

D 11228

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Name.....

Reg. No.....

**FIFTH SEMESTER B.A./B.Sc./B.Com./B.B.A. DEGREE  
EXAMINATION, NOVEMBER 2016**

(CUCBCSS-UG)

Open Course

PSY 5D 02—LIFE SKILL DEVELOPMENT

Time : Two Hours

Maximum : 40 Marks

**Part A**

*Answer all questions.  
Each question carries 1 mark.*

Choose the correct answer :

1. Communication that consists of messages sent through one's voice :
  - (a) Verbal.
  - (b) Vocal.
  - (c) Bodily.
  - (d) Touch.
2. The dos and don'ts by which people lead their lives :
  - (a) Love.
  - (b) Control.
  - (c) Regulations.
  - (d) Rules.
3. "Keep calm", "Slow down", "Relax", "Breath slowly and regularly". What type of statements are all these ?
  - (a) Coaching.
  - (b) Calming.
  - (c) Coping.
  - (d) Affirming.
4. Feeling with a client's flow of emotions and experiencing and communicating this back :
  - (a) Paraphrasing.
  - (b) Reflecting.
  - (c) Communicating.
  - (d) Sending.
5. Which among the following is not an audio-visual aid in presentation ?
  - (a) Whiteboard.
  - (b) CD.
  - (c) Training manuals.
  - (d) Role plays.

(5 × 1 = 5 marks)

Turn over

**Part B (Short Answers)**

Answer **all** questions.

Each question carries 2 marks.

6. Conflict.
7. Listening.
8. Interview.
9. Problem solving.
10. Self-talk.

(5 × 2 = 10 marks)

**Part C**

Answer any **three** questions in a paragraph.

Each question carries 5 marks.

11. Life skill education.
12. Body language in communication.
13. Performance anxiety management.
14. Skills for anger management.

(3 × 5 = 15 marks)

**Part D (Essays)**

Answer any **one** question.

The question carries 10 marks.

15. Define creative thinking. What are the stages involved in it ?
16. How will you go about with planning, structuring and delivering a presentation of your choice ?

(1 × 10 = 10 marks)