

CLASS X ARTIFICIAL INTELLIGENCE HOLIDAY HOMEWORK

- 1.) Thoroughly read the Part-B Unit-1 Introduction to AI (Recapitulation of Class IX syllabus) from Page No. 105 till Page No. 126
- 2.) Complete the attached notes in the fair notebook of Part-A Unit-II Self-Management Skills -II and learn.
- 3.) **Prepare well for Internal Evaluation of 20 Marks in first week of July**
Syllabus:
 - Part-A Unit-II Self-Management Skills -II
 - Part-B Unit-1 Introduction to AI (Recapitulation of Class IX syllabus) from Page No. 105 till Page No. 126.

PART-A, UNIT-2 SELF MANAGEMENT SKILLS-II
Chapter -6 Stress Management and its Techniques

Answer the following questions.

Q1.) What is Stress?

Ans. Life is a chain of events marked by pain, anxiety, unmet expectations, failures, fear, and anticipation of loss. The endless greed for materialistic pleasures, achieving our goals, pressure from society or bitter past experiences create a chaotic atmosphere in our lives. All this leads to a state of emotional disturbance widely known as 'Stress'.

Q2.) What are the various factors that cause stress?

Ans Following are the factors that cause the stress:

- Threat
- Dangerous situations
- Irrational demands
- Societal or peer pressure
- Unrealistic goals
- Expectations
- Bad experiences
- Financial loss
- Discrimination

Q3.) Explain the importance of Stress Management.

Ans.

- 1.) Stress management allows a person to react positively in stressful situations.
- 2.) It provides ways to measure the different levels of stress so that the inflicted person can resort to self-help or seek help from a professional.
- 3.) It also helps to identify distinct stressors, which can either be good or bad. They can be self induced or be triggered due to external situations.
- 4.) Stress Management helps to bridge the gap between the available resources and the unrealistic demands surrounding them.
- 5.) Stress management also enhances the physiology of a person.

Q4.) What are the different types of stressors?

Ans 4. Following are the different types of stressors:

- Positive stressor
- Dangerous stressor (leads to stressful situations)
- Irrelevant stressor

Q5.) Stress does not always have a negative impact. Comment.

Ans.5. Stress does not always have a negative impact on us. It can sometimes be useful and help us to accomplish great things. For instance, some challenges are

difficult to face and cost stress; and yet, they help us to push our limits. This is known as 'Eustress'. Eustress provides us with energy and motivation to achieve our goals.

Chapter -7 Ability to work Independently

Answer the following questions.

Q1.) List any four elements that keep person motivated.

Ans.

1. Four elements that keep a person motivated are:

- Personal drive to achieve, the desire to improve, or to meet specific standards
- Commitment to personal or organisational goals
- Initiative or readiness to act on opportunities
- Optimism, which is the ability to continue and pursue goals in the face of Failures

Q2.) Explain the advantages of working independently.

Ans 2. Advantages of working independently includes:

- Boosts self-confidence: Independent people are likely to be more confident in handling problems affecting their lives.
- Makes the person self-reliant: An independent person is resourceful and relies only on himself.
- Makes the person emotionally independent: Independent people experience challenging life situations without involving other people.

Q3.) Why is self-regulation important for becoming independent?

Ans 3. Self-regulation is important for becoming independent:

- The self-regulation is important to become independent as we can say that the fundamentals of being independent are the ability to work on your own, with minimal direction, confidence, self-awareness, self-motivation, and self-regulation.
- It teaches how to respond to the difficulties and challenges that you might face in your everyday lives. It also instills a sense of being in control of your own learning and success.

Q4.) Define Self-regulation.

Ans 4. Self-regulation involves being able to control reactions to emotions like frustration or excitement.

Q5.) What are the different types of Motivation?

Answer – there are two types of motivation

- a. Internal Motivation – Many things we do which make us happy, feel good and healthy.
- b. External Motivation – If you are working for recognition, respect and appreciation.

Q6.) What are the qualities of Self – motivated people?

Answer – The qualities of Self – motivated people are –

- Know what they want from life
- Are focused
- Know what is important
- Are dedicated to fulfill their dreams

Q7.) How to build Self – Motivation?

Answer – There are four steps to build self – motivation.

- Find out your strength
- Set and focus on your goals
- Develop a plan to achieve your goals
- Stay loyal to your goals

Q8.) What are the benefits of time management?

Answer –

- Time management is the thinking skill that helps you to –
- Complete tasks on time
- Submit homework and assignments on time.
- You can identify how long it will take you to do something.

Q9.) What are the four steps for effective time management?

Answer – The four steps for time management are –

- a. Organize – We make plans for our day-to-day activity.
- b. Prioritize – We build a to-do list with all of our activities on it, and we organize them in order of importance.
- c. Control – We have a control over our activities and time
- d. Track – We keep track of where we've spent our time.