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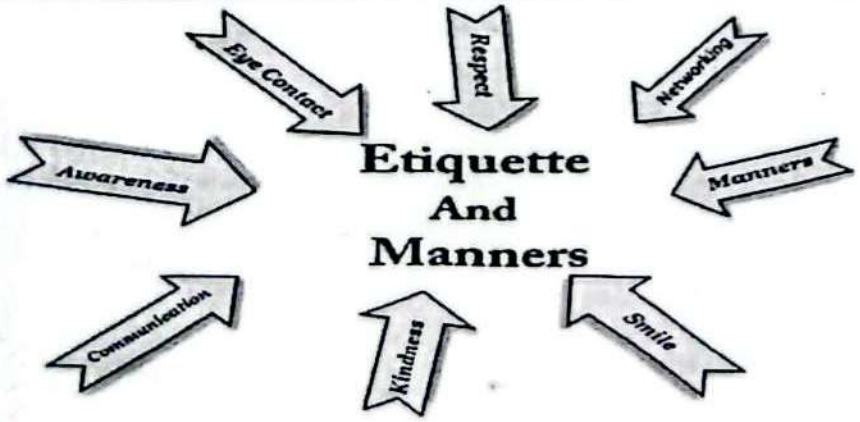
Daffodil International University

Faculty of Science & Information Technology
Department of Software Engineering
Midterm Examination, Fall 2026
Course Code: AOL101; Course Title: Art of Living
Sections & Teachers: SMR(A,B), MSP(C,D,E,F), SAM(G,H,I,J), DEH(K,L,M,N)

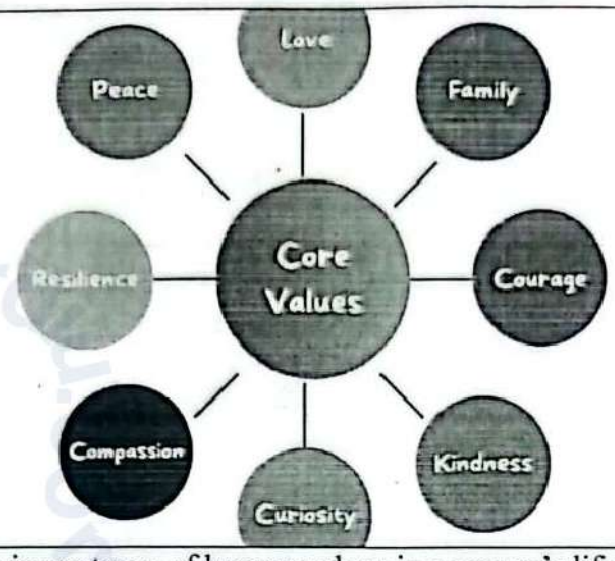
Time: 1 Hour 30 Mins **Marks: 25**

Answer ALL Questions

[The figures in the right margin indicate the full marks and corresponding course outcomes. All portions of each question must be answered sequentially.]

1.	*a)*	Nabila is a second-year student who studies the same way she did in school. Before every exam, she reads her notes again and again and memorizes the important lines. In class, she sits silently, copies the slides, and never asks questions. She believes that listening carefully and memorizing well will bring good results. Recently, Nabila received low marks in a course with a case-based project. Although she had memorized the whole syllabus, she could not apply her knowledge to a new problem. Her classmate Rafi, who discusses topics in groups, teaches others, and solves practical problems, performed much better. Rafi advised her to change her study habits, but Nabila thinks her old method has worked for years and there is no need to change it.	[Marks-5]	CLO-1 *Level-2*
		Nabila believes that "listening and memorizing" is enough for academic success. **Describe** whether her belief is correct or not. If not, identify the weaknesses in her study habits and interpret how she can learn in a more engaged and effective way. **Explain** why she needs to unlearn her old habits and relearn better ones to improve her performance and prepare for future challenges.		
	b)		[Marks-5]	

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		Observe the given picture carefully, **Clarify,** the key elements of etiquette and manners, express their influence on interpersonal relationships, and estimate how applying these qualities in real-life situations can enhance effective communication and professional development.		
2.	***a)***		**[Marks-5]**	**CLO-2** *Level-3*
		Determine the importance of human values in a person's life and in building good character. Describe how values such as honesty, respect, empathy, and responsibility guide a person's behavior in daily life. **Illustrate** how practicing good human values can contribute to a peaceful and harmonious society for the future.		
	b)	Tanvir is a junior officer at a private company where juniors are expected to work quietly while seniors take the credit. Recently, his manager presented Tanvir's analysis report to a client as his own work, and some colleagues joke that his small-town background does not suit a corporate environment. Slowly, Tanvir has started to doubt himself. He no longer shares ideas in meetings, and he recently refused to lead a small project, saying he is not capable of it. Soon after, his manager asked him to adjust some figures in a report to impress a client. Tanvir felt uncomfortable but feared losing his job. A senior colleague advised him to stay silent and agree with everyone. Tanvir is confused about how to protect his dignity without breaking his principles.	**[Marks-5]**	
		Demonstrate how the incidents in the office are affecting Tanvir's sense of self-worth and his belief in his own abilities. **Determine** the steps he can take to rebuild his self-belief and maintain strong self-respect without compromising his values.		
3.		Jahan grew up in a very quiet, protected family environment. As a result, she feels extremely shy when attending university group meetings or social gatherings. Even when she has brilliant ideas for a student club project, she keeps silent, assuming her peers will judge her or that freshmen are not allowed to lead discussions. Consequently, Jahan remains socially isolated and relies on predictable daily routines that feel safe.		**CLO-3** *Level-4*
		Identify the psychological barriers and external influences that keep Jahan confined to her Comfort Zone. **Outline** the practical steps she can take to overcome her fears, develop social skills, and progress into the Learning Zone and Growth Zone.	**[Marks-5]**	