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Reg. No :

Name :

BACHELOR'S DEGREE (C.B.C.S) EXAMINATION, NOVEMBER 2024
2018 ADMISSIONS ONWARDS SUPPLEMENTARY
SEMESTER V - OPEN COURSE
PY50P2 - Life Skill Development

Time : 3 Hours

Maximum Marks : 80

Part A

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

(10x2=20)

1. List out any 4 benefits you receive by managing time effectively?
2. Define Life Skills. Give examples of life skills
3. In terms of goals, what does the acronym 'SMART' stand for?
4. Explain 3 V's of communication?
5. What do behavioral interviews assess?
6. Discuss 10-20-30 rule of PowerPoint?
7. Differentiate between Self love and Selfish Love
8. What Causes Shyness?
9. Why is relationship building important?
10. Differentiate between Critical thinking and Creative thinking?
11. What is the Six Thinking Hat method?
12. How we can analyze information better, by adopting critical thinking skills?

Part B

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

(6x5=30)

13. What is the importance of time management?
14. How important is body language in communication?
15. Discuss the strategies you can adopt to do a successful presentation?
16. What is Intimacy? Explain the role of TRUST in developing an Intimate relationship
17. "A leader is the one who knows the way, goes the way and shows the way". Elucidate the statement
18. What do you mean by Anger Management? Briefly explain various anger management techniques?
19. Explain the proclaimed goals of education
20. Explain the process of decision making with its various steps
21. Discuss the importance of critical thinking process in problem solving and how you can use Six Hat Technique here?



Part C

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

(2x15=30)

22. "Time management is Life Management". Explain the statement
23. Discuss how time management skills are important for success in personal and professional life
24. What is attitude and highlight its importance in building and maintaining relationships ? Explain ABC model of attitudes?
25. What is Creative thinking? Explain its Stages, barriers and various strategies to enhance creativity?