



TECHNICAL UNIVERSITY OF MOMBASA

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

DEPARTMENT OF SOCIAL SCIENCES

UNIVERSITY EXAMINATION FOR:

DIPLOMA IN MARINE ENGINEERING

EMR: 2124: LIFE SKILLS

SERIES: AUGUST 2019

TIME: 2 HOURS

DATE: AUGUST 2019

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

- Life Skills knowledge is crucially important in academic settings. Justify this statement.(10 marks)
- Explain why some people would not want to be phlegmatics (peaceful personality. (10 marks)
- Explain the steps in building self esteem(10 marks)

Question TWO

- Comment on any five benefits of self awareness (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 young couples can be helped to handle their conflicts(10 marks)

Question FIVE

Discuss specific areas where critical thinking is needed especially for first year University students

(20 marks)