

R0076

Sub. Code

518101

M.A. DEGREE EXAMINATION, NOVEMBER – 2023

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 objective questions by choosing the correct options.

1. Which of the following is an example of a livelihood skill?
(CO1, K2)
 - (a) Playing a musical instrument
 - (b) Gardening as a hobby
 - (c) Budgeting and financial management
 - (d) Collecting stamps as a hobby

2. What is a fundamental goal of a life skills approach to education?
(CO1, K2)
 - (a) Focusing exclusively on academic subjects
 - (b) Promoting memorization of facts
 - (c) Enhancing student's ability to navigate real-life situations
 - (d) Encouraging competition among students

3. How does quality education contribute to the development of life skills? (CO2, K2)
- (a) By eliminating extracurricular activities
 - (b) By encouraging memorization of facts and figures
 - (c) By promoting rote learning and standardized testing
 - (d) By fostering critical thinking, creativity and problem-solving abilities
4. What is the status of life skills education in the Indian context? (CO2, K2)
- (a) Not emphasized in the Indian education system
 - (b) A recent addition with significant focus
 - (c) Already fully integrated into the Indian curriculum
 - (d) Commonly offered as extracurricular activities
5. What is a common motivation for adults to engage in lifelong learning? (CO3, K3)
- (a) Mandatory government requirements
 - (b) Personal growth and skill development
 - (c) Purely for monetary gain
 - (d) Peer pressure from friends
6. According to the theory of social learning, what plays a crucial role in the acquisition of new behaviors? (CO3, K3)
- (a) Genetic predisposition
 - (b) Rewards and punishments
 - (c) Introspection and self-reflection
 - (d) Observation and modeling

7. According to the Four Pillars of Education, what does “learning to live together” primarily emphasize?(CO4, K2)
- (a) Isolation and individualism
 - (b) Tolerance, empathy, and corporation
 - (c) Conflict and competition
 - (d) Rigid conformity to societal norms
8. In the context of lifelong learning, what is the significance of “learning throughout life”? (CO4, K2)
- (a) Recognizing that learning is a lifelong process
 - (b) Limiting learning to specific job-related skills
 - (c) Acquiring knowledge only during formal education
 - (d) Stopping learning once you reach a certain age
9. Why is the inclusion of a life skills approach in school curriculum beneficial? (CO5, K5)
- (a) It reduces the need for traditional academic subjects
 - (b) It equips students with essential skills for personal and professional life
 - (c) It prepares students for a single, predefined career path
 - (d) It focuses solely on theoretical knowledge

10. Which of the following is a core element of implementing a life skills approach in school curriculum? (CO5, K5)
- (a) Ignoring the development of social and emotional competencies
 - (b) Relying solely on rote learning and memorization
 - (c) Encouraging critical thinking, problem-solving and decision-making
 - (d) Promoting competition among students

Part B (5 × 5 = 25)

Answer **all** the questions not more than 500 words each.

11. (a) Outline the importance of life skills. (CO1, K2)

Or

- (b) Relate the uses of survival skills in the present era. (CO1, K2)

12. (a) Examine the evolution of the concept of life skills. (CO2, K2)

Or

- (b) Interpret life skill education in Indian context. (CO2, K2)

13. (a) Examine the theory of social learning. (CO3, K3)

Or

- (b) Construct Rogers situated learning. (CO3, K3)

14. (a) Outline the features of learning to live together. (CO4, K2)

Or

- (b) Summarize the four pillars of education. (CO4, K2)

15. (a) Assess whether life skill approach is useful in school curriculum. (CO5, K5)

Or

- (b) Choose some methods to promote life skill education in school. (CO5, K5)

Part C (5 × 8 = 40)

Answer **all** the questions not more than 1000 words each.

