

C 80081

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Name.....55.....

Reg. No.....

SIXTH SEMESTER B.Sc. DEGREE EXAMINATION, MARCH/APRIL 2015

(U.G.—CCSS)

Core Course—Psychology

PS 6B 03—LIFE SKILL DEVELOPMENT

Time : Three Hours

Maximum : 30 Weightage

I. Answer all *twelve* questions :

Fill in the blanks with suitable answer from the brackets :

1 _____ is experiencing any significant feeling or sensation people are like to think in pictures as well as in words.

(Visualization, Imagination, Dreams)

2 _____ refers to the height or depth of one's voice.

(Volume, Pitch, Articulation)

3 _____ are the 'dos' and 'don'ts' by which people lead their lives.

(Customs, Laws, Rules)

4 _____ is coaching that focuses on improving people's personal lives as well as their working lives.

(Life coaching, Life managing, Life saving)

Fill in the blanks with suitable answers :

5 _____ was the proponent of cognitive therapy.

6 _____ Refers loudness or softness of speech.

7 The _____ is one's picture of oneself, what one think of as 'I' or 'Me'.

8 The proponent of REBT was _____.

Match the following :—

9 Verbal communication

(a) Voice.

10 Vocal communication

(b) Body touch.

11 Bodily communication

(c) Words.

12 Touch communication

(d) Facial expression.

(12 × ¼ = 3 weightage)

Turn over

II. Answer all *nine* questions :

- 13 Life styles.
- 14 Traits.
- 15 Attitude.
- 16 Performance anxiety.
- 17 Self awareness.
- 18 Perception skills.
- 19 Interview.
- 20 Critical thinking.
- 21 Persuasion.

(9 × 1 = 9 weightag

III. Answer any *five* questions as short essays :

- 22 Skills for time management.
- 23 Skills for listening and understanding.
- 24 Communication skills.
- 25 Decision making.
- 26 Use of audio-visual aids in presentation.
- 27 Relationship skills.
- 28 Conflict management.

(5 × 2 = 10 weightag

IV. Answer any *two* essay questions :

- 29 What are presentation skills ? Narrate the planning, structuring and delivering of presentation ?
- 30 Illustrate the steps, strategies and factors affecting problem solving.
- 31 Discuss the skills required for anger management.

(2 × 4 = 8 weightag