

23U633

(Pages: 2)

Name:

Reg.No:

SIXTH SEMESTER B.Sc. DEGREE EXAMINATION, APRIL 2026

(CBCSS - UG)

(Regular/Supplementary/Improvement)

CC19UPSY6B04 - LIFE SKILL EDUCATION APPLICATION AND TRAINING

(Psychology - Core 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. Define self image.
2. Define coping with stress.
3. Define intrapersonal orientation.
4. Explain interpersonal attraction.
5. Define non verbal skills.
6. Explain critical thinking.
7. Define evaluation.
8. Explain decision making.
9. Explain the techniques of time management.
10. Discuss the adverse effects of anxiety.
11. Explain the types of addiction.
12. Discuss the major concepts of career development.

(Ceiling: 20 Marks)

Part B (Short essay questions - Paragraph)

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

13. Explain historical aspects of life skill.
14. Explain concepts of empathy.
15. Explain the types of stress.
16. Describe about the importance of planning.

17. Describe the importance of career planning.
18. Describe the stages of empowerment.
19. Explain life skill for employed youth.

(Ceiling: 30 Marks)

Part C (Essay questions)

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

20. Analyze the importance of effective communication.
21. Describe about problem solving and its steps.

(1 × 10 = 10 Marks)
