

CBSE CLASS X

Artificial Intelligence (417)

QUESTION PAPER

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

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

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

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**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**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**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**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**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

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

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)

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 indisciplined.
- (D) Finding out your strength.

Previously asked in: 2024 104 Q1 (iv)

♦ Self-management Skills-II

2.3 Self-motivation

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

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

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**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**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**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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