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Name.....

Reg. No.....

**SIXTH SEMESTER U.G.(CBCSS—UG) DEGREE EXAMINATION
MARCH 2024**

Psychology

PSY 6B 04—LIFE SKILL EDUCATION : APPLICATIONS AND TRAINING

(2019 Admission onwards)

Time : Two Hours

Maximum : 60 Marks

Section A*Answer all questions.**Answer in two or three sentences.**Each question carries 2 marks.**There shall be Ceiling of 20 marks in this section.*

1. Stanley Hall.
2. Problem solving.
3. Self-awareness.
4. Self-control.
5. Mirroring.
6. Assertiveness.
7. Self-confidence.
8. Resilience.
9. Self-esteem.
10. Self-efficacy.
11. Empathy
12. Emotional intelligence.

(Ceiling 20)

Turn over

Section B

Answer all questions.

Answer in a paragraph of about half a page to one page.

Each question carries 5 marks.

There shall be Ceiling of 30 marks in this section.

13. Stress management.
14. Origin and development of life skill education.
15. Components of communication.
16. Life skills for preventing addiction.
17. Inter personal skills for career success.
18. Skills for time management.
19. Skills required for negotiation.

(Ceiling 30)

Section C

Essay type questions.

*Answer any **one** of the following questions.*

The question carries 10 marks.

20. What are the different skills required for decision making and problem solving ?
21. Describe the various components of critical thinking.

(1 × 10 = 10 marks)