16. (a) Explain life skill approach in detail. (CO1, K2)

Or

- (b) Illustrate the salient features of life skill training. (CO1, K2)

17. (a) Generate the ideas of U.N inter agency meeting. (CO2, K2)

Or

- (b) Simplify Daker framework. (CO2, K2)

18. (a) Distinguish Behaviouristic and Cognitive approaches. (CO3, K3)

Or

- (b) Examine Bloom's Taxonomy of Learning outcomes. (CO3, K3)

19. (a) Outline about learning to do and to know. (CO4, K2)

Or

- (b) Simplify the crux of learning to be. (CO4, K2)

20. (a) What are the problems in school education?
(CO5, K5)

Or

(b) Measures to eradicate the socio-emotional problems
among children. (CO5, K5)

R0077

Sub. Code

518102

M.A. DEGREE EXAMINATION, NOVEMBER – 2023

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 following objective questions
by choosing the correct option

1. What is the primary purpose of teaching social skills?
(CO1, K2)
 - (a) To encourage isolation and independence
 - (b) To enhance effective communication and relationships
 - (c) To prioritize academic achievement over personal development
 - (d) To promote competition among peers

2. Why are negotiation skills important in various aspects of life?
(CO1, K2)
 - (a) To avoid all conflicts and disagreements
 - (b) To assert one's viewpoint without compromise
 - (c) To facilitate mutually beneficial agreements and solutions
 - (d) To dominate and control every situation

3. Which type of thinking is often associated with generating new ideas, innovative solutions, and original creations?
(CO2, K4)
- (a) Divergent thinking
 - (b) Analytical thinking
 - (c) Linear thinking
 - (d) Convergent thinking
4. What is a factor that can influence decision-making and problem-solving processes?
(CO2, K4)
- (a) Ignoring relevant information
 - (b) Relying solely on intuition
 - (c) Gathering and analyzing relevant data
 - (d) Avoiding any form of critical thinking
5. What are coping skills primarily used for?
- (a) Winning arguments
 - (b) Avoiding challenges
 - (c) Enhancing physical fitness
 - (d) Managing stress and difficult situations
6. Which of the following is a common source of stress for many people?
(CO3, K4)
- (a) Positive life events such as vacations
 - (b) Financial problems and job pressures
 - (c) Relaxation techniques like meditation
 - (d) Spending time with loved ones

7. In the design and development of a learning module, what is the primary purpose of conducting a needs assessment? (CO4, K6)
- (a) To select the most visually appealing design template
 - (b) To identify the target audience's learning requirements and goals
 - (c) To determine the budget allocated for module development
 - (d) To evaluate the module's effectiveness after completion
8. Which of the following is a crucial step in the module development process? (CO4, K6)
- (a) Skipping the testing phase to save time
 - (b) Incorporating complex jargon and technical terms
 - (c) Ensuring alignment with learning objectives and outcomes
 - (d) Reducing engagement elements like multimedia and interactivity
9. What is the primary purpose of a Life Skills Assessment Scale? (CO5, K5)
- (a) To measure academic achievement
 - (b) To evaluate physical fitness levels
 - (c) To assess an individual's proficiency in various life skills
 - (d) To determine a person's favorite hobbies

10. Which of the following is a potential benefit of using a life Skills Assessment Scale? (CO5, K5)
- (a) It help individuals improve their academic grades.
 - (b) It provides insights into strengths and areas for development in life skills
 - (c) It measures physical health and fitness
 - (d) It assesses a person's popularity among peers.

Part B (5 × 5 = 25)

Answer **all** the following objective questions
not more than 500 words each.

11. (a) Outline the importance of social skills. (CO1, K2)

Or

- (b) Summarise the feature of Johari Window. (CO1, K2)

12. (a) Generate the steps in problem solving. (CO2, K2)

Or

- (b) Examine Thinking skill. (CO2, K4)

13. (a) Operate the sources of stress. (CO3, K4)

Or

- (b) Examine the coping strategies of stress. (CO3, K4)

14. (a) Generate a simple design for imparting life skill. (CO4, K6)

Or

- (b) Outline the process of the development of module. (CO4, K6)

15. (a) Evaluate the strategies to measure life skills. (CO5, K5)

Or

- (b) Explain life skill assessment scale. (CO5, K5)

Part C (5 × 8 = 40)

Answer **all** the questions
not more than 1000 words each.

