

TB246114M

Reg. No :

Name :

BACHELOR'S DEGREE (C.B.C.S) EXAMINATION, MARCH 2024

2021 ADMISSIONS REGULAR

SEMESTER VI - CHOICE BASED CORE (SOCIOLOGY)

SO6B15AB18 - Life Skill Development

Time : 3 Hours

Maximum Marks : 80

Part A

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

(10x2=20)

1. Bring out two positive outcomes of having a good self awareness.
2. What is empathy?
3. Mention any three attributes of a critical thinker.
4. What do you mean by emotional quotient?
5. 'Ram is a very sensitive person' -Comment on this statement in the context of emotional quotient.
6. Give two examples of positive thinking.
7. Define Computer.
8. What are the elements in a communication?
9. What are the three components of a message?
10. What is meant by podcasts?
11. What are the main steps in preparing a curriculum vitae?
12. How does the sources of career information support you? Explain

Part B

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

(6x5=30)

13. Describe any two important life skill approaches.
14. How do you take the decision? What are the steps in decision making? Explain with examples.
15. Discuss communication skill as a core skill for personality development.
16. What is the difference between assertiveness and aggressiveness?
17. What are the important ways to develop assertiveness?
18. Examine the various techniques for effective participation in group discussion.
19. Explain the various steps in career planning.
20. Distinguish between resume and Curriculum Vitae.
21. What do you mean by career planning? What are the steps in setting a career goal?



Part C

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

(2x15=30)

22. Illustrate life skills as a life course approach.
23. Explain the benefits and important steps of Conflict resolution.
24. Examine the prerequisites and techniques of group discussion.
25. Explain various steps in career planning process.