

**R7600**

**Sub. Code**

**518101**

**M.A. DEGREE EXAMINATION, NOVEMBER – 2022**

**First Semester**

**Life Skill Education**

**INTRODUCTION TO LIFE SKILLS**

**(CBCS – 2022 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 1 = 10)

Answer All the questions.

1. The act of choosing between two or more courses of action.  
(a) self awareness      (b) empathy  
(c) critical thinking      (d) decision making
2. A behaviour change or behaviour development approach designed to address a balance of three areas: knowledge, attitude and skills.  
(a) Life skills      (b) Job skills  
(c) Personal skills      (d) Functioning skills
3. The most satisfied people are those who actively set and reach \_\_\_\_\_ goals throughout their lives.  
(a) Easy      (b) demanding  
(c) new      (d) diverse
4. Through self awareness you overcome your  
(a) weight      (b) lie  
(c) soul      (d) weakness

5. Albert Bandura is associated with which of the following?
- (a) social learning theory
  - (b) Behavioural theory
  - (c) Cognitive theory of development
  - (d) Psycho social theory of development
6. The most appropriate purpose of learning is
- (a) personal adjustment
  - (b) social and political awareness
  - (c) modification of behaviour
  - (d) preparing oneself to employment
7. In the four pillar of education, learning to live together mentioned in the \_\_\_\_\_ commission report reflect the Indian value of 'Vasudhaiva Kutumbakam'.
- (a) Delors
  - (b) Hunter
  - (c) Hartog
  - (d) Hamburg
8. Which of the following agency regulates education?
- (a) School
  - (b) Library
  - (c) Church
  - (d) State
9. The skill in forming visual images and patterns is called as
- (a) Spatial intelligence
  - (b) Logical intelligence
  - (c) Kinesthetic intelligence
  - (d) Intra personal intelligence

10. Stress management skills are skills that help to reduce or avoid stress what important skill does this fall under?
- (a) Refusal skills
  - (b) communications skills
  - (c) Self management skills
  - (d) Advocacy skills

**Part B**

(5 × 5 = 25)

Answer **all** questions, choosing either (a) or (b).

11. (a) Explain the need for life skill based Education.

Or

- (b) Briefly give a note on life skill approach.

12. (a) Mention the genesis of the concept of life skills

Or

- (b) Explain the concept of life skill based education in Indian context.

13. (a) Briefly explain Albert Bandura's theory of social learning.

Or

- (a) How will you differentiate behavioristic in to cognitive approaches in learning.

14. (a) Write short note on the pillar's of education and life skills.

Or

- (b) Mention the steps to follow how learning to know and do throughout life.

15. (a) How will you inculcate the knowledge of life skill among higher secondary school children.

Or

- (b) Life skill education gives confidence among school children. Comment on it.

**Part C**

(5 × 8 = 40)

Answer any **five** questions

All questions carry equal marks and each answer should not exceed two page.

16. Explain in detail about the implementation models of life skill training.
17. Explain survival and livelihood skill in detail.
18. Delineate the four pillars of life skill Education.
19. Discuss the taxonomy of learning outcomes prepared by blooms in detail.
20. Inculcating the knowledge of life skill among school children in essential in 21<sup>st</sup> century. Discuss.
21. Life skill training gives confidence and competence. Give your views.
22. Mention the objectives and components of Hamberg declaration.
23. Mention the steps to follow how learning to live together throughout to face the society.

**R7601**

**Sub. Code**

**518102**

**M.A. DEGREE EXAMINATION, NOVEMBER – 2022**

**First Semester**

**Life Skill Education**

**CORE LIFE SKILLS**

**(CBCS – 2022 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 1 = 10)

Answer **all** the questions.

1. Verbal skills, social skills and body language are important aspects of \_\_\_\_\_ skill.
  - (a) Critical thinking
  - (b) Creative thinking
  - (c) Interpersonal skills
  - (d) Effective communication
2. People with strong self awareness is
  - (a) Self confident
  - (b) Creative
  - (c) To know their strength and weaknesses
  - (d) To identity their role models

3. \_\_\_\_\_ can be regarded as an outcome of cognitive processes.
- (a) Problem solving
  - (b) Decision making
  - (c) Empathy
  - (d) Critical thinking
4. \_\_\_\_\_ thinking enables us to analyse information and experiences.
- (a) Positive
  - (b) Negative
  - (c) Creative
  - (d) Critical
5. Which coping skill would be appropriate to use in the classroom?
- (a) Listening to music
  - (b) Telling jokes
  - (c) Deep breathing
  - (d) Exercising
6. The ability to manage personal reactions to responsibilities and challenges in work and life.
- (a) coping skills
  - (b) critical thinking
  - (c) decision making
  - (d) self management

7. The goal of the \_\_\_\_\_ approach is to promote healthy, and sociable behaviour.
- (a) Life skills
  - (b) Job skills
  - (c) Personal skills
  - (d) Functioning skills
8. Life skill can be systematically acquired and reinforced through non formal and \_\_\_\_\_ learning settings.
- (a) Formal
  - (b) Vocational
  - (c) Informal
  - (d) Traditional
9. International Bureau of Education defines life skills as personal management and \_\_\_\_\_ skills.
- (a) Social
  - (b) Educational
  - (c) Cultural
  - (d) Physical

10. Life skills assessment scale has been developed by
- (a) David Pearson and Fiona Kennedy
  - (b) Paul Hegstorm
  - (c) David Pearson and Flora Kematsu
  - (d) Berwick

**Part B**

(5 × 5 = 25)

Answer **all** questions, choosing either (a) or (b).