16. (a) Explain in detail about empathy and sympathy. (CO1, K2)

Or

- (b) What is interpersonal relationship. Outline the factors affecting interpersonal relationship. (CO1, K2)

17. (a) Compare reflective and reverse thinking. (CO2, K4)

Or

- (b) What is creative thinking? State with an example. (CO2, K4)

18. (a) Generate the coping skills. (CO3, K4)

Or

- (b) Classify the stressors in day to day life. (CO3, K4)

19. (a) Summarise few life skill games. (CO4, K6)

Or

- (b) Examine the steps in the development of module. (CO4, K6)

20. (a) Explain in detail about communication skill.
(CO5, K5)

Or

- (b) How will you measure the creativity of your students?
(CO5, K5)
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R0078

Sub. Code

518103

M.A. DEGREE EXAMINATION, NOVEMBER – 2023

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** the following objective questions by choosing the correct option.

1. The age of sensory motor stage lies between (CO1, K2)
(a) 2-7 (b) 0-2
(c) 7-11 (d) 11-14
2. Erikson stages of development are (CO1, K2)
(a) 6 (b) 7
(c) 8 (d) 10
3. Freud proposed _____ psycho social stage (CO2, K3)
(a) 5 (b) 7
(c) 8 (d) 4
4. Autonomous morality age lies between (CO2, K3)
(a) 0-5 (b) 5-7
(c) 9-10 (d) 10-12

5. Late adolescence is also called as (CO3, K4)
- (a) Young adolescence
 - (b) Middle adolescence
 - (c) Early adolescence
 - (d) Young adulthood
6. The transition stage between childhood and adulthood is (CO3, K4)
- (a) Childhood (b) Adolescent
 - (c) Early childhood (d) Middle childhood
7. Which country the psychologist Jean Piaget belongs to (CO4, K2)
- (a) Swiss (b) Canada
 - (c) Switzerland (d) South Africa
8. Vygotsky outlined _____ main concepts related to cognitive development (CO4, K2)
- (a) four (b) six
 - (c) three (d) seven
9. Internalization and socialization are central constructs in _____ (CO5, K5)
- (a) Developmental psychology
 - (b) Cognitive Psychology
 - (c) Psychology
 - (d) Socialization
10. The developmental tasks are necessary during first _____ years child (CO5, K5)
- (a) 4 (b) 5
 - (c) 3 (d) 6

Part B

(5 × 5 = 25)

Answer **all** questions not more than 500 words each.

11. (a) Briefly explain the theories of life span development. (CO1, K2)

Or

- (b) Give a short account on ecological theory. (CO1, K2)

12. (a) List out the characteristics of Adulthood. (CO2, K3)

Or

- (b) Write the merits of psycho-social development in childhood. (CO2, K3)

13. (a) State the adolescents issues and concerns. (CO3, K4)

Or

- (b) Briefly explain about adolescents relationship with parents. (CO3, K4)

14. (a) Give a short note on moral development of adulthood. (CO4, K2)

Or

- (b) Write the different types of parenting styles. (CO4, K2)

15. (a) List out the characteristics of aging and longevity. (CO5, K5)

Or

- (b) State the ways to improve mental abilities in the stage of adulthood. (CO5, K5)

Part C

(5 × 8 = 40)

Answer **all** questions not more than 1000 words each.

16. (a) Explain Erickson psycho-social development theory.
(CO1, K2)

Or

- (b) Describe about Vygotsky socio-cultural theory of development.
(CO1, K2)

17. (a) Explain the importance of cognitive development in the stage of early childhood.
(CO2, K3)

Or

- (b) Enumerate different development task in late childhood.
(CO2, K3)

18. (a) Describe psychological concerns during puberty.
(CO3, K4)

Or

- (b) Explain adolescents relationship with peers and society.
(CO3, K4)

19. (a) Enumerate different nature of adulthood. (CO4, K2)

Or

- (b) Describe about marital life and marital adjustment of adulthood.
(CO4, K2)

20. (a) Explain the significance of lifelong learning.
(CO5, K5)

Or

- (b) Differentiate between motor and mental abilities.
(CO5, K5)

R0079

Sub. Code

518301

M.A. DEGREE EXAMINATION, NOVEMBER – 2023

Third Semester

LIFE SKILL EDUCATION

RESEARCH METHODOLOGY

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** the following objective questions by choosing the correct option.

