

**BACHELOR'S DEGREE (C.B.C.S) EXAMINATION, NOVEMBER 2024****2022 ADMISSIONS REGULAR****SEMESTER V - OPEN COURSE****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. What is positive body language?
2. How do life skills benefit a student?
3. Explain the importance of mind skills and self talk in life skills
4. "Self Talk can upgrade the quality of our lives". Justify the statement.
5. Discuss the importance of volume and pitch in making presentations
6. Discuss any 4 Tips to reduce anxiety in presentation ?
7. Why is relationship building important?
8. Is being assertive good or bad?
9. Differentiate between Self love and Selfish Love
10. Name the stages of development of critical thinking devised by psychologists Linda Elder and Richard Paul?  
Name the stage you are in now?
11. Discuss Edward de Bono's Six Thinking Hats Technique? Explain the principle in a sentence or two
12. Define Critical Thinking

**Part B****II. Answer any Six questions. Each question carries 5 marks****(6x5=30)**

13. How life skills are important in our life?
14. What is the importance of practicing empathy and sympathy in everyday's life?
15. Discuss the strategies you can adopt to do a successful presentation?
16. What are the important strategies that can be adopted to overcome Stress ?
17. What is Assertiveness? Explain the evils of being Non-Assertive in interpersonal relationships?
18. Explain essential leadership skills for successfully building and leading teams?
19. Write Short notes on Decision Making and Problem Solving
20. How is critical thinking can be implemented in everyday life? What are the Importance and Benefits of "Critical Thinking Skills"?
21. Explain the process of decision making with its various steps

**Part C****III. Answer any Two questions. Each question carries 15 marks****(2x15=30)**

22. How can verbal communication be made effective?
23. Illustrate the various ways to make a presentation effective
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?