

17U629

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Name:

Reg. No.....

SIXTH SEMESTER B.Sc. DEGREE EXAMINATION, APRIL 2020

(CUCBCSS-UG)

CC17U PSY6 B04 - LIFE SKILL EDUCATION: APPLICATIONS AND TRAINING

Psychology - Core Course
(2017 Admissions - Regular)

Time: Three Hours

Maximum: 80 Marks

PART A

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

Choose the correct Answer from the following options given:

1. Those competencies that assist people in functioning well in the environments in which they live
(Personal skill, life skill, job skill)
2. What is the first step of the decision making process?
(Identify the problem, Evaluate, Set a goal)
3. Which of the following is not a feature of verbal communication?
(Words, pronunciation, paper)
4. According to _____ life skills are the abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands and challenges of everyday life.
(WHO, CRC, UNICEF)
5. What does the term mortality refer?
(Death, illness, health, morbidity)

Fill in the Blanks:

6. Recognition of 'self' and identifying our strengths and weaknesses, desires and dislikes are _____
7. _____ means that we are able to express ourselves, both verbally and non-verbally, so that our ideas are effectively transmitted to others.
8. _____ means involving recognizing emotions within us and others, being aware of how emotions influence behavior and being able to respond to emotions appropriately.
9. In a simple model of communication, information is sent in some form as spoken language from _____ to a receiver
10. _____ communication happens among friends and family.

(10 x 1 = 10 Marks)

PART B

Answer *all* questions. Each question carries 2 marks

11. Life skill.
12. Empathy.
13. Anxiety.
14. Incubation.
15. Listening.
16. Negotiation skill.
17. Classification of life skills.
18. Social exchange theory.
19. Intrapersonal orientation.
20. Critical thinking.

(10 x 2 = 20 Marks)

PART C

Answer any *six* questions. Each question carries 5 marks

21. Life skills for preventing addiction.
22. Time management skill.
23. Effective communication.
24. Preventive factors of problem solving.
25. Creative thinking.
26. Self-awareness.
27. Coping methods of stress.
28. Interpersonal attraction.

(6 x 5 = 30 Marks)

PART D

Answer any *two* questions. Each question carries 10 marks.

29. Give detailed explanation on effective communication.
30. Write an essay on coping skills.
31. Life skill application in different domains.
32. Application of life skill on anxiety.

(2 x 10 = 20 Marks)
