



## TECHNICAL UNIVERSITY OF MOMBASA

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School of Humanities and Social Sciences

Social Sciences

### UNIVERSITY EXAMINATION FOR:

BACHELOR OF ARTS IN SOCIOLOGY & BACHELOR OF SCIENCE IN COMMUNITY HEALTH

HDS 4102: LIFE SKILLS

**SERIES:** APRIL 2025

**TIME:** 2 HOURS

**DATE:** Pick Date Apr 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.**

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### Question ONE

- By use of examples, explain **FIVE** ways life skills contribute to effective decision-making in daily life. (10 Marks)
- Discuss **FIVE** benefits of assertiveness in personal and professional relationships. (10 Marks)
- Evaluate **FIVE** key negotiation skills that students must develop to effectively resolve conflicts in both personal and professional settings. (10 Marks)

### Question TWO

- Define conflict resolution and determine **FOUR** factors that make it essential in professional practice. (10 Marks)
- By use of examples establish **FIVE** strategies for resolving conflicts constructively. (10 Marks)

### Question THREE

- Formulate and justify **FIVE** strategies for developing and enhancing empathy. (10 Marks)
- Advice on **TEN** strategies for improving low self-esteem with justifications. (10 Marks)

### Question FOUR

- Explain **FIVE** ways in which social responsibility contributes to a more equitable society. (10 Marks)
- Design **FIVE** strategies that the media can use to influence social responsibility behaviors. (10 Marks)

### Question FIVE

- Discuss **FIVE** skills and **FIVE** values you would employ to enhance your problem-solving skills. (10 Marks)
- Assess **FIVE** advantages and disadvantages of behavior modification techniques. (10 Marks)