

C 21440

(Pages : 3)

Name.....

Reg. No.....

**FOURTH SEMESTER (CUCBCSS—UG) DEGREE EXAMINATION
APRIL 2022**

Sociology

SOC 4B 06/SOM 4B 05—LIFE SKILL DEVELOPMENT

(2014—2018 Admissions)

Time : Three Hours

Maximum : 80 Marks

Section A (Objective Type)*Answer all the **ten** questions.**Each question carries 1 mark.*

1. Which among the following is a life skill of knowing and living with oneself ?

(a) Interpersonal skills.	(c) Creative thinking.
(b) Self awareness.	(d) Leadership skills.
2. Facial expression is a _____ form of communication.

(a) Asynchronus.	(c) Non verbal.
(b) Listening.	(d) Verbal.
3. _____ is the practice of focussing on the good in any given situation.

(a) Positive thinking.	(c) Critical thinking.
(b) Self-awareness.	(d) Creative thinking.
4. _____ is often seen as a balance between passive and aggressive behaviour

(a) Assertiveness.	(c) narcissism.
(b) Avoidance.	(d) histrionics.
5. _____ is a process involved in conflict management.

(a) Ethnocentrism.	(c) Relativism.
(b) Xenocentrism.	(d) Arbitration.

Turn over

6. People began the process of searching for a job by constructing a _____.
7. _____ communication does not involve spoken communication.
8. _____ is the ability to understand, use and manage one's own emotions.
9. _____ is a comprehensive programme designed to assist individuals in occupation choices.
10. _____ is the process of communicating information to a live audience.

(10 × 1 = 10 marks)

Section B (Very Short Answer)

Answer any **ten** questions out twelve.

Each question carries 2 marks.

11. Life course.
12. Decision making skill.
13. Non-verbal communication.
14. Group Discussion.
15. Job Interview.
16. Career.
17. Resume.
18. Self-control.
19. Self-management.
20. Assertiveness.
21. Job fair.
22. Strain.

(10 × 2 = 20 marks)

Section C (Short Essay Questions)

Answer any **six** questions out eight.

Each question carries 5 marks.

23. Explain the components of life skills.
24. Analyse why interpersonal communication is a component of life skill.
25. Describe the effectiveness of person to group communication.

26. Examine how public speaking is an importance means of communication.
27. Explain the various steps in applying for a job.
28. Discuss the different sources of career information.
29. Compare and contrast emotional quotient and social quotient.
30. Explain how life skill is to be understood as a Life Course approach.

(6 × 5 = 30 marks)

Section C (Essay Questions)

Answer any two questions out three.

Each question carries 10 marks.

31. What is conflict resolution and discuss the major steps ?
32. Describe the types, components of communication.
33. Prepare a note on the need and importance of career guidance.

(2 × 10 = 20 marrks)

C 21440-A

(Pages : 4)

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(2014—2018 Admissions)

(Multiple Choice Questions for SDE Candidates)

Time : 15 Minutes**Total No. of Questions : 20****Maximum : 20 Marks****INSTRUCTIONS TO THE CANDIDATE**

1. This Question Paper carries Multiple Choice Questions from 1 to 20.
2. The candidate should check that the question paper supplied to him/her contains all the 20 questions in serial order.
3. Each question is provided with choices (A), (B), (C) and (D) having one correct answer. Choose the correct answer and enter it in the main answer-book.
4. The MCQ question paper will be supplied after the completion of the descriptive examination.

SOC 4B 06/SOM 4B 05—LIFE SKILL DEVELOPMENT

(Multiple Choice Questions for SDE Candidates)

1. The international Bureau of education focused on four pillars of learning-learning to / know, learning to do, learning to be and learning to _____.
(A) Promote co-existence. (B) Participate.
(C) Live together. (D) Transport.
2. UNICEF defined life as Psycho- Social and _____ skills.
(A) Personal. (B) Inter personal.
(C) Intra-personal. (D) Social.
3. Life skills effective _____.
(A) Development. (B) Growth.
(C) Communication. (D) Contract.
4. Analyzing peer and media influence belong to _____ skill.
(A) Critical thinking. (B) Time Management skills.
(C) Stress management. (D) Self monitoring skill.
5. Expressing respect for others contribution belongs to _____.
(A) Negotiation skill. (B) Empathy.
(C) Co-operation and teamwork. (D) Refusal skill.
6. When a person receives too many messages at the same time is called _____.
(A) Complex message. (B) Message overload.
(C) Message distraction. (D) End message.
7. People can speak 100 to _____ words per minute.
(A) 150. (B) 175.
(C) 200. (D) 225 words.
8. Listening involves decoding the sound in to _____.
(A) Symbols. (B) Meanings.
(C) Control. (D) Signs.

9. _____ is the process of speaking to a group of people in a structured deliberate manner.
- (A) Speaking tips. (B) Public speaking.
(C) Communication. (D) Message.
10. Eustress means :
- (A) Good stress. (B) Bad stress.
(C) Normal stress. (D) Mental stress.
11. To act one's own best interest.
- (A) Assertive behaviour. (B) Aggressive behaviour.
(C) Social behaviour. (D) Positive behaviour.
12. A _____ is a formal presentation of a job application.
- (A) Resume. (B) Application.
(C) Job letter. (D) Personal data.
13. _____ are professionals trained to help clients assess their own strength and weaknesses, evaluate their goals and values.
- (A) Teacher. (B) Counsellor.
(C) Trainer. (D) Guide.
14. _____ is the evaluation of various aspects of the social world.
- (A) Personality. (B) Social awareness.
(C) Attitude. (D) Outlook.
15. _____ involves the ability to produce work that is both novel and appropriate.
- (A) Participation. (B) Creativity.
(C) Assertive behaviour. (D) Performance.
16. Attitudes individuals hold concerning their jobs.
- (A) Job attainment. (B) Job promotion.
(C) Job satisfaction. (D) Job advancement.

Turn over

17. The word career originated from the _____ word 'carrus'.
- (A) Greek. (B) Spanish.
(C) Portuguese. (D) Latin.
18. _____ is directly linked to an individual's growth and satisfaction.
- (A) Career planning. (B) Career designing.
(C) Career development. (D) Career advancement.
19. Hopeful about the future and have positive attitude towards life.
- (A) Self esteem. (B) Optimism.
(C) Self management. (D) Self confidence.
20. _____ stress describes stress experience concerning the future.
- (A) Time. (B) Encounter.
(C) Anticipatory. (D) Situational.