

**24U294**

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Name : .....

Reg. No : .....

**SECOND SEMESTER UG DEGREE EXAMINATION, APRIL 2025**

(FYUGP)

**CC24UBSW2FM106 - LIFE SKILL EDUCATION FOR PERSONAL WELL BEING**

(B.S.W. - MDC)

(2024 Admission - Regular)

Time: 1.5 Hours

Maximum : 50 Marks

Credit: 3

**Part A** (Short answer questions)

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

1. Interpersonal skills. [Level:1] [CO4]
2. Define emotional resilience. [Level:1] [CO2]
3. Decision-making and its need. [Level:1] [CO3]
4. Define verbal communication. [Level:1] [CO4]
5. Explain problem-solving. [Level:2] [CO3]
6. Write 2 difference between critical and creative thinking. [Level:1] [CO3]
7. Building resilience. [Level:1] [CO2]
8. Evaluating arguments. [Level:1] [CO3]
9. Respect in interpersonal relationships. [Level:1] [CO4]
10. Analytical reasoning in problem-solving. [Level:1] [CO3]

**(Ceiling: 16 Marks)**

**Part B** (Paragraph questions/Problem)

Answer *all* questions. Each question carries 6 marks.

11. Discuss the key objectives of life skills. [Level:2] [CO3]
12. Discuss the benefits of SWOC analysis. [Level:2] [CO2]
13. Discuss problem-solving as a life skill and its impact on personal and professional growth. [Level:2] [CO4]
14. Discuss conflict resolution strategies and effective communication techniques. [Level:2] [CO4]
15. Explain the importance of life skill Education. [Level:2] [CO1]

**(Ceiling: 24 Marks)**

**Part C (Essay questions)**

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

16. Examine the significance of empathy in interpersonal relationships and analyze its impact on effective communication and conflict resolution. [Level:4] [CO4]

17. Describe the significance of self-awareness and the ability to recognize and label emotions as key personal skills in life skills education. [Level:2] [CO2]

**(1 × 10 = 10 Marks)**

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