

C 20853

(Pages : 2)

Name.....

Reg. No.....

**SIXTH SEMESTER U.G. DEGREE EXAMINATION, MARCH 2022**

(CBCSS—UG)

Sociology

SGY 6B 15—LIFE SKILL EDUCATION

Time : Two Hours and a Half

Maximum : 80 Marks

**Section A***Answer at least ten questions.**Each question carries 3 marks.**All questions can be attended.**Overall Ceiling 30.*

1. Explain Life Skills.
2. What is need for life skill training ?
3. Explain the major definitions of life skill education.
4. What is the process of 'learning to live together'.
5. Explain different types of thinking skills.
6. What is public speaking ?
7. Explain the process of coping strategies.
8. Which are the major emotional skills ?
9. Explain emotional quotient.
10. What is assertiveness ?
11. What is a Resume ?
12. What is the process of self-control ?
13. Define career.
14. Discuss the processes involved in group discussion.
15. Differentiate between career and employment.

(10 × 3 = 30 marks)

**Turn over**

**Section B**

*Answer at least **five** questions.*

*Each question carries 6 marks.*

*All questions can be attended.*

*Overall Ceiling 30.*

16. Explain the components of life skills.
17. Which are the ten core life skills as laid down by WHO.
18. What are the barriers in effective communication ?
19. What are the steps and stages of conflict resolution.
20. Explain the need and importance of positive thinking.
21. Discuss the different sources of career information.
22. Compare and contrast Emotional Quotient and Social Quotient.
23. Examine the process of career planning.

(5 × 6 = 30 marks)

**Section C**

*Answer any **two** questions.*

*Each question carries 10 marks.*

24. Describe the importance of four pillars of education.
25. Explain the significance of communication skills for social interaction.
26. Elaborate on the life skills needed for self-management.
27. Examine the major steps for applying for a job.

(2 × 10 = 20 marks)

**C 20853–A****(Pages : 4)****Name.....****Reg. No.....****SIXTH SEMESTER U.G. DEGREE EXAMINATION, MARCH 2022****(CBCSS—UG)****Sociology****SGY 6B 15—LIFE SKILL EDUCATION****(Multiple Choice Questions for SDE Candidates)****Time : 15 Minutes****Total No. of Questions : 20****Maximum : 20 Marks****INSTRUCTIONS TO THE CANDIDATE**

1. This Question Paper carries Multiple Choice Questions from 1 to 20.
2. The candidate should check that the question paper supplied to him/her contains all the 20 questions in serial order.
3. Each question is provided with choices (A), (B), (C) and (D) having one correct answer. Choose the correct answer and enter it in the main answer-book.
4. The MCQ question paper will be supplied after the completion of the descriptive examination.

SGY 6B 15—LIFE SKILL EDUCATION  
(Multiple Choice Questions for SDE Candidates)

1. The values of life skills are :
  - (A) Aware of their rights and responsibilities.
  - (B) Concerned about the welfare of others.
  - (C) Capable of having an influence on the world.
  - (D) All the above.
  
2. This relationships are between two are more people.
  - (A) Inter personal.
  - (B) Intra -personal.
  - (C) Intimate.
  - (D) Cordial.
  
3. ——— are the activities structured to feel like the real experiencience.
  - (A) Simulations.
  - (B) Communication.
  - (C) Drama..
  - (D) Skills.
  
4. Critical thinking requires basic qualities as :
  - (A) Open-mindedness
  - (B) Flexibility.
  - (C) Persistence.
  - (D) All the above.
  
5. ——— is a novel way of seeing or doing things that generates new ideas, has a shifting perspective conceives something new and builds on other ideas.
  - (A) Critical thinking.
  - (B) Creative thinking.
  - (C) Self-awareness.
  - (D) Sympathy.
  
6. Life skill education provides foundation for adults ——— behaviour.
  - (A) Economic.
  - (B) Psychological.
  - (C) Social.
  - (D) Cultural.
  
7. Self-evaluation skills help to set ———.
  - (A) Carrier.
  - (B) Goals.
  - (C) Education.
  - (D) Family.

8. Active listening is an example for \_\_\_\_\_ ability.
- (A) Social. (B) Cultural.  
(C) Personal. (D) Inter-personal.
9. The process of communication is divided in to two, verbal communication and \_\_\_\_\_ communication.
- (A) Supportive. (B) Written.  
(C) Oral. (D) Non-verbal.
10. Facial expression is an example for \_\_\_\_\_ communication.
- (A) Verbal. (B) Non-verbal.  
(C) Formal. (D) Informal.
11. Abilities for adaptive and positive behavior that enable humans to deal effectively with the demands and challenges of life
- (A) Thinking. (B) Attitude.  
(C) Creativity. (D) Life skills.
12. \_\_\_\_\_ is the process of speaking to a group of people in a structured deliberate manner.
- (A) Speaking tips. (B) Public speaking.  
(C) Communication. (D) Message.
13. \_\_\_\_\_ is a conversation between two people.
- (A) Discussion. (B) Debate.  
(C) Interview. (D) Dialog.
14. \_\_\_\_\_ is considered most useful tool for evaluating employees.
- (A) Group discussion. (B) Interview.  
(C) Ranking. (D) Written test.
15. One who understands his worth and capabilitie.
- (A) Self worth. (B) Self confidence.  
(C) Self evaluation. (D) Self knowledge.

Turn over

16. Communication skills are the abilities required to appropriately \_\_\_\_\_ and \_\_\_\_\_ properly.
- (A) Speak and Write. (B) Word and sentence.  
(C) Communicate and Paragraph. (D) None of the above.
17. The word 'Communication' comes from the Latin word *commūnicāre*, which indicates \_\_\_\_\_.
- (A) To share. (B) To know.  
(C) To give. (D) To follow.
18. The word SQ (Social Quotient) is originally coined by \_\_\_\_\_.
- (A) Thornika. (B) Ketron.  
(C) Sternberg. (D) Vernon.
19. \_\_\_\_\_ is the term used to describe distress, fatigue and feelings of not being able to cope.
- (A) Tension. (B) Stress.  
(C) Strain. (D) Depression.
20. \_\_\_\_\_ awareness is a key factor in resolving conflict
- (A) Self. (B) Emotional.  
(C) Social. (D) Psychological.