

20U648S

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Name:

Reg. No:

SIXTH SEMESTER B.Sc. DEGREE EXAMINATION, APRIL 2023

(CUCBCSS-UG)

CC17U PSY6 B04 – LIFE SKILL EDUCATION: APPLICATIONS AND TRAINING

(Psychology - Core Course)

(2017, 2018 Admissions – Supplementary/Improvement)

Time: Three Hours

Maximum: 80 Marks

Part A

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

1. The abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands and challenges of everyday life.
 - a) Life skills
 - b) Listening skills
 - c) Personal skills
 - d) Functioning skills
2. Recognition of ‘self’ and identifying our strengths and weaknesses, desires and dislikes.
 - a) Self-awareness
 - b) Problem solving
 - c) Critical thinking
 - d) Creative thinking
3. _____ the behaviors and tactics a person use to interact with others effectively.
 - a) Interpersonal relationship skills
 - b) Effective communication
 - c) Critical thinking
 - d) Decision making
4. _____ the process of making choices by identifying a decision, gathering information, and assessing alternative resolutions.
 - a) Problem solving
 - b) Effective communication
 - c) Critical thinking
 - d) Decision making
5. The life skills approach encompasses and balances all the three components, namely _____, Attitudes and Skills.
 - a) Knowledge
 - b) Empathy
 - c) Sympathy
 - d) Apathy

Fill in the Blanks:

6. _____ includes being able to make and keep friendly relationships and also being able to end relationships constructively.
7. Self-esteem, _____, self-evaluation skills and the ability to set goals are also part of self-management skills.
8. One of the major functions of _____ centres are to provide information and guidance on Career opportunities
9. _____ goal that you desire to achieve in a selected field or occupation with a well thought out plan to get you there.

10. _____ the capacity for introspection and the ability to recognize oneself as an individual separate from the environment and other individuals

(10 × 1 = 10 Marks)

Part B

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

11. Self-awareness.
12. Symptoms of Anxiety.
13. Life skill.
14. Verbal and non-Verbal Skills.
15. Resolve Conflicts.
16. Planning.
17. Time management.
18. Problem Solving.
19. Communication.
20. Stress management programme.

(10 × 2 = 20 Marks)

Part C

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

21. Life skill for stress
22. Creative thinking
23. Decision making
24. Components of communication
25. Intrapersonal skills
26. Survival skills
27. Problem solving
28. Critical thinking

(6 × 5 = 30 Marks)

Part D

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

29. Explain about self-awareness.
30. Explain about effective communication and its components.
31. Define life skill and need and importance of life skill.
32. Explain about negotiating skills and thinking skills.

(2 × 10 = 20 Marks)
