

B.Sc. DEGREE (C.B.C.S.S.) EXAMINATION, SEPTEMBER 2016
SEMESTER V - HOME SCIENCE
HSC5LST LIFE SKILL STRATEGIES AND TECHNIQUES

Time: Three Hours

Maximum Marks:80

PART A

I. All questions are to be answered. Each question carries 1 mark

1. Define assertiveness?
2. Write on binge eating
3. What is incineration?
4. What you mean by balanced diet?
5. What is a family budget?
6. What is undivided attention?
7. List out the principles of good design
8. What is the meaning of advocacy?
9. What is meant by distress?
10. Define substance abuse

(10x1=10)

PART B

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

11. What are the benefits of reflection?
12. What is junk food?
13. What are the dimensions of colour?
14. What are prerequisites of an Interview?
15. How can you express yourself through costumes?
16. Write short note on **AIDS**.
17. Explain effective Non verbal communication skills.
18. Enumerate the elements of negotiations?
19. How will create good impressions through clothing?
20. Discuss the role of work simplification in energy management
21. Comment on 'Personality'
22. What is the effect of media on development of food habits of adolescents?

(8x2=16)

PART C

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

23. Briefly explain on eating disorders among adolescents.
24. What is STD? What is the preventive measure?
25. Discuss the basic elements of good design?

26. Explain the steps involved in problem solving.
27. How can you build a good wardrobe?
28. Explain Psychosocial and Cognitive Development in adolescence?
29. What is Presentation? Write on presentation skills
30. Briefly explain rain water harvesting
31. How will you create a smart wardrobe? **(6x4=24)**

PART D

IV. Answer any two questions. Each question carries 15 marks

32. Discuss the importance of nutrition in adolescence?
33. Enumerate causes and consequences of environmental pollution.
34. Define marriage. Explain the essentials for sound marital relationship?
35. What is self advocacy? How can self advocacy plan be implemented? **(2x15=30)**