

**TECHNICAL UNIVERSITY OF MOMBASA**

***School of Business***

DEPARTMENT OF BUSINESS ADMINISTRATION

DIPLOMA IN BUSINESS ADMINISTRATION Y1S1

**BLS 2101: SOCIAL STUDIES**

**SERIES: APRIL 2016**

**TIME: 2 HOURS**

**INSTRUCTIONS**

- This paper consists of FIVE questions.
- Answer question ONE (Compulsory) and any other TWO questions

**SECTION B**

**QUESTION ONE**

a) Define the following terms. (10 marks)

- 1) Self- awareness
- 2) Life skills
- 3) Making decision
- 4) Stress
- 5) Creative thinking

b) Identify and explain the challenges that hinder an individual from attaining life goals. (10 marks)

c) Explain steps in problem solving. (10 marks)

**SECTION B**

**QUESTION TWO**

a) Explain disadvantages of poor time management. (10 marks)

b) Describe the individual strategies for managing stress. (10 marks)

**QUESTION THREE**

a) Explain ways of boosting self-esteem. (16 marks)

b) Explain 2 types of stress. (4 marks)

#### QUESTION FOUR

- a) Factors leading to stress among individuals are called stressors. Explain general sources/ causes of stress.(10 marks)
- b) Explain ideas for enhancing organizational creativity. (10 marks)

#### QUESTION FIVE

- a) Explain TWO types of decisions (5 marks)
- b) Life skills intends to equip us with knowledge and skills to face challenges in life. Highlight benefits of life skills. (15 marks)