

TB205671V

Reg. No :

Name :

BACHELOR'S DEGREE (C.B.C.S.) EXAMINATION, NOVEMBER 2022
2020 ADMISSIONS REGULAR AND 2019, 2018 ADMISSIONS SUPPLEMENTARY
SEMESTER V - OPEN COURSE (PSYCHOLOGY)
PY5OP2 - LIFE SKILL DEVELOPMENT

Time : 3 Hours

Maximum Marks : 80

Part A

I. Answer any Ten questions. Each question carries 2 marks

(10x2=20)

1. Discuss the importance of explanation skills in communication?
2. List a few ways by which one can manage stress in daily life
3. How do life skills benefit a student?
4. What is positive and negative self talks?
5. How should one dress for an interview?
6. How can one prepare oneself before the interview?
7. Elucidate 3 A's of active listening?
8. Define the term 'Intimacy' and explain how it helps in building relationships?
9. Why is relationship building important?
10. Discuss Edward de Bono's Six Thinking Hats Technique? Explain the principle in a sentence or two
11. What strategies can you use to enhance your creativity?
12. List out any 4 factors that act as barriers To Critical Thinking ?

Part B

II. Answer any Six questions. Each question carries 5 marks

(6x5=30)

13. "Self-awareness is a vital skill in fulfilling life". Substantiate the statement
14. How important is body language in communication?
15. Explain the ways to manage performance anxiety while making presentations
16. What do you mean by Anger Management? Briefly explain various anger management techniques?
17. What impact does your attitude have on a relationship?
18. Explain the role of listening and intimacy in Interpersonal Relationships?
19. Explain the proclaimed goals of education
20. Write Short notes on Decision Making and Problem Solving
21. Explain the Stage theory of Critical Thinking devised by psychologists Linda Elder and Richard Paul?

Part C

III. Answer any Two questions. Each question carries 15 marks

(2x15=30)

22. Discuss the use of body language as a part of effective communication?
23. Explain the dos and don'ts of an interview
24. Define is Assertiveness? Briefly explain the disadvantages of being non-Assertive?
25. Explain the concepts: Critical Thinking, Creative Thinking, Problem Solving and Decision Making?