



TECHNICAL UNIVERSITY OF MOMBASA

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

SOCIAL SCIENCES

UNIVERSITY EXAMINATION FOR:

BSDS Y4S1

BDS4213 : LIFE SKILLS

SERIES: APRIL 2016

TIME: 2 HOURS

DATE: 12 May 2016

Instructions to Candidates

You should have the following for this examination

-Answer Booklet, examination pass and student ID

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

Do not write on the question paper.

1. a) Citing relevant examples briefly explain the modern approaches to personal development. (6mks)
b) Citing relevant examples explain factors that would pose a challenge to self knowledge. (6mks)
c) Citing relevant examples briefly explain limitations of behavior modification techniques. (4mks)
d) Citing relevant examples, describe the relationship between effective communication and assertiveness. (6mks)
e) Using relevant examples, briefly explain how an effective decision can be reached. (8mks)
2. a) Citing relevant examples, explain some life skills of living with the self. (10mks)
b) "Self-efficacy dictates our approach to goals and challenges." Substantiate this statement citing relevant examples. (10 mks)
3. a) Citing relevant examples, explain how emotional intelligence aids inter-personal relationships. (10mks)
b) Describe how conflict resolution skills can be used to enhance good interpersonal relationships citing relevant examples. (10mks)
4. a) Using relevant examples, explain the importance of life skills. (10mks)

b) Life skills education has been changing with the dynamic society. Propose life skills necessary for the modern politician with justifications. (10mks)

5. a) Analyze the psychological world as a source of self knowledge citing relevant examples. (10mks)

b) Explain challenges of depending on the social world for self knowledge today. (10mks)