

20U632

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Name: .....

Reg.No: .....

**SIXTH SEMESTER B.Sc. DEGREE EXAMINATION, APRIL 2023**

(CBCSS - UG)

(Regular/Supplementary/Improvement)

**CC19U PSY6 B04 - LIFE SKILL EDUCATION: APPLICATIONS 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. Identify the need of life skill.
2. Describe the interpretation by WHO.
3. Define survival skills.
4. Explain interpersonal attraction.
5. Discuss about resolve conflicts.
6. Define listening skills.
7. Define thinking skills.
8. Define evaluation.
9. Explain problem solving.
10. Explain the symptoms of anxiety.
11. Discuss the importance of career planning.
12. Explain the concept of women empowerment.

**(Ceiling: 20 Marks)**

**Part B** (Short essay questions - Paragraph)

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

13. Discuss about the concept of life skill.
14. Explain concepts of empathy.
15. Explain about types of heuristics.
16. Discuss about time management.
17. Discuss about goal setting.

18. Describe about the features of addiction.
19. Describe the techniques of life skill training for various groups.

**(Ceiling: 30 Marks)**

**Part C (Essay questions)**

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

20. Describe the components of communication.
21. Define stress and stress management program.

**(1 × 10 = 10 Marks)**

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