



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: JULY 2025

TIME: 2 HOURS

DATE: Pick Date Jul 2025

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

- a) Devise **TEN** ways of ensuring conflicts are effectively resolved in the community. (10 Marks)
- b) Discuss **FIVE** factors that may lead to failed decision-making and provide corrective measures. (10 marks)
- c) Give an address to the community on **FIVE** possible consequences of stress and management techniques they can employ. (10 Marks)

Question TWO

- a) Define empathy and explore **FOUR** characteristics of an empathetic family. (10 Marks)
- b) Analyze **FIVE** factors that may hinder the practice of empathy at work place. (10 Marks)

Question THREE

- a) Deliberate on **FIVE** strengths and weaknesses of behavior modification techniques. (10 Marks)
- b) "Emotions can control human behavior." Substantiate this statement with relevant examples. (10 Marks)

Question FOUR

- a) Give a detailed account of benefits that accompany self-awareness. (10 Marks)
- b) Discuss **FIVE** setbacks in negotiations and provide possible remedies. (10 Marks)

Question FIVE

- a) Describe how **FIVE** components of thinking skills aid success at the work place. (10 Marks)
- b) Elucidate **TEN** factors that make life skills necessary in human life. (10 Marks)