1. Basic research is also called (CO1, K2)
(a) Pure research (b) Survey research
(c) Normative survey (d) Descriptive research
2. Internal and External threats related to (CO1, K2)
(a) Survey Research (b) Experimental research
(c) Case studies (d) Explorative study
3. There are _____ main types of Quantitative research (CO2, K3)
(a) 5 (b) 7
(c) 8 (d) 4

4. Attempts to establish cause- effect relationship among the variables (CO2, K3)
- (a) Case studies
 - (b) Online survey
 - (c) Experimental Research
 - (d) Nominative survey
5. Ethnography is a (CO3, K4)
- (a) Qualitative method
 - (b) Quantitative Method
 - (c) Survey method
 - (d) Descriptive survey
6. _____ used to collect quantitative and/or qualitative information (CO3, K4)
- (a) Interview
 - (b) Questionnaire
 - (c) Schedule
 - (d) Check list
7. The consistency of a measure is called _____ (CO4, K2)
- (a) Validity
 - (b) Significance
 - (c) Mean
 - (d) Reliability
8. Primary and secondary sources related to _____ (CO4, K2)
- (a) Survey
 - (b) Case studies
 - (c) Historical research
 - (d) Descriptive research

9. A substantial research project than contributes to your filed of study is _____. (CO5, K2)
- (a) Dissertation (b) Project
(c) Case report (d) Collective reports
10. Which one is the cornerstone of journalism ethics?(CO5, K5)
- (a) Mobilization (b) Truth
(c) Transfer (d) Interchange

Part B (5 × 5 = 25)

Answer **all** the questions not more than 500 words each.

11. (a) Explain the Applied Research. (CO1, K2)
- Or
- (b) Outline the different process of research. (CO1, K2)
12. (a) Classify the different types of hypotheses. (CO2, K3)
- Or
- (b) Distinguish between research question and hypotheses. (CO2, K3)
13. (a) Examine the nature of internet based tools.(CO3, K4)
- Or
- (b) List the different types of tools for data collection. (CO3, K4)
14. (a) Explain non-statistical methods. (CO4, K2)
- Or
- (b) Express about test of significance. (CO4, K2)
15. (a) Explain preparation of research report. (CO5, K5)
- Or
- (b) Justify the ethical perspectives of mass media research. (CO5, K5)

Part C

(5 × 8 = 40)

Answer **all** the questions not more than 1000 words each.

16. (a) Explain importance of communication research. (CO1, K2)

Or

- (b) Summaries the components of research design. (CO1, K2)

17. (a) Categories the steps for selection of research problem. (CO2, K3)

Or

- (b) Examine the importance of review of literature collection. (CO2, K3)

18. (a) Distinguish between questionnaire and schedule. (CO3, K4)

Or

- (b) Explain the steps for preparation of questionnaire. (CO3, K4)

19. (a) Outline the importance of reliability and validity of tools. (CO4, K2)

Or

- (b) Express the validation process of research tools. (CO4, K2)

20. (a) Explain the audience survey. (CO5, K5)

Or

- (b) Justify media research as a tool or reporting. (CO5, K5)

R0080

Sub. Code

518302

M.A. DEGREE EXAMINATION, NOVEMBER – 2023

Third Semester

Life Skill Education

PERSONALITY DEVELOPMENT

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** the following objective questions by choosing the correct option.

