**TEMPLATE 5**

**UK1MDCHSC100 -SET 1-QP**

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| **University of Kerala** | | |
| Discipline: **Home Science** |  | Time:**1Hour30 Minutes (90Mins.)** |
| Course Code:**UK1MDCHSC100** |  | Total Marks:**42** |
| CourseTitle: **Life Skills Training** |  |  |
| Type of Course: **MDC** |  |  |
| Semester:**1** |  |  |
| Academic Level:**100-199** |  |  |
| Total Credit: 3,Theory: **3Credit**  (Applicablefor4CreditCoursewith1CreditPracticalAlso) |  |  |

**Part A**

**. 6 Marks. Time: 6 Minutes**

**Objective Type. 1 Mark Each. Answer All Questions (Cognitive Level: Remember/)**

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| --- | --- | --- | --- |
| **Qn.**  **No.** | **Question** | **Cognitive**  **Level** | **Course Outcome(CO)** |
| 1. | Creative thinking is an example of …….. | Remember | CO1 |
| 2. | The ability to understand and share the feelings of another is known as…… | Understand | CO1 |
| 3. | Way of approaching life focusing on the good in every situation is called…… | Remember | CO1 |
| 4. | .......... goals connect an individual or group to their immediate world. | Remember | CO1 |
| 5. | An example for moral value is .......... | Understand | CO1 |
| 6. | The state or quality of being dedicated to cause is called .............. | Remember | CO1 |

**Part B .**

**8 Marks. Time: 24 Minutes**

**Short Answer. 2 Marks Each. Answer All Questions (Cognitive Level: Understand/)**

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| --- | --- | --- | --- |
| **Qn.**  **No.** | **Question** | **Cognitive Level** | **Course Outcome(CO)** |
| 7. | Give the meaning of self - awareness. | Understand | CO2 |
| 8. | Describe Human values. | Understand | CO2 |
| 9. | Explain group dynamics. | Understand | CO6 |
| 10. | Illustrate a personal SWOT analysis | Understand | CO2 |

**Part C.**

**28 Marks.Time:60 Minutes**

**Long Answer. 7 marks each. Answer all 4 Questions, choosing among options within each question.**

**(Cognitive Level: Apply/Evaluate/)**

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| **Q**  **n.**  **No.** | **Question** | **Cognitive**  **Level** | **Course Outcome(CO)** |
| 11a  11 b | Analyse the harmful ways of dealing with emotions.  Or  Explain the importance of interpersonal skills for a student. | Analyse  Analyse | CO2  CO1 |
| 12 a  12 b | Examine the four A’s of stress management.  Or  Identify the steps in group formation for an Onam celebration at your college. | Analyse  Analyse | CO2  CO6 |
| 13 a.  13 b. | Compare learning skills and research skills.  Or  Assess the methods for improving interpersonal skills in daily life. | Evaluate  Evaluate | CO1  CO1 |
| 14 a.  14 b. | Explain the value of meditation and mindfulness as an effective measures to gain self -awareness.  Or  Generalise the importance of clarifying expectations before assigning a job. | Apply  Apply | CO2  CO6 |

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| **Course**  **Outcome** | **Marks** | **Percentage** |
| CO1 | 13 | 31 |
| CO2 | 20 | 47.6 |
| CO6 | 9 | 21.4 |
| **TOTAL** | **42** | **100** |

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| --- | --- | --- |
| **Cognitive level** | **Marks** | **Percentage** |
| Remember | 4 | 9.5 |
| Understand | 10 | 23.8 |
| Apply | 7 | 16.7 |
| Analyze | 14 | 33.3 |
| Evaluate | 7 | 16.7 |
| Create | 0 | 0 |
| **TOTAL** | **42** | **100** |