



TECHNICAL UNIVERSITY OF MOMBASA

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

SOCIAL SCIENCES

UNIVERSITY EXAMINATION FOR:

BACHELOR OF SCIENCE IN DEVELOPMENT STUDIES BSDS Y2S1

BDS4213: LIFE SKILLS

SERIES: 2016

TIME: 2 HOURS

DATE: DECEMBER 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 and any other TWO

Do not write on the question paper.

QUESTION ONE:

- Explain the any four benefits of life skill knowledge to an individual (8 marks)
- Highlight any four ways of enhancing effective communication (8 marks)
- Comment on any four ways that can help a student boost his or her self esteem (8 marks)
- Explain how Students' peer Counselor can help his/her colleagues modify their behaviors (4 marks)

QUESTION TWO.

- Self awareness is important in all levels of life. Justify this statement (10 marks)
- Explain how attitude can affect our relationship with people(10 marks)

QUESTION THREE

Discuss the factors that influence individual's personality (20 marks)

QUESTION FOUR

- a. Explain how a student can develop his/her self esteem(10 marks)
- b. Discuss how couples can be helped to handle their conflicts(10 marks)

QUESTION FIVE

Discuss specific areas where critical thinking is needed especially in a University setting(10 marks)