

## SIXTH SEMESTER B.Sc. DEGREE EXAMINATION, APRIL 2023

(Regular/Improvement/Supplementary)

## PSYCHOLOGY

## GPSY6B14T: LIFE SKILL EDUCATION APPLICATIONS AND TRAINING

Time: 2 Hours

Maximum Marks: 60

↓ - space

SECTION A: Answer the following questions. Each carries *two* marks.

(Ceiling 20 Marks)

Write short notes on:

1. Problem solving.
2. Social norms.
3. Self-management skills.
4. Introspection.
5. Ego.
6. Adaptability.
7. Micro expressions.
8. Emotional intelligence.
9. Incubation process.
10. Mental set.
11. Negative self-talk.
12. Time perception.

Alignment

SECTION B: Answer the following questions. Each carries *five* marks.

(Ceiling 30 Marks)

13. Discuss life skills mentioned by WHO.
14. Describe different types of conflicts.
15. What is the difference between empathy and sympathy?
16. Analyse the role of critical thinking in research and experimentation.
17. What is Anchoring and adjustment heuristics?
18. Explain the procedure of Jacobson's Progressive Muscle Relaxation.
19. How reinforcement work in the process of achieving a goal?

SECTION C: Answer any 1 question. Each carries *ten* marks.

↓ more space

20. Explain the methods to improve assertiveness.
21. Express your ideas to conduct women empowerment program.

(1 x 10 = 10 Marks)