

D 30774

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Name.....

Reg. No.....

**FIFTH SEMESTER (CBCSS—UG) DEGREE EXAMINATION  
NOVEMBER 2022**

Sociology

SGY 5D 01—LIFE SKILL DEVELOPMENT

(2019 Admission onwards)

Time : Two Hours

Maximum : 60 Marks

**Section A***Answer all question.**Each question carries 2 marks.**(Short answer type, not to exceed 50 words each)*

1. What are the components of lifeskill.
2. Differentiate between empathy and sympathy.
3. What is Self esteem ?
4. Explain positive thinking.
5. Discuss the coping strategies.
6. What is critical thinking ?
7. What is goal setting ?
8. Define communication skills.
9. Compare and contract employment and career.
10. Explain Career guidance.
11. What is a resume ?
12. What is follow up communication ?

(Ceiling 20 Marks)

Turn over

**Section B**

*Answer all questions.*

*Question carries 5 marks.*

*(Paragraph / Problem type, not to exceed 100 words each)*

13. Examine the life skills for self-management.
14. Describe the need for life skill training.
15. What are barriers to effective communication?
16. Describe the steps and stages in conflict resolution.
17. Discuss the sources of career information.
18. What are the different processes in applying for a job.

*(Ceiling 30 Marks)*

**Section C**

*Answer any one questions.*

*The question carries 10 marks.*

*(Essay type, not to exceed 500 words)*

19. Define Life skills and elaborate on the core life skills.
20. Explain career planning and discuss the need and importance of career guidance.

*(1 × 10 = 10 marks)*