1. Which of the following SWOT elements are internal factors? (CO1, K2)
 - (a) Strengths and Weaknesses
 - (b) Opportunities and Threats
 - (c) Strengths and Opportunities
 - (d) Weaknesses and Threats

2. At what stage of Erikson's theory of psychosocial development does an infant develop a sense of trust? (CO1, K2)
 - (a) School Age
 - (b) Preschool
 - (c) Early Childhood
 - (d) Infancy

3. An important part of professionalism is (CO2, K4)
- (a) Handling criticism gracefully
 - (b) Knowing when to react defensively
 - (c) Not showing too much enthusiasm
 - (d) Learning how to appear arrogant
4. The Zeigarnik effect is a _____. (CO2, K4)
- (a) Social psychological phenomenon
 - (b) Natural phenomenon
 - (c) Psychosocial phenomenon
 - (d) Psychological phenomenon
5. What is a key step in Teamwork? (CO3, K3)
- (a) Leadership
 - (b) Responsibility
 - (c) Organization
 - (d) All of the above
6. Which of the following is a symptom of short-term stress? (CO3, K3)
- (a) Rapid breathing
 - (b) Digestive problems
 - (c) Excessive tiredness
 - (d) Mood changes

7. The experience of feeling competent to cope with the basic challenges in life and of being worthy of happiness is _____ (CO4, K2)
- (a) Arrogance
 - (b) Self-esteem
 - (c) Wishful thinking
 - (d) Self efficacy
8. To bounce back from setbacks and embarrassments It is necessary to _____ (CO4, K2)
- (a) Get past the emotional turmoil
 - (b) Find a creative solution to your problem
 - (c) Both of the above
 - (d) None of the above
9. Which of the following is not a necessary part of a resume? (CO5, K5)
- (a) Religion
 - (b) Education
 - (c) Contact Information
 - (d) Employment history

10. When should you arrive for your interview? (CO5, K5)
- (a) At the time it is scheduled
 - (b) 5-10 minutes before the scheduled time
 - (c) 5-10 minutes after the scheduled time
 - (d) Go after 10 minutes

Part B (5 × 5 = 25)

Answer **all** the questions not more than 500 words each.

11. (a) Explain Freud psychoanalytic theory. (CO1, K2)

Or

- (b) What is failure? Explain the causes of failure.
(CO1, K2)

12. (a) Show the advantages of positive attitude. (CO2, K4)

Or

- (b) Generate some key points to form habits of success.
(CO2, K4)

13. (a) Describe the merits of teamwork. (CO3, K3)

Or

- (b) Examine the importance of work ethics. (CO3, K3)

14. (a) Outline the importance of self-motivation. (CO4, K2)

Or

- (b) Show the symptoms of a personality having low self-esteem.
(CO4, K2)

15. (a) Evaluate the role of body language in an Interview. (CO5, K5)

Or

- (b) Explain the term group discussion. (CO5, K5)

Part C (5 × 8 = 40)

Answer **all** the questions not more than 1000 words each.

16. (a) What is success? Outline the hurdles in achieving success? (CO1, K2)

Or

- (b) Illustrate SWOT analysis. (CO1, K2)

17. (a) Outline the ways to develop positive attitude. (CO2, K4)

Or

- (b) Distinguish the factor affecting negative attitude. (CO2, K4)

18. (a) Elaborate time management and how it is important in recent times. (CO3, K3)

Or

- (b) Interpret the qualities of successful leader.(CO3, K3)

19. (a) Define the term self-esteem and explain do's and don'ts to develop positive self-esteem. (CO4, K2)

Or

- (b) Categories positive and negative self-esteem. (CO4, K2)

20. (a) Explain presentation skills and outline the factors to overcome fear in the presentation. (CO5, K5)

Or

- (b) Evaluate the important points of resume building. (CO5, K5)

R0081

Sub. Code

518303

M.A. DEGREE EXAMINATION, NOVEMBER – 2023

Third Semester

Life Skill Education

ORGANISATIONAL BEHAVIOUR

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** the following objective questions
by choosing the correct option.

