

C 1292

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Name.....

Reg. No.....

**SIXTH SEMESTER (CUCBCSS—UG) DEGREE EXAMINATION  
MARCH 2021**

Psychology

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

(2017 Admissions)

Time : Three Hours

Maximum : 80 Marks

**Section A**

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

Select the correct answer :

1. One of the following is a feature of creative thinking.
  - (a) Social withdrawal.
  - (b) Copying.
  - (c) Peer pressure.
  - (d) Originality.
2. Self awareness leads to :
  - (a) Inferiority complex.
  - (b) Higher self esteem.
  - (c) Weaker identity.
  - (d) Criminal tendency.
3. The skill necessary to develop and sustain healthy social network with other people is called :
  - (a) Relationship skills.
  - (b) Creativity.
  - (c) Decision making skills.
  - (d) Career development.
4. Goals set must be :
  - (a) Realistic.
  - (b) Time bound.
  - (c) Specific.
  - (d) All of the above.
5. Ability to resolve day to day conflicts is :
  - (a) A genetic ability.
  - (b) A skill.
  - (c) A myth.
  - (d) Found only in leaders.

Turn over

Fill in the blanks :

6. Body language, eye contact and tone of voice are parts of \_\_\_\_\_ communication.
7. \_\_\_\_\_ management can be done by exercising control over one's priorities.
8. \_\_\_\_\_ is like getting into another person's shoes.
9. \_\_\_\_\_ thinking enables one to think clearly and rationally.
10. The stage of creativity where the thinker collects all information necessary for finding new solutions is called \_\_\_\_\_.

(10 × 1 = 10 marks)

### Section B

*Answer at least five questions.*

*Each question carries 4 marks.*

*All questions can be attended.*

*Overall Ceiling 20.*

11. Time management.
12. Learning to solve problems instead of avoiding them.
13. Listening effectively.
14. Conflict resolution.
15. Components of communication process.
16. Creative thinking.
17. Skills for women empowerment.
18. Overcoming stress.
19. Paralanguage.
20. Mental set.

(5 × 4 = 20 marks)

### Section C

*Answer at least five questions.*

*Each question carries 6 marks.*

*All questions can be attended.*

*Overall Ceiling 30.*

21. Making career decisions.
22. Verbal and nonverbal communication skills.

23. Methods of effective decision making.
24. Skills for overcoming anxiety.
25. Illustrate, with example, the importance of empathy.
26. Describe theories that explain the development of self.
27. Meaning and importance of life skills.
28. Role of eye contact in communication.

(5 × 6 = 30 marks)

#### Section D

*Answer any two question.*

*Each question carries 10 marks.*

29. Describe the process of developing negotiating skills.
30. Explain interpersonal and intrapersonal relationship skills.
31. Life skills development programmes need to cater to the specific needs of the target group. Discuss.
32. Describe the contribution of the United Nations in Life Skills Education.

(2 × 10 = 20 marks)