

D6BPS2304

Reg. No.....

Name:

SIXTH SEMESTER B.Sc. DEGREE EXAMINATION, APRIL 2026

(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)

1. Comment on negotiation skills.
2. What are the components of empathy?
3. State the role of emotion in interpersonal attraction.
4. Define women empowerment.
5. Define Self-awareness.
6. Comment on Divergent thinking.
7. What is SWOC analysis?
8. Illustrate SMART goals.
9. Examine GAS.
10. Explain Conflict resolution.
11. Define life skills.
12. Differentiate between creative thinking and critical thinking.

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

(Ceiling 30 marks)

13. Elucidate different strategies for effective decision-making.
14. Examine the role of WHO in life skill education.
15. Give an outline of survival skills.
16. Briefly explain the life skills necessary for adolescents.
17. Elucidate the benefits of self-awareness.
18. Illustrate the process of goal setting.
19. What are the goals of women empowerment?

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

20. How can a person improve the effectiveness of his personal as well as professional life with life skills?
21. What is career planning? Elucidate the life skills for career development.

(1 × 10 = 10 Marks)