

22U571

(Pages: 2)

Name:

Reg.No:

FIFTH SEMESTER UG DEGREE EXAMINATION, NOVEMBER 2024

(CBCSS - UG)

(Regular/Supplementary/Improvement)

CC19U PSY5 D02 - LIFE SKILL APPLICATIONS

(Psychology - Open 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. What is the role of lifeskill in managing emotions?
2. Give a note on decision making.
3. Give a note on self esteem.
4. Give any three benefits of having self awareness.
5. Give the guidelines for empathetic listening.
6. What are the disadvantages of problem solving?
7. Give a note on any three problem solving skills.
8. Explain the concept of interpersonal relationship.
9. Give some ways to improve interpersonal skills.
10. Explain effective communication.
11. Explain decision making under uncertainty.
12. Explain the role of life skill training in adolescents for building relationship.

(Ceiling: 20 Marks)

Part B (Short essay questions - Paragraph)

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

13. Explain the concept and meaning of lifeskill in detail.
14. Explain the importance of having life skill.
15. Give a note on steps in building interpersonal relationship.
16. Give a note on non verbal communication and its advantages.
17. What are the goals and levels of prevention programs in drug abuse?

18. Explain the goals of career planning.
19. Explain the principles and strategies of women empowerment.

(Ceiling: 30 Marks)

Part C (Essay questions)

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

20. Explain problem solving and its steps in detail.
21. Explain career decisionmaking in detail.

(1 × 10 = 10 Marks)
