



TECHNICAL UNIVERSITY OF MOMBASA
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
SOCIAL SCIENCES

UNIVERSITY EXAMINATION FOR:
BSCH Y1SII BACHELOR OF SCIENCE IN COMMUNITY HEALTH
BSEH Y1SII: BACHELOR OF SCIENCE IN ENVIRONMENTAL HEALTH
BSDS Y2SII: BACHELOR OF SCIENCE IN DEVELOPMENT STUDIES
BDS 4213: LIFE SKILLS
SPECIAL SUPPLEMENTARY EXAMINATION
SERIES: SEPT. 2017
TIME: 2 HOURS
DATE: Pick Date SEPT. 2017

Instructions to Candidates

You should have the following for this examination

-Answer Booklet, examination pass and student ID

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

Question one

- a. Briefly explain how self awareness can improve your effectiveness.
(6mks)
- b. Citing relevant examples, distinguish between the following terms
 - i. Assertiveness and aggressive behaviour
(4mks)
 - ii. Critical thinking and creative thinking.
(4mks)
- c. Using relevant examples, explain how you can use behavior modification techniques to establish new behavior.
(4mks)
- d. Briefly explain factors that may promote low self esteem.
(6mks)
- e. Using relevant examples, illustrate the importance of life skills.
(6mks)

Question two

- a. Citing relevant examples discuss the role of effective communication in negotiation.
(10mks)
- b. Describe skills and values you consider appropriate for successful negotiation with justifications.
(10mks)

Question three

- a. Imagine you are a manager in a flower firm where sales have drastically dropped. Using your knowledge of life skills, describe the procedure you will follow in solving the problem.
(12mks)
- b. Identify some challenges you are likely to meet as you go through the process in a) above and suggest possible remedies.
(8mks)

Question four

Your peers are inviting you for bang smoking which they do as a daily activity.

- a. Which skills and values can you employ to reject the invitation?
(12mks)
- b. What challenges are you likely to meet and how will you overcome them?
(8mks)

Question five

- a. Discuss how you can use behavior modification techniques in helping an alcohol addict.
(12mks)
- b. If you were a modern parent, how would you use behavior modification techniques in child rearing? (8mks)