

**FIFTH SEMESTER (CBCSS—UG) DEGREE EXAMINATION
NOVEMBER 2023**

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. Describe Assertiveness.
2. What is Self esteem ?
3. What is Empathy ?
4. Explain Self management.
5. What is public speaking ?
6. Discuss the process of decision-making.
7. What is creative thinking ?
8. Discuss importance of goal setting.
9. Mention two sources of career information.
10. What is follow up communication.
11. Describe the need for career planning.
12. What is group discussion ?

(Ceiling - 20 Marks)

Turn over

Section B

Answer all questions.

Each question carries 5 marks.

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

13. Describe the need for life skill training.
14. Compare and contrast emotional quotient and social quotient.
15. Discuss the communication skills for effective communication.
16. What are steps for conflict resolution ?
17. Discuss the need and importance of career planning.
18. What are the techniques for facing interview confidently ?

(Ceiling - 30 Marks)

Section C

Answer any one question.

The question carries 10 marks.

(Essay type, not to exceed 500 words)

19. Discuss importance of thinking skills and explain the types of thinking skills.
20. Explain core life skills and discuss the ten core skills as laid down by WHO.

(1 × 10 = 10 marks)