

18U629

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Name:

Reg. No.....

SIXTH SEMESTER B.Sc. DEGREE EXAMINATION, APRIL 2021

(CUCBCSS-UG)

(Regular/Supplementary/Improvement)

CC17U PSY6 B04 - LIFE SKILL EDUCATION: APPLICATIONS AND TRAINING

(Psychology - Core Course)

(2017 Admissions onwards)

Time: Three Hours

Maximum: 80 Marks

SECTION A

Answer *all* questions. Each question carries 1 mark.

1. The first step in decision making is
 - a) Establish priorities
 - b) Establish specific goals and objectives
 - c) Identify and define the problem
 - d) Determine courses of the problem
2. The stage of incubation is closely related to
 - a) Problem solving
 - b) Critical thinking
 - c) Creative thinking
 - d) Media thought
3. Self-monitoring is one of the ----- skills
 - a) Time management
 - b) Expectation skill
 - c) Self talk skill
 - d) Realistic goal setting skill
4. The conscious knowledge of one's own character, feelings, motives and desires is called
 - a) Self regulation
 - b) Self awareness
 - c) Self monitoring
 - d) Self evaluation
5. Brainstorming solution is an important step in
 - a) Decision making
 - b) Problem solving
 - c) Coping
 - d) Creative thinking

Fill in the blanks:

6. The objective analysis and evaluation of an issue in order to form a judgment is called
7.is the fact of something such as an organization regulating itself without intervention from external bodies.
8. is an emotion characterized by feeling of tension, worried thoughts and physical changes like increased blood pressure?
9. is a process of exchanging ideas, thoughts, knowledge and information such that the purpose or intention is fulfilled in the best possible manner?
10. The technique/ skill that a person may use in order to sustain life in any type of natural environment or built environment is called

(10 x 1 = 10 Marks)

SECTION B

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

11. Self awareness.
12. Communication.
13. Survival skills.
14. Non verbal communication.
15. Problem solving.
16. Phases in creative thinking.
17. Coping skill.
18. Anxiety.
19. Expectation skill.
20. Time management.

(10 x 2 = 20 Marks)

SECTION C

Answer any *six* questions. Each question carries 5 marks.

21. Need and importance of life skill.
22. Components of communication.
23. Barriers of effective communication.
24. Elaborate steps in decision making.
25. Negotiating skills.
26. Life skill for stress and time management.
27. Career planning and development.
28. Life skill for women empowerment.

(6 x 5 = 30 Marks)

SECTION D

Answer any *two* of the following. Each question carries 10 marks.

29. Explain origin and development of concept of life skill.
30. Write a note on survival skills and discuss interpersonal attraction & theories.
31. What is coping skills? Explain symptoms of anxiety and overcoming anxiety.
32. Prepare a detailed note on Life skill in different area.

(2 x 10 = 20 Marks)