1. Forces not affecting organizational behaviour are _____ . (CO1, K2)
 - (a) People
 - (b) Environment
 - (c) Technology
 - (d) Other organizational employees

2. In present context, challenges for Organizational Behaviour are _____ . (CO1, K2)
 - (a) Employee expectation
 - (b) Workforce diversity
 - (c) Globalization
 - (d) All of the above

3. What best describes organizational climate? (CO2, K3)
- (a) organizational climate is a stable and enduring set of values and beliefs within an organization.
 - (b) organizational climate represents the prevailing atmosphere and employee perceptions of the workplace.
 - (c) organizational climate is primarily influenced by the long-term goals and strategies of the organization.
 - (d) organizational climate is synonymous with organizational culture.
4. What is the Hawthorne Effect in the context of the experiments? (CO2, K3)
- (a) The improvement in worker productivity due to changes in lighting conditions
 - (b) The tendency for workers to perform better when they know they are being observed
 - (c) The decrease in worker productivity when working in teams
 - (d) The impact of automation on job satisfaction
5. Which of the following is NOT an example of an external factor in the organizational environment? (CO3, K4)
- (a) Economic conditions
 - (b) Employee morale
 - (c) Government regulations
 - (d) Competitors' actions

6. What is the primary factor contributing to workplace stress in a challenging organizational environment? (CO3, K4)
- (a) Organizational culture
 - (b) Employee's personal life
 - (c) Physical fitness
 - (d) Commute time
7. The job satisfaction of an employee depends on the (CO4, K3)
- (a) Behaviour (b) Attitude
 - (c) Personality (d) Employer
8. _____ is the process of stimulating people to actions to accomplish the goals. (CO4, K3)
- (a) Bonus
 - (b) Performance-based incentive
 - (c) Motivation
 - (d) Promotion
9. Membership of a group provides the individual with a sense of _____. (CO5, K5)
- (a) Belonging (b) Inferiority
 - (c) Individuality (d) Superiority
10. Leaders' are _____. (CO5, K5)
- (a) the first step in the leadership process
 - (b) individual people who study the leadership process
 - (c) individual people, while leadership is a process
 - (d) the final step in the leadership process

Part B

(5 × 5 = 25)

Answer **all** the questions not more than 500 words each.

11. (a) Discuss different models of Organizational Behaviour. (CO1, K2)

Or

- (b) What are the five Anchors of Organizational Behaviour? (CO1, K2)

12. (a) What is Organizational Climate? Outline the importance of Organizational Climate. (CO2, K3)

Or

- (b) How do employee relationships and social interactions within the workspace affect the organizational climate? (CO2, K3)

13. (a) What strategies or initiatives could organizations implement to create a healthier and less stressful organizational environment for their employees? (CO3, K4)

Or

- (b) Discuss the Social system determinants and its influences in OB. (CO3, K4)

14. (a) Explain the concept of Job satisfaction. (CO4, K3)

Or

- (b) Outline the importance of behaviour modification. (CO4, K3)

15. (a) Outline the importance of inter-personal relationship in an organization. (CO5, K5)

Or

- (b) Evaluate the basic elements of Organizational Dynamics. (CO5, K5)

Part C (5 × 8 = 40)

Answer **all** the questions not more than 1000 words each.

16. (a) Explain the benefits of industrial psychology in current scenario. (CO1, K2)

Or

- (b) Explain any one school of OB. (CO1, K2)

17. (a) Explain the Historical development of Organizational Behaviour (OB). (CO2, K3)

Or

- (b) Justify how the Hawthorne experiments influence the field of industrial and organizational psychology? (CO2, K3)

18. (a) Explain the role of technology in an organization. (CO3, K4)

Or

- (b) Explain the following Organizational complexity.
(i) Stress (ii) Fatigue (iii) Monotony. (CO3, K4)

19. (a) Define work behaviour. How life skills plays role to enhance work place emotions? (CO4, K3)

Or

- (b) What is conflict management? Explain the types of conflict management. (CO4, K3)

20. (a) Generate the roles and responsibilities of managing team in NGO. (CO5, K5)

Or

- (b) What is Team-Building? Categories the different types of team building approaches. (CO5, K5)
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R0082

Sub. Code

518306

M.A. DEGREE EXAMINATION, NOVEMBER – 2023

Third Semester

Life Skill Education

Elective: EMOTIONAL INTELLIGENCE

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** the following objective questions by choosing the correct option.

