

19U656

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Name:

Reg.No:

SIXTH SEMESTER B.Sc. DEGREE EXAMINATION, APRIL 2022

(CBCSS - UG)

CC19U PSY6 B04 - LIFE SKILL EDUCATION: APPLICATIONS AND TRAINING

(Psychology - Core 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. List out any three core life skills.
2. Explain the concept of Daker world education conference.
3. Discuss the assessment methods in self awareness.
4. Define interpersonal orientation.
5. Explain interpersonal theories.
6. Discuss the skills to develop relations.
7. Explain the media thought.
8. Define representativeness heuristics.
9. Explain problem solving.
10. Explain the importance of goal setting.
11. Explain different strategies for addiction.
12. Explain career planning in life skill education.

(Ceiling: 20 Marks)

Part B (Short essay questions - Paragraph)

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

13. Discuss about core skills in life skill education.
14. Compare verbal and non verbal skills.

15. Describe about coping interventions.
16. Discuss about time management.
17. Discuss the symptoms of anxiety.
18. Discuss about career development in life skill training.
19. Explain the importance of life skill among adolescents.

(Ceiling: 30 Marks)

Part C (Essay questions)

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

20. Analyze the importance of effective communication.
21. Explain thinking skills and its major concepts.

(1 × 10 = 10 Marks)
