

**Sixth semester B.A. Degree Examination, April 2014**

**(First degree programme under CBCSS)**

**PSYCHOLOGY**

**Elective course**

**PG 1661.1 Life skill development**

Time: 3 Hours

Max. Weight: 30

**PART – A**

Answer **all** questions; **each** carries a weight of  $\frac{1}{4}$ .

Choose the correct answer.

1. The ability to analyse one's own strength and weaknesses is known as (Self esteem, self-confidence, self-control, self-monitors).
2. The ability to maintain control, think rationally and to solve problem is (Resilience, self-efficacy, coping, self-control).
3. Clarity of speech is (Volume, pitch, articulation, emphasis)
4. The information give back to the person who has it is (Transmission, fee back, communication, conformity)

Fill in the blanks:

5. Communication without the content of spoken language is \_\_\_\_\_
6. Feel with a person is \_\_\_\_\_
7. An effective presentation make best use of the relationship between the presenter and the \_\_\_\_\_
8. \_\_\_\_\_ Can block critical thinking

Write true or false:

9. The ability to influence other is leadership.
10. Shyness hinders positive development.
11. The ability to express one's need and right respecting other is coping skills
12. Feeling with a person is sympathy.

Match the following:

- |                                   |   |                         |
|-----------------------------------|---|-------------------------|
| 13. The energising force of life  | - | emotional intelligence. |
| 14. The ability to bounce back    | - | communication.          |
| 15. The ability to manage emotion | - | Resilience.             |
| 16. The exchange of ideas         | - | motivation.             |

(Weightage  $16 \times 1/4 = 4$ )

#### PART-B

Write short note for **any 8** of the following. **Each** carries a weight of **one**.

17. Self-efficacy
18. Why do we use language?
19. Interviews.
20. Body language.
21. Visual imagery
22. Algorithms.
23. Critical thinking
24. Persuasion.
25. Decision making
26. Goal setting
27. Self talk
28. Interpersonal skills

(Weightage  $8 \times 1 = 8$ )

Answer **any five** of the following in **100 words**. **Each** carries a weightage of **two**.

29. Structuring a presentation.
30. Listing skills.
31. Strategies to improve creativity.
32. Performance anxiety
33. How can we manage shyness?
34. Factor affecting problems solving.
35. What is the need for life skills education?
36. How can we make the delivery of a presentation more effective?

#### PART-D

Answer **any two** of the following in **200 words**. Each carries a weightage of **4**.

37. What are life skills? Explain the ten life skills by WHO.
  38. Define stress. How can stress be managed?
  39. What is leadership? Explain the skills required by a leader.
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