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(Pages : 2)

Name.....

Reg. No.....

SIXTH SEMESTER U.G. DEGREE EXAMINATION, MARCH 2022

(CBCSS-UG)

Psychology

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

(2019 Admissions)

Time : Two Hours

Maximum : 60 Marks

Section A

*Answer atleast **eight** questions.*

Each question carries 3 marks.

All questions can be attended.

Overall ceiling 24.

1. Resilience.
2. Life Skills.
3. Self-development.
4. Negotiation skill.
5. WHO.
6. Survival Skills.
7. Active listening.
8. Conflict.
9. Reflective behaviour.
10. MBTI.
11. Time management.
12. Emotional regulation.

(8 × 3 = 24 marks)

Turn over

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Section B

Answer atleast **five** questions.

Each question carries 5 marks.

All questions can be attended.

Overall ceiling 25.

13. Barriers to effective communication.
14. Symptoms of anxiety.
15. Women empowerment.
16. Gender neutrality.
17. How to ask open questions ?
18. Creative thinking.
19. Critical thinking.

(5 × 5 = 25 marks)

Section C

Answer any **one** question.

The question carries 11 marks.

20. How to conduct life skills training for various groups ?
21. Bring out the need and importance of life skill education in colleges.

(1 × 11 = 11 marks)