



TECHNICAL UNIVERSITY OF MOMBASA

School of Humanities and Social Sciences

Social Sciences

UNIVERSITY EXAMINATION FOR:

BACHELOR OF ARTS IN DEVELOPMENT STUDIES & BACHELOR OF ARTS IN COUNSELLING
PSYCHOLOGY

HDS 4102: LIFE SKILLS

SERIES: DECEMBER 2024

TIME: 2 HOURS

DATE: Pick DateDec 2024

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.

Question ONE

- Explain **FIVE** ways you would promote social responsibility in the community. (10 Marks)
- Describe any **FIVE** life skills for resisting peer pressure highlighting challenges you may encounter in their use. (10 Marks)
- Analyze the relationship between personal stress and interpersonal relationships. (10 Marks)

Question TWO

- Examine **TEN** roles of values in human relationships. (10 Marks)
- Assess any **FIVE** personal factors that hinder effective negotiation processes. (10 Marks)

Question THREE

- Identify and explore **FIVE** ways of becoming emotionally intelligent. (10 Marks)
- Explore **FIVE** ways you would improve your communication skills highlighting challenges you may encounter. (10 Marks)

Question FOUR

- Discuss **FIVE** (negative and positive) ways the environment influence a person's self-esteem. (10 Marks)
- Present **FIVE** behavior modification techniques you would apply to empower a person with self-esteem defects. (10 Marks)

Question FIVE

- Explore **FIVE** ways of promoting creative thinking in the society with justifications. (10 Marks)
- "Critical thinking is a blessing and a curse" Analyze this statement using relevant examples. (10 Marks)