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Daffodil International University

Faculty of Science & Information Technology
Department of Computer Science & Engineering
Midterm Examination, Fall 2026
Course Code: AOL 101, Course Title: Art of Living
Level: 2 Term: 2 Batch: 69

Time: 01:30 Hrs **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.	Sohel enjoys cooking and wants to open a small food business. However, his family expects him to choose a traditional office job because they believe it offers a more respectable and secure future. Sohel is unsure whether to follow his family's expectations or pursue a career that matches his interests. Discuss how Sohel could evaluate a career path that differs from his family's expectations. Identify one possible risk of his choice and explain how he could learn from practical experience before making a long-term decision.	[6]	CO1
2.	Rayan, a first-year university student, was once confident and academically successful. However, after entering university, he began comparing himself with classmates who performed better academically and were more socially active. His parents frequently reminded him of his past achievements and criticized his recent failures, believing that pressure would motivate him. Meanwhile, his friends often excluded him from group activities because he struggled to express his opinions. During a university presentation, Rayan disagreed with his group leader but remained silent to avoid conflict. Later, feeling frustrated, he reacted angrily when another teammate questioned his contribution. After receiving poor grades, he stopped participating in competitions and avoided new opportunities, fearing further embarrassment. Based on Rayan's experiences, explain FIVE reasons why his self-esteem gradually declined after entering university. Support each reason with a relevant incident from the scenario.	[6]	CO1
3.	Arif wants to become more confident, maintain better relationships, and improve his mental well-being. To achieve these goals, he decides to make significant changes to his daily routine and personal habits. However, he also considers avoiding most social activities to give more time to his studies. Show a practical strategy for Arif to improve his communication and maintain a balanced lifestyle. Predict a potential risk in his plan and construct a suitable way to address it.	[6]	CO2
4.	A software company is developing a healthcare application with a strict deadline. The project manager puts excessive pressure on the team, frequently criticizes junior developers in front of others, and ignores their emotional well-being. One developer, who is already struggling with personal problems, becomes frustrated and faces difficulty focusing on coding tasks. Another team member struggles to manage the heavy workload but hesitates to ask the manager for help, fearing criticism. Compare the effects of the project manager's leadership described in the scenario with those of a leader whom you consider ideal for this situation. and explain how ethical leadership and psychosocial support can create a positive work environment.	[7]	CO3