

Name \_\_\_\_\_

## Mastering Life Skills: Building Blocks for Success

### Multiple Choice Questions

1. What are life skills?
  - a) Skills learned in school subjects
  - b) Abilities that enable effective functioning in daily life
  - c) Hobbies and interests
  - d) Athletic skills
  
2. Which of the following is NOT a category of life skills mentioned in the passage?
  - a) Communication Skills
  - b) Decision-Making Skills
  - c) Problem-Solving Skills
  - d) Computer Programming Skills
  
3. Why are life skills important for personal growth?
  - a) They help you win competitions
  - b) They make you famous
  - c) They empower you to become a more confident and capable individual
  - d) They are irrelevant to personal growth
  
4. Which life skill involves adjusting to new situations and being resilient in the face of change?
  - a) Time Management
  - b) Emotional Intelligence
  - c) Adaptability
  - d) Critical Thinking
  
5. How can life skills benefit you in your future career?
  - a) They are not relevant to your career
  - b) They make you popular at work
  - c) They can boost your employability
  - d) They help you avoid work altogether

