation

The key phrase in the question is "**inner urge... without any external pressure / lure for award or appreciation**" — this directly matches the textbook definition of **self-motivation**: *"our ability to do the things that need to be done without someone or something influencing us."*

- **Self-awareness** = knowing your strengths and weaknesses — eliminate.
- **Self-regulation** = goal setting and controlling behaviour — eliminate.
- **Self-control** = managing emotions and thoughts — eliminate.

Only **(b) Self-motivation** fits the definition of an internal drive with no external reward needed.

Q15. § Session 5: Self-regulation — Time Management

[1]

Define the term 'Time Management'.

Previously asked in: 2026 104 Q1 (iii)

♦ Self-management Skills-II

2.5 Self-regulation – Time Management

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Model Answer

Time management is the ability to plan and control how you spend the hours of your day well and do all that you want to do.

Source: Chapter 2, Session 5: Self-regulation — Time Management

Explanation

This is a direct definition from the textbook. For a 1-mark question, one precise sentence is sufficient. Examiners look for the key phrases: **plan**, **control**, and **hours of the day**. Do not add examples or extra points — that wastes time and earns no extra marks.

Q16. § Introduction § Session 5: Self-regulation – Time Management**[1]**

Mani has her final exam coming up. She creates a study schedule and sticks to it, balancing her study time with short breaks. Which self-management skill is she demonstrating?

- (A) Emotional Intelligence
- (B) Managing Emotions
- (C) Stress management
- (D) Time management

Previously asked in: 2025 104/S Q1 (i)

♦ Self-management Skills-II 2.5 Self-regulation – Time Management

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Model Answer

(D) Time management — Mani is creating a study schedule and sticking to it, which is a key time management skill.

Explanation

Time management is the ability to plan and control how you spend your hours. Creating a schedule and balancing study with breaks are classic examples of time management, not stress management or emotional regulation. Examiners expect you to pick the most specific and directly matching option.

Q17. § Session 5: Self-regulation – Time Management**[2]**

What is the importance of time management in effectively dealing with stress ? Provide any one strategy for improving time management skills to reduce stress.

Previously asked in: 2024 104 Q8

♦ Self-management Skills-II 2.1 Stress Management 2.5 Self-regulation – Time Management

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Model Answer**Importance of Time Management in Dealing with Stress:**

Proper time management is one of the most effective stress-relieving techniques. It helps us complete tasks on time, avoid last-minute pressure, focus on important work, and maintain a balance between work and relaxation — thereby reducing stress significantly.

One Strategy for Improving Time Management:

Prepare a To-Do List and Prioritise — List all activities and rank them in order of importance (Must Do, Should Do, Nice to Do). Complete the most important tasks first. This ensures no task is forgotten and reduces the anxiety of pending work.

Source: Chapter 2, Session 1 (Stress Management) and Session 5 (Time Management)

Explanation

- The examiner expects **two parts**: (1) why time management reduces stress, and (2) one clear strategy with a brief explanation.
- Key link to highlight: unfinished/delayed tasks → stress; planned tasks → reduced stress.
- Any one valid strategy (to-do list, prioritisation, timetable, avoiding distractions) is acceptable — just name and explain it briefly.
- Do not write a long essay; two short paragraphs are sufficient for 2 marks.

Q18. § Introduction**[1]**

Which of the following is not a key element of self-management skills ?

- (a) Prioritising your work
- (b) Not taking feedback
- (c) Goal setting
- (d) Staying updated about new practices

Previously asked in: 2024 104 Q1 (ii)

♦ Self-management Skills-II

2.1 Stress Management

2.2 Self-awareness – Strength and Weakness Analysis

2.3 Self-motivation

2.4 Self-regulation – Goal Setting

2.5 Self-regulation – Time Management

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Model Answer**(b) Not taking feedback**

Self-management skills include prioritising work, goal setting, and staying updated about new practices. **Not taking feedback** is incorrect behaviour — self-awareness requires seeking honest feedback for improvement.

Explanation

The textbook explicitly lists asking for honest feedback under **Self-awareness** as a key self-management skill. Options (a), (c), and (d) are directly mentioned as components of Time Management, Goal Setting, and Adaptability respectively. Examiners expect you to identify the option that contradicts, rather than supports, self-management.

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