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Daffodil International University

Daffodil International University
Department of Agricultural Science
Faculty of Agriculture Sciences
BSc. in Agricultural Science
Mid-term Examination, Summer 2026

Course Code: 0223-111
Section: Summer 2026
Full Marks: 25

Course Title: Art of Living
Level-Term: L2-T1

Teacher's Initial: MA
Time: 1 Hour 30 Minutes

"Split answering is strictly prohibited"

1.	You have completed one year (25%) of your university journey. During this period, you have experienced academic and personal growth, faced challenges, made mistakes, developed new habits and skills, and gained valuable life lessons. **Reflect on your first year at university and write an essay discussing:** ○ Your most important achievements and personal growth. ○ Challenges, failures, or mistakes you experienced and the lessons you learned from it. ○ Any new habits, skills, attitudes, or positive change you have developed. ○ Important realizations or insights that have influenced your thinking and behavior. ○ Your goals (personal, academic, and professional) for the remaining years at university and the measurable action you will take to achieve them.	PLO1, CLO1, 3, C1	10
2.	Nondita Rani was interested in public speaking but avoided presentations because she felt shy and feared making mistakes in front of others. As a result, she missed several opportunities to participate in competitions and leadership activities in her first year. After attending Art of Living classes and live discussion, she realized that growth often begins outside one's comfort zone. She gradually started volunteering for small presentations and became more confident. What lesson can be learned from Nondita's experience? Identify one fear or limiting belief that may hinder your personal growth and explain how you would overcome it.	PLO1, CLO2, C3	5
3.	Tania spent most of her time comparing her appearance, participation, grades and achievements with others. This made her anxious, dissatisfied and jealous. Eventually, she decided to focus on her own progress and personal goals rather than competing with everyone around her. Based on this scenario, which attitude do you think is better for a happy, peaceful and successful life? Explain with reasons and examples from your own experience.	PLO5, CLO2, C3	5
4	A student failed an important exam and felt discouraged. Initially, he saw the failure as proof that he was not capable. Later, he reflected on his preparation methods, identified his mistakes, and developed a better study plan. His performance improved significantly in the following semester. What lessons can be learned from this experience? Which response is more likely to help personal growth and success? Explain using an example from your own life.	PLO5, CLO2, C4	5

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