

C 40645

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Name.....

Reg. No.....

SIXTH SEMESTER U.G. DEGREE EXAMINATION, MARCH 2023

(CBCSS—UG)

Psychology

PSY 6B 04—LIFE SKILL EDUCATION : APPLICATIONS AND TRAINING

(2019 Admission onwards)

Time : Two Hours

Maximum : 60 Marks

Section A

*Answer all questions.**Answer in two or three sentences.**Each question carries 2 marks.**There shall be ceiling of 20 marks in this section.*

1. Temperament.
2. Inter-personal skills.
3. Emotional regulation.
4. Equanimity.
5. Salovey and Mayer.
6. Assertiveness.
7. Creative thinking.
8. Decision making.
9. Organizing skills.
10. Self-efficacy.
11. Time management.
12. Adolescence.

(Ceiling 20 marks)

Turn over

Section B

Answer all questions.

Answer in a paragraph of about half a page to one page.

Each question carries 5 marks. There shall be ceiling of 30 marks in this section.

13. Anger management.
14. Communication diagram.
15. Gender sensitivity.
16. Life skills for stress management.
17. Nonverbal communication.
18. Skills for career planning.
19. Skills required for leadership.

(Ceiling 30 marks)

Section C (Essay Type Questions)

Answer any one of the following.

Each question carries 10 marks.

20. What are the different components of Self-awareness ?
21. Describe the various components of critical thinking.

(1 × 10 = 10 marks)