

FIFTH SEMESTER UG DEGREE EXAMINATION, NOVEMBER 2025

(CBCSS - UG)

(Regular/Supplementary/Improvement)

CC19UPSY5D02 - 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. Give a note on self efficacy.
2. Give any two benefits of having empathy in real life.
3. Explain the step of evaluation and revision in problem solving.
4. Give some barriers in interpersonal relationship.
5. Explain the elements of communication.
6. Give a note on verbal communication.
7. Give some definitions for decision making.
8. Give any two steps of career decision making.
9. What are the goals of prevention programs in drug abuse.
10. Give a small note on barriers to carrier planning.
11. Explain collective level of women empowerment.
12. Explain the personal level goal of LST program in adolescent group.

(Ceiling: 20 Marks)**Part B (Short essay questions - Paragraph)**Answer ***all*** questions. Each question carries 5 marks.

13. Explain the need of life skill in detail.
14. Explain the importance of having life skill.
15. Explain decision making in ten core life skills.
16. Explain empathetic listening.

17. Define problem solving and its advantages and disadvantages in detail.
18. Explain problem solving skills.
19. Explain the importance and types of interpersonal skills.

(Ceiling: 30 Marks)

Part C (Essay questions)

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

20. Give an account on life skills its importance and role in real life.
21. Give an account on lifeskill empathy in detail.

(1 × 10 = 10 Marks)
