

D 70359

(Pages : 2)

Name.....

Reg. No.....

FIFTH SEMESTER B.Sc. DEGREE EXAMINATION, NOVEMBER 2019

(CUCBCSS –UG)

Psychology

PSY 5D 02—LIFE SKILL APPLICATIONS

(2017 Admissions)

Time : Two Hours

Maximum : 40 Marks

Section A

*Answer all questions.
½ mark each.*

Select the correct answer :

1. In order to develop healthy relationships, one has to :
 - (a) Mind one's own business.
 - (b) Sharpen skills to win all arguments.
 - (c) Develop skills to empathize.
 - (d) Learn to withdraw from others.
2. The ability of an individual to solve problems include :
 - (a) Creativity.
 - (b) Active listening.
 - (c) Decision making.
 - (d) All of the above.
3. Ability to interact effectively with others is important for :
 - (a) Family members.
 - (b) Employees.
 - (c) Romantic partners.
 - (d) Everyone.
4. 'Hearing is listening' is a phrase that is :
 - (a) Wrong.
 - (b) Incomplete.
 - (c) Correct.
 - (d) None of these.

Fill in the blanks :

5. _____ are psychosocial abilities for adaptive and positive behaviour.
6. _____ means having a clear perception of one's own personality.
7. Communication involves verbal and _____ components.
8. A person must check one's own interest, values, skills and professional qualifications before taking a decision about _____.

(8 × ½ = 4 marks)

Section B

*Write short answers.
Answer any **five** questions.
2 marks each.*

9. Creativity.
10. Paralanguage.
11. Empathy builds relationships. Discuss.
12. Types of life skills.
13. Barriers to problem solving.
14. Verbal communication.
15. Benefits of life skills.

(5 × 2 = 10 marks)

Section C

*Write a short essay on any **four** questions.
4 marks each.*

16. How can problem solving skills help in solving a misunderstanding with a friend ?
17. Elements of non verbal communication.
18. Why is it important to develop skills for interpersonal relationships ?
19. What is the difference between life skills and academic knowledge ?
20. Effective listening.
21. Steps in problem solving.

(4 × 4 = 16 marks)

Section D

*Write an essay on any **one** question.
10 marks each.*

22. Describe how decision making skills and negotiation skills are important in life.
23. Describe the concept of self awareness.

(1 × 10 = 10 marks)

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Name.....

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FIFTH SEMESTER B.Sc. DEGREE EXAMINATION, NOVEMBER 2018

(CUCBCSS—UG)

Open Course

PSY 5D 02—LIFE SKILL DEVELOPMENT

Time : Two Hours

Maximum : 40 Marks

Part A

Choose the correct answer. *All questions are compulsory.* Each question carries 1 mark :

1. The main vehicle for sending body messages :

- | | |
|-------------------------|--------------|
| (a) Facial expressions. | (b) Gaze. |
| (c) Gestures . | (d) Posture. |

2. Who among the following is the founder of Rational Emotive Therapy ?

- | | |
|-------------------|--------------------|
| (a) Albert Ellis. | (b) Aaron Beck. |
| (c) Carl Rogers. | (d) Victor Frankl. |

3. _____ of cause are the reasons that people give to themselves for what happens.

- | | |
|-------------------|-------------------|
| (a) Expectations. | (b) Processes. |
| (c) Thoughts. | (d) Explanations. |

4. 'How do you feel about your job' ? What kind of question is this ?

- | | |
|-------------------|-------------------|
| (a) Leading. | (b) Open-ended. , |
| (c) Closed ended. | (d) Negative. |

5. Vocal messages communicate more of _____.

- | | |
|------------------|----------------|
| (a) Information. | (b) Feelings. |
| (c) Thoughts. | (d) Behaviour. |

(5 × 1 = 5 marks)

Part B

Write short answers for *all* the following questions. Each question carries 2 marks :

6. Stress.
7. Self-awareness.

Time over

8. Decision-making.
9. Communication.
10. Emotion.

(5 × 2 = 10 marks)

Part C

Answer in a paragraph to any *three* of the following. Each question carries 5 marks :

11. Skills needed for choosing and starting a relationship.
12. Relaxation techniques.
13. Leadership skills.
14. Strategies for improving creativity.

(3 × 5 = 15 marks)

Part D

Write an essay on any *one* of the following. Each question carries 10 marks :

15. What are life skills ? Give an account on certain life skills needed for success.
16. Define problem solving. Outline the different steps in it.

(1 × 10 = 10 marks)

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FIFTH SEMESTER B.Sc. DEGREE EXAMINATION, NOVEMBER 2019
(CUCBCSS—UG)

Psychology

PSY 5D 02—LIFE SKILL DEVELOPMENT

(2014, 2015 and 2016 Admissions)

Time : Two Hours

Maximum : 40 Marks

Part A

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

Choose the correct answer :

1. Ability to analyze information and experiences in an objective manner is known as :
(a) Logical thinking. (c) Creative thinking.
(b) Naturalistic thinking. (d) Critical thinking.
2. Abilities for adaptive behavior that enable individuals to deal effectively with the demands and challenges of everyday life is known as :
(a) Problem solving skill. (c) Life skill.
(b) Technical skill. (d) Leadership skill.
3. Type of interview in which the content of questions are fixed in advance and the interviewer tries to follow the format :
(a) Semi structured interview. (c) Structured interview.
(b) Unstructured interview. (d) All the above.
4. The process of choosing among the various courses of action by considering all available options and the effects that might have on them is known as :
(a) Problem solving. (c) Critical thinking.
(b) Decision making. (d) Creative thinking.
5. Ability to analyze information and experiences in an objective manner is known as :
(a) Logical thinking. (c) Creative thinking.
(b) Naturalistic thinking. (d) Critical thinking.

(5 × 1 = 5 marks)

Turn over

Part B (Short Answers)

Answer all questions.

Each question carries 2 marks.

6. Creative thinking.
7. Performance anxiety.
8. Discuss the factors that make a presentation good.
9. Methods to manage anger.
10. Importance of communication.

(5 × 2 = 10 marks)

Part C

Answer any three questions in a paragraph.

Each question carries 5 marks.

11. Types of presentations.
12. Methods to cope with stress and emotions.
13. Leadership skills.
14. Self awareness.

(3 × 5 = 15 marks)

Part D (Essays)

Answer any one question.

The question carries 10 marks.

15. Define life skills. Discuss the various life skills required in human life.
16. Define problem solving. Discuss the strategies and steps involved in problem solving.

(1 × 10 = 10 marks)