

SIXTH SEMESTER B.Sc. DEGREE EXAMINATION, APRIL 2025

(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 short notes on:

1. Critical thinking.
2. Self-awareness.
3. Decision-making.
4. Components of communication process.
5. Time management.
6. SWOT analysis.
7. Assertiveness.
8. Self-concept.
9. GAS.
10. Self-management.
11. Negotiation.
12. Substance abuse.

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

(Ceiling 30 marks)

13. Write a note on verbal & nonverbal communication skills.
14. Enumerate the importance of empathy.
15. Describe the meaning and importance of life skills.
16. Explain stages of creative thinking.
17. Elaborate the life skills for career planning and development.
18. How can a person improve the skills of decision-making?
19. Illustrate the significance of having life skills.

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

20. Discuss the origin and development of the concept of life skill.
21. Elaborate various life skill training methods for adolescents.

(1 × 10 = 10 Marks)