

C 80306

(Pages : 3)

Name.....

Reg. No.....

**SIXTH SEMESTER B.A./B.Sc. DEGREE EXAMINATION, MARCH 2020**  
(CUCBCSS—UG)

Psychology

PSY 6B 04—LIFE SKILL EDUCATION : APPLICATIONS AND TRAINING  
(2017 Admissions)

Time : Three Hours

Maximum : 80 Marks

**Section A**

*Select the correct answer.*

*1 mark each.*

1. Which of these is a life skill :

- |                              |                  |
|------------------------------|------------------|
| (a) Intelligence.            | (b) Emotions.    |
| (c) Effective communication. | (d) Personality. |

2. Effects of stress does not include :

- |                    |                       |
|--------------------|-----------------------|
| (a) Sleeplessness. | (b) Fatigue.          |
| (c) Health.        | (d) Physical illness. |

3. Conflict resolution includes :

- |                                       |                              |
|---------------------------------------|------------------------------|
| (a) Calm and non defensive reactions. | (b) Inability to compromise. |
| (c) Fear of conflict.                 | (d) Social withdrawal.       |

4. Awareness of emotions of other people can be termed as :

- |                |                 |
|----------------|-----------------|
| (a) Cognition. | (b) Physiology. |
| (c) Empathy.   | (d) Instincts.  |

5. Creative thinking is a form of :

- |                    |                         |
|--------------------|-------------------------|
| (a) Art.           | (b) Divergent thinking. |
| (c) Communication. | (d) Convergent thinking |

Fill in the blanks :

6. \_\_\_\_\_ is the process of organizing time inorder to work effectively.
7. Addiction is a state that includes \_\_\_\_\_ and \_\_\_\_\_ dependence.

**Turn over**

8. Goal setting requires one to set \_\_\_\_\_ goals.
9. The sender in a communication process has to first \_\_\_\_\_ the message.
10. Physical exercise helps to reduce \_\_\_\_\_.

(10 × 1 = 10 marks)

### Section B

*Write short answers.*

*Answer all questions.*

*2 marks each.*

11. Empathy.
12. Creative thinking.
13. Listening skills.
14. Stress management.
15. Career planning skills.
16. Intrapersonal orientations.
17. Definition of life skills.
18. Conflict resolution skill.
19. Non verbal communication.
20. Self awareness.

(10 × 2 = 20 marks)

### Section C

*Write a paragraph on any six.*  
*5 marks each.*

21. Mother skills.
22. Skills for empowering women.
23. Relationship development skills.
24. Role of WHO in life skills education.
25. Time management.

26. Core life skills.
27. Life skills training programme for youth.
28. Critical thinking.

(6 × 5 = 30 marks)

#### Section D

*Write an essay on any two.  
10 marks each.*

29. Describe the life skills and their training methods that can prevent drug abuse in youth ?
30. Explain effective communication skills.
31. Discuss the meaning and importance of life skills.
32. How can a person improve the skills of decision making and problem solving ?

(2 × 10 = 20 marks)