TECHNICAL UNIVERSITY OF MOMBASA

Faculty of Business & Social Studies

DEPARTMENT OF LIBERAL STUDIES & COMMUNITY DEVELOPMENT

UNIVERSITY EXAMINATION FOR DEGREE OF
BACHELOR OF SCIENCE IN DEVELOPMENT STUDIED
(BSDS MAY 2013 Y2 S2)

BDS 4213 : LIFE SKILLS

END OF SEMESTER EXAMINATIONS

SERIES: DECEMBER, 2014   **TIME:** 2 HOURS
INSTRUCTIONS TO CANDIDATES:

SECTION A – COMPULSORY
 SECTION B – Answer any **TWO** questions
-This paper consists of **2 printed** pages

SECTION A: COMPULSORY (30 MARKS)

QUESTION 1

a) Describe any **TWO** thought processes in problem solving citing relevant examples. **(4 marks)**

b) Explain **FOUR** techniques of controlling anger citing relevant examples.   **(4 marks)**

c) Using relevant examples explain how you can facilitate communication through active listening.

(8 marks)

d) Distinguish between assertive, aggressive and passive behavior citing relevant examples.

(6 marks)

e) Use examples to explain how you can boast your self-esteem   **(8 marks)**

SECTION B: Answer ANY TWO questions (40 marks)

QUESTION 2

a) Describe how using proper orders and standard terminology may promote success in safety operations. **(10 marks)**

b) You have a very important message to pass to a certain group of people. How would you ensure you are relevant to the recipient of your message? **(10 marks)**

QUESTION 3

a) Maundu lies to impress other people and this has made him feel guilty and caused conflicts in his relationship with others. Advise Maundu on how he can incorporate assertive characteristics in his behavior to avoid the guilt and conflicts. **(8 marks)**

b) "Assertive behavior is about a balanced approach" Substantiate this statement using relevant examples. **(12 marks)**

QUESTION 4

a) Critically analyze the impact of the social world on self-knowledge. **(10 marks)**

b) How does the psychological world affect one's self-knowledge? Explain using relevant examples. **(10 marks)**

QUESTION 5

a) Define the term behavior modification. **(2 marks)**

b) Discuss how behavior modification techniques can be used to address human behavior **(18 marks)**