1. Which of the following is an important aspect of emotional intelligence? (CO1, K3)
 - (a) Suppressing all emotions to maintain composure
 - (b) Avoiding interpersonal
 - (c) Practicing empathy and effective communication
 - (d) Focusing solely on individual achievements

2. In what field is the knowledge of the physiology of emotions particularly valuable? (CO1, K3)
 - (a) Psychology and counseling
 - (b) Space exploration
 - (c) Agriculture
 - (d) Automotive engineering

3. Which of the following is one of the key building blocks of Emotional Intelligence in the Ability-Based Model?
(CO2, K2)
- (a) Self-awareness
 - (b) Wealth and material possessions
 - (c) Physical strength
 - (d) Number of social media followers
4. In what way can self-efficacy related to emotional intelligence be beneficial in personal relationships?
(CO2, K2)
- (a) By emphasizing competition and rivalry
 - (b) By fostering open communication and conflict resolution skills
 - (c) By encouraging emotional withdrawal and avoidance
 - (d) By promoting ego-centric behavior
5. Which of the following is one of the fundamental elements of Emotional Intelligence according to the Seven Elements model?
(CO3, K4)
- (a) Speed of decision-making
 - (b) Physical fitness
 - (c) Empathy and understanding of others' emotions
 - (d) Knowledge of advanced mathematics
6. Which of the following is one of the five elements defined in competence terms in the Emotional Intelligence model?
(CO3, K4)
- (a) Musical talent
 - (b) Artistic creativity
 - (c) Empathy
 - (d) Physical strength

7. Which of the following is a widely recognized assessment tool used to measure emotional intelligence? (CO4, K4)
- (a) Body Mass Index (BMI)
 - (b) IQ test
 - (c) Weather forecast app
 - (d) Emotional Intelligence Appraisal (EQ-i)
8. Which of the following is a key indicator that can be observed to assess behavior-based emotional intelligence? (CO4, K4)
- (a) The number of books an individual has read
 - (b) The frequency of social gatherings attended
 - (c) The ability to effectively manage conflicts and demonstrate empathy
 - (d) The choice of clothing and fashion sense
9. What is an emerging trend in the application of Emotional Intelligence (EI) in the workplace and leadership? (CO5, K5)
- (a) Integration of EI assessments in recruitment and leadership development
 - (b) Elimination of all forms of emotional expression in the workplace
 - (c) A decrease in the importance of interpersonal skills
 - (d) Greater focus on individual achievement over teamwork
10. Which of the following is a potential benefit of incorporating EI strategies to improve self-awareness in psychotherapy? (CO5, K5)
- (a) Increased resistance to change
 - (b) Reduced emotional exploration
 - (c) Enhanced emotional regulation and coping skills
 - (d) Limited focus on external circumstances

Part B

(5 × 5 = 25)

Answer **all** the questions not more than 500 words each.

11. (a) Define EI. Can emotional intelligence be developed and improved over time, and if so, what are some practical steps to enhance it? (CO1, K3)

Or

- (b) How do you stop an Amigdala Hijack? (CO1, K3)
12. (a) What is empathy, and how does it influence communication and conflict resolution in relationships? (CO2, K2)

Or

- (b) Illustrate the mixed model of Emotional Intelligence. (CO2, K2)
13. (a) Explain the role of self-awareness. What are some practical techniques or exercises that individuals can use to enhance their self-awareness? (CO3, K4)

Or

- (b) What is emotional resilience and why is it important in our daily life? (CO3, K4)
14. (a) What is a 360-degree feedback assessment in the context of emotional intelligence and how can organizations use it to develop their employees' EI? (CO4, K4)

Or

- (b) How can individuals improve and develop their emotional intelligence based on Goleman's framework? (CO4, K4)

15. (a) What are some examples of social skills that are associated with high emotional intelligence and how do they benefit individuals in their personal and professional lives? (CO5, K5)

Or

- (b) Mindfulness and meditation is the key element of enhancing self-management? Justify. (CO5, K5)

Part C (5 × 8 = 40)

Answer **all** the questions not more than 1000 words each.

