

TB145520A

Reg. No.....

Name.....

**B. Sc. DEGREE (C.B.C.S.S.) EXAMINATION, OCTOBER 2016  
SEMESTER V – OPEN COURSE (HOME SCIENCE)  
HSC5LST(O) - LIFE SKILL STRATEGIES AND TECHNIQUES**

**Time: Three Hours**

**Maximum Marks: 80**

**PART A**

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

1. Define empathy.
2. What is RDA?
3. Define environmental pollution.
4. Write on Self image and grooming.
5. What you mean by Individual difference?
6. Comment on obesity in adolescence.
7. What is meant by distress?
8. Write a note on anorexia nervosa.
9. What is vermicomposting?
10. Comment on assertiveness.

**(10x1=10)**

**PART B**

**II. Answer any eight questions. Each question carries 2 marks.**

11. What are the two elements of active listening?
12. Enumerate the way of picking out the right garments.
13. Explain physiological growth in adolescence.
14. What are the common forms of communication?
15. Explain the significance of time management in adolescents?
16. How can HIV be prevented?
17. Write in short the importance of good design in costumes?
18. Explain the role of group discussion in the selection of a job.
19. How clothes and grooming exhibit the personality?
20. What you mean by goal setting?
21. Explain the importance of presentation skills for career enhancement.
22. Discuss the consequences of environmental pollution.

**(8x2=16)**

**PART C**

**III. Answer any six questions. Each question carries 4 marks.**

23. What are the factors to be considered while selecting clothing?
24. Comment on the necessity of balanced diet in adolescence.
25. Explain conflict resolution strategies
26. Write on food pyramid.
27. How can substance abuse among adolescents be prevented?

28. Enumerate barriers to effective advocacy?
29. What are advantages of savings?
30. Selecting costumes for occasions is a challenge .Comment on the statement?
31. Explain various work simplification methods for energy management

**(6x4=24)**

**PART D**

**IV. Answer any two questions. Each question carries 15 Marks.**

32. What an Interview? Explain different kinds of interview.
33. Enumerate waste management techniques suitable in our locality.
34. Explain the strategies to cope with stress.
35. How can the food habits of adolescents be improved with reference to the changing trends?

**(2x15=30)**