

21U632

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Name: .....

Reg.No: .....

**SIXTH SEMESTER B.Sc. DEGREE EXAMINATION, APRIL 2024**

(CBCSS - UG)

(Regular/Supplementary/Improvement)

**CC19U PSY6 B04 - LIFE SKILL EDUCATION: APPLICATIONS AND TRAINING**

(Psychology - Core Course)

(2019 Admission onwards)

Time : 2.00 Hours

Maximum : 60 Marks

Credit : 3

**Part A** (Short answer questions)

Answer *all* questions. Each question carries 2 marks.

1. Define personal and social development.
2. Summarize the term creative thinking.
3. Explain concepts of empathy.
4. Define intrapersonal orientation.
5. Explain interpersonal attraction.
6. Define listening skills.
7. Define evaluation.
8. Define anchoring heuristics.
9. Explain problem solving.
10. Discuss the tools for time management.
11. Define career planning.
12. Define simulations.

**(Ceiling: 20 Marks)**

**Part B** (Short essay questions - Paragraph)

Answer *all* questions. Each question carries 5 marks.

13. Discuss the origin and development concept of life skill.
14. Describe about resolve conflicts.
15. Explain the types of stress.
16. Discuss the adverse effects of anxiety.

17. Describe about the importance of goal setting.
18. Describe about the features of addiction.
19. Discuss the concept of women empowerment.

**(Ceiling: 30 Marks)**

**Part C (Essay questions)**

Answer any *one* question. The question carries 10 marks.

20. Analyze the importance of effective communication.
21. Explain thinking skills and its major concepts.

**(1 × 10 = 10 Marks)**

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