11. (a) “Effective Communication is possible with body language”. Comment on it.

Or

- (b) Write short note on SWOT analysis.

12. (a) Explain the factors influencing problem solving.

Or

- (b) What is the objective of goal setting and how decision making skills helps to set a goal.

13. (a) Briefly explain the characteristics of coping with emotions?

Or

- (b) List out the sources of stress explicitly.



14. (a) What are the core life skill techniques and explain any one in detail?

Or

- (b) Prepare a rough draft for life skills for self directed learning.

15. (a) What are the four components of life skill and explain it.

Or

- (b) How will you measure life skills and mention the goal of life skill education.

**Part C**

(5 × 8 = 40)

Answer any **five** questions.

All questions carry equal marks and each answer should not exceed two pages.

16. Discuss different ways to improve working relationships.
17. What are the points to be remember while giving an oral presentation?
18. Explain the types of thinking in detail.
19. Write a short note on thoughts. How will it improve creative thinking?
20. What is meant by copying skills and explain two dimensional approach?

21. How can life skills help young people make better choices concerning their health?
  22. What is the purpose of assessing life skills and mention its significance in education?
  23. What is meant by self awareness? Explain the methods of improving self awareness.
-

**R7602**

**Sub. Code**

**518103**

**M.A. DEGREE EXAMINATION, NOVEMBER – 2022**

**First Semester**

**Life Skill Education**

**LIFE SKILLS ACROSS LIFE SPAN**

**(CBCS – 2022 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 1 = 10)

Answer **all** questions.

1. Number, according to Piaget, is a synthesis of two kinds of relationships the child creates among objects. They are
  - (a) order and hierarchical inclusion
  - (b) order and reversibility
  - (c) seriation and hierarchical inclusion
  - (d) seriation and conservation
  
2. Erikson characterized development as a series of \_\_\_\_\_.
  - (a) Psychosexual stages
  - (b) Psychosocial stages
  - (c) Psychomoral stages
  - (d) Etical stages
  
3. Most of the children acquire the basic skills for locomotion at \_\_\_\_\_ stage.
  - (a) Childhood
  - (b) Early Childhood
  - (c) Later Childhood
  - (d) Adolescence

4. The best method to study growth and development of the child is
- (a) Psychoanalytic method
  - (b) Comparative method
  - (c) Developmental method
  - (d) Statistical method
5. Puberty age in female is
- (a) 10–12                      (b) 12–14
  - (c) 8–10                      (d) More than 14 years
6. The period of maturity of reproductive organs is called
- (a) Adolescence period
  - (b) Mensuration
  - (c) Gestation period
  - (d) None of these
7. According to the text, middle adulthood lasts until approximately
- (a) age 35                      (b) age 45
  - (c) age 55                      (d) age 65
8. Which brain area is responsible for reasoning and planning?
- (a) brain-stem
  - (b) pre-frontal cortex
  - (c) temporal lobe
  - (d) parietal lobe
9. Which of the following is a common social issue for life after age 65?
- (a) poverty
  - (b) child abuse
  - (c) limited opportunities for romance
  - (d) mandatory retirement

10. Prejudice and discrimination are directed at older people, which is manifested in several ways
- (a) Discrimination
  - (b) Dementia
  - (c) Ageism
  - (d) Age racism

**Part B**

(5 × 5 = 25)

Answer **all** questions, choosing either (a) or (b).

11. (a) Describe the changes in self concept and self- esteems.

Or

- (b) Examine the significance of Piaget's stages of cognitive development.

12. (a) Explain Urie Bronfenbrenner Ecological systems theory.

Or

- (b) Explain the Vygotsky's socio-cultural theory of development.

13. (a) Describe the information processing research on attention and memory.

Or

- (b) Describe the developmental stages in language.

14. (a) Write any five externalizing and internalizing behaviour problems in Adolescent Adjustment.

Or

- (b) What are the factors and importance involved in marital adjustment?

15. (a) Write changes in motor and mental abilities in late adulthood.

Or

- (b) Write the physical changes and social changes for late adulthood period.

**Part C**

(5 × 8 = 40)

Answer any **five** questions.

16. Explain the historical and contemporary theories impacting life span development.
17. Describe the influence of the media on young children's social development.
18. Enumerate the changes in gross and motor skills in early childhood period.
19. Describe the parenthood and parenting styles.
20. What are the recent issues affect the Adolescence? Explain.
21. Discuss the Adolescent relationship with parents.
22. Explain the different types of adjustments.
23. Write the need and importance of life-long learning.