

**22U633**

(Pages: 2)

Name : .....

Reg. No : .....

**SIXTH SEMESTER B.Sc. DEGREE EXAMINATION, APRIL 2025**

(CBCSS-UG)

(Regular/Supplementary/Improvement)

**CC19U PSY6 B04 - LIFE SKILL EDUCATION APPLICATION AND TRAINING**

(Psychology - Core Course)

(2019 Admission onwards)

Time: 2 Hours

Maximum: 60 Marks

Credit: 3

**Part A (Short answer questions)**

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

1. Identify the need of life skill.
2. Define the term WHO.
3. Explain interpersonal theories.
4. Discuss the skills to develop relations.
5. Define effective communication.
6. Define illumination.
7. Define heuristics.
8. Explain coping interventions.
9. Explain major concepts of career planning.
10. Define career guidance centre.
11. Describe the personal abilities in women empowerment.
12. Define brainstorming.

**(Ceiling: 20 Marks)**

**Part B (Short essay questions - Paragraph)**

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

13. Define core life skills and explain it with examples.
14. Discuss the interpersonal orientation and intrapersonal orientation.
15. Discuss about problem solving.
16. Evaluate the techniques of time management.

17. Explain about how to overcome anxiety.
18. Discuss about planning.
19. Discuss about preventive aspects of addiction.

**(Ceiling: 30 Marks)**

**Part C (Essay questions)**

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

20. Explain self awareness and its assessment.
21. Explain thinking skills and its major concepts.

**(1 × 10 = 10 Marks)**

\*\*\*\*\*