

SIXTH SEMESTER B.Sc. DEGREE EXAMINATION, APRIL 2024**(Regular/Improvement/Supplementary)****PSYCHOLOGY****GPSY6B14T: LIFE SKILL EDUCATION: APPLICATIONS AND TRAINING****Time: 2 Hours****Maximum Marks: 60**

**SECTION A: Answer the following questions. Each carries *two* marks.
(Ceiling 20 Marks)**

Write notes on:

1. Define Life Skill.
2. Differentiate problem focused coping and emotion focused coping.
3. What is a resume?
4. Define career development.
5. Comment on self-talk.
6. What you mean by time management?
7. Define active listening.
8. Give an account on critical thinking.
9. What is assertiveness?
10. Comment on premarital counselling.
11. What is media thought?
12. Give an account on SMART goals.

**SECTION B: Answer the following questions. Each carries *five* marks.
(Ceiling 30)**

13. What are skills for overcoming anxiety?
14. Describe the theories that explain the development of self.
15. Explain the process of communication.
16. Describe the WHO - origin of life skill.
17. Highlight the importance of empathy in building relationships.
18. Explain the stages of creative thinking.
19. Discuss the different sources of career information.

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

20. Explain the concept of life skill education. Examine the need and importance of life skill education.
21. Examine the role of life skills in preventing addiction and substance abuse.

(1 x 10 = 10 Marks)