

25U286

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Name :

Reg. No :

SECOND SEMESTER UG DEGREE EXAMINATION, APRIL 2026

(FYUGP)

(REGULAR/SUPPLEMENTARY/IMPROVEMENT)

CC24UBSW2FM106 - LIFE SKILL EDUCATION FOR PERSONAL WELL BEING

(Social Work - MDC)

(2024 Admission onwards)

Time: 1.5 Hours

Maximum : 50 Marks

Credit: 3

Part A (Short answer questions)

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

1. Explain Creative Thinking. [Level:2] [CO3]
2. Labeling emotions on stress management. [Level:1] [CO2]
3. Importance of intuition in decision-making. [Level:1] [CO3]
4. Discuss the role of non-verbal cues in communication. [Level:1] [CO4]
5. Life skill education and interpersonal relationships. [Level:1] [CO4]
6. Critical thinking in decision-making. [Level:1] [CO3]
7. Meditation and Yoga. [Level:1] [CO2]
8. Logical thinking. [Level:1] [CO4]
9. Define non-verbal communication. [Level:1] [CO4]
10. Creative thinking enhances innovation. [Level:1] [CO3]

(Ceiling: 16 Marks)

Part B (Paragraph questions/Problem)

Answer ***all*** questions. Each question carries 6 marks.

11. Discuss the key objectives of life skills. [Level:2] [CO3]
12. Explain the importance of sleep in emotional well-being. [Level:2] [CO2]
13. Discuss problem-solving as a life skill and its impact on personal and professional growth. [Level:2] [CO4]

14. Discuss about active listening and its importance in Human relationship [Level:2] [CO4]
15. Discuss how leadership improves life skills. [Level:2] [CO1]
- (Ceiling: 24 Marks)**

Part C (Essay questions)

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

16. Examine the key factors that contribute to healthy relationships and analyze the role of interpersonal skills in building and maintaining them. [Level:4] [CO4]
17. Discuss the role of emotional regulation techniques, self-reflection practices, and SWOC analysis in personal development. [Level:2] [CO2]

(1 × 10 = 10 Marks)
