

19U561

(Pages: 2)

Name:

Reg.No:

FIFTH SEMESTER UG DEGREE EXAMINATION, NOVEMBER 2021

(CBCSS - UG)

CC19U PSY5 D02 - LIFE SKILL APPLICATIONS

(Psychology - Open Course)

(2019 Admission - Regular)

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 any three importance of having lifeskills.
3. Give a note on critical thinking.
4. Give a note on self efficacy.
5. Give any three benefits of having empathy in relationship.
6. Explain the difference between empathy and sympathy.
7. Explain the steps of evaluation and revision in problem solving.
8. Explain about interpersonal relationship.
9. Explain self awareness.
10. What is decision making?
11. What is tertiary prevention in addiction?
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 skills to obtain self awareness.
14. Define problem solving and its advantages and disadvantages in detail.
15. Explain negotiating skills.
16. Give a note on steps in building interpersonal relationship.
17. Explain effective communication skills and its types.
18. Give a note on verbal communication and its advantages.
19. Explain the steps of career decision making.

(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. Write an essay on Life skill for career planning and development.

(1 × 10 = 10 Marks)
