

D 110478

(Pages : 2)

Name.....

Reg. No.....

**FIFTH SEMESTER (CBCSS—UG) DEGREE EXAMINATION  
NOVEMBER 2024**

Sociology

SGY 5D 01—LIFE SKILL DEVELOPMENT

(2019 Admission onwards)

Time : Two Hours

Maximum : 60 Marks

**Section A (Short Answer Type)***All questions can be answered.**Each question carries 2 marks.**(Ceiling 20 marks)*

1. Define the term assertiveness.
2. What is body language ?
3. Describe about Life skill training.
4. Define the term “career”.
5. List out the components of Life Skills.
6. What is career planning ?
7. Define Social Quotient.
8. What is Self-awareness ?
9. Explain emotional skills.
10. List out any *two* barriers to effective communication.
11. What is Self Esteem ?
12. Identify the use of critical thinking.

**Turn over**

**Section B (Paragraph/ Problem Type)**

*All questions can be answered.*

*Each question carries 5 marks.*

*(Ceiling 30 marks)*

13. What are the various sources of career information available to individuals ?
14. Define emotional quotient (EQ) and its significance in personal growth.
15. How does goal setting contribute to personal growth and development ?
16. Write a note on the ten components of life skill laid down by WHO.
17. Explain the necessity of life skill training.
18. Describe the steps and stages in conflict resolution.
19. What are barriers to effective communication?

**Section C (Essay Type)**

*Answer any **one** of the following questions.*

*The question carries 10 marks.*

20. Evaluate the life skills needed for self-management.
21. Explain about the need and importance of Career Guidance and Career Guidance centers.

(1 × 10 = 10 marks)

**D 110478–A**

(Pages : 4)

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SGY 5D 01—LIFE SKILL DEVELOPMENT

(2019 Admission onwards)

(Multiple Choice Questions for SDE Candidates)

**Time : 15 Minutes****Total No. of Questions : 15****Maximum : 15 Marks****INSTRUCTIONS TO THE CANDIDATE**

1. This Question Paper carries Multiple Choice Questions from 1 to 15.
2. The candidate should check that the question paper supplied to him/her contains all the 15 questions in serial order.
3. Each question is provided with choices (A), (B), (C) and (D) having one correct answer. Choose the correct answer and enter it in the main answer-book.
4. The MCQ question paper will be supplied after the completion of the descriptive examination.

SGY 5D 01—LIFE SKILL DEVELOPMENT  
(Multiple Choice Questions for SDE Candidates)

1. Which of the following is not included in the Core life Skills listed by the UNICEF, UNESCO and WHO ?
  - (A) Problem solving.
  - (B) Critical thinking.
  - (C) Effective communication skills.
  - (D) Critical Care.
  
2. Which of the following is not included in the Core life Skills listed by the UNICEF, UNESCO and WHO?
  - (A) Selfawareness building skills.
  - (B) Empathy.
  - (C) Coping with stress and emotions.
  - (D) Charity work.
  
3. What can be defined as the ability of a person to be able to decide what he/she wants in life ?
  - (A) Coping and self-management skills.
  - (B) Decision Making.
  - (C) Creative Thinking.
  - (D) Critical thinking.
  
4. Which of the following is not a component of Message ?
  - (A) Content.
  - (B) Context.
  - (C) Treatment.
  - (D) Evaluation.
  
5. What refers to the form of communication in which message is transmitted / verbally ?
  - (A) Verbal.
  - (B) Non-verbal.
  - (C) Emotional.
  - (D) Mental.
  
6. In what type of communication are written signs or symbols used to / communicate ?
  - (A) Oral.
  - (B) Written.
  - (C) Emotional.
  - (D) Mental.

7. What type of Communication is established for societal affiliations and face to / face discussions ?
- (A) Informal. (B) Formal.  
(C) Written. (D) Mental.
8. What is the selective activity which involves the reception and the interpretation of aural stimuli called ?
- (A) Hearing. (B) Listening.  
(C) Saying. (D) Repeating.
9. What is the systematic process by which one selects career goals and the path to these goals called ?
- (A) Career selection. (B) Career listing.  
(C) Career Identification. (D) Career Planning.
10. What represents the entire sequence of activities and events related to an individual's career or the on-going/lifelong process of developing one's career ?
- (A) Career selection. (B) Career Development.  
(C) Career Identification. (D) Career Planning.
11. What can be defined as our basic sense of self-worth that comes from all the thoughts, feelings and experiences we have accumulated about ourselves in life ?
- (A) Self Respect. (B) Self awareness.  
(C) Self Esteem. (D) Self Consciousness.
12. What is the ability to control impulses and reactions, and is another name for self-discipline called ?
- (A) Self Control. (B) Self awareness.  
(C) Self Esteem. (D) Self Consciousness.

Turn over

13. What is understanding the feelings of others, which enables us to respond appropriately to changes in the emotional climate of others called ?
- (A) Sympathy. (B) Empathy.  
(C) Dyspathy. (D) Apathy.
14. What is the mental ability to understand the motives, emotions, intentions and actions of other people and to motivate and influence the behaviour of people called ?
- (A) Cognitive Intelligence. (B) Personal Intelligence.  
(C) Emotional Intelligence. (D) Social Intelligence.
15. What is the state of mental or emotional strain or suspense ; suffering from fatigue and emotional tension called ?
- (A) Strain. (B) Conflict.  
(C) Relief. (D) Empathy.