16. (a) How do IQ and EQ differ in terms of the abilities they assess and why are both important for individuals? (CO1, K3)

Or

- (b) Explain the Power of Emotions in decision making process. (CO1, K3)

17. (a) Describe the challenges to develop personal Competencies. (CO2, K2)

Or

- (b) How do you apply self-efficacy? (CO2, K2)

18. (a) How does motivation relate to emotional intelligence, and what role does it play in achieving long-term goals? (CO3, K4)

Or

- (b) Share case studies on Social Skills. (CO3, K4)

19. (a) How can individuals and organizations use the insights gained from emotional intelligence behavioural tests to enhance their interpersonal skills and overall emotional intelligence? (CO4, K4)

Or

- (b) What are the branches of Mayer-Salovey-Caruso emotional intelligence test? (CO4, K4)
20. (a) How can mindfulness and meditation practices learned in therapy help employees manage workplace stress and enhance their self-management abilities in high-pressure environments? (CO5, K5)

Or

- (b) In the context of career goals, how might goal-setting techniques from psychotherapy align with an employee's objectives and help them excel in their role? (CO5, K5)
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R0083

Sub. Code

518305

M.A. DEGREE EXAMINATION, NOVEMBER – 2023

Third Semester

Life Skill Education

Elective: ICT SKILLS

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** the following objective questions by choosing the correct option.

1. Which of the following is an example of software?
(CO1, K3)
 - (a) Central processing unit (CPU)
 - (b) Keyboard and mouse
 - (c) Microsoft Word processing program
 - (d) Monitor and printer
2. Which component of a computer is responsible for storing data and programs for long-term use?
(CO1, K3)
 - (a) RAM (Random Access Memory)
 - (b) CPU (Central Processing Unit)
 - (c) Monitor
 - (d) Hard drive or SSD (Solid State Drive)
3. Which of the following is a common feature found in word processing software?
(CO2, K4)
 - (a) Creating and formatting text documents
 - (b) Creating and organizing tables of data
 - (c) Sending and receiving emails
 - (d) Editing and enhancing photos

4. What is a slide master in PowerPoint used for? (CO2, K4)
- (a) Adding animations and transitions to slides
 - (b) Designing the layout and formatting of all slides in a presentation
 - (c) Inserting audio and video clips into slides
 - (d) Creating speaker notes for each slide
5. Which Photoshop tool is commonly used to remove unwanted parts of an image or to make selections? (CO3, K2)
- (a) Brush tool
 - (b) Crop tool
 - (c) Text tool
 - (d) Eyedropper tool
6. Which option in Photoshop allows you to change the opacity of a layer, making it more or less transparent? (CO3, K2)
- (a) Blending mode
 - (b) Layer style
 - (c) Opacity slider
 - (d) Filter adjustment
7. What technology is commonly used for high-speed internet connections in homes and businesses? (CO4, K2)
- (a) Fiber-optic cable
 - (b) Smoke signals
 - (c) Satellite internet
 - (d) Dial-up modem
8. Which internet protocol is commonly used for sending and receiving emails? (CO4, K2)
- (a) HTTP
 - (b) FTP
 - (c) DNS
 - (d) SMTP
9. Which of the following is NOT a common application of social media at the national and international levels? (CO5, K5)
- (a) Diplomatic communication and negotiations
 - (b) Disaster response and crisis management
 - (c) Cultural exchange and tourism promotion
 - (d) Personal photo sharing

10. What is one of the emerging future trends in social media? (CO5, K5)
- (a) Decreased emphasis on video content
 - (b) Increased privacy and data protection regulations
 - (c) Reduction in the use of mobile devices for social networking
 - (d) A shift away from visual content to text-based communication

Part B (5 × 5 = 25)

Answer **all** the questions not more than 500 words each.

11. (a) Describe the hardware of a computer system. (CO1, K3)

Or

- (b) Outline about the operating system. (CO1, K3)

12. (a) Distinguish between workbook and worksheets. (CO2, K4)

Or

- (b) Compare Multimedia and Animation. (CO2, K4)

13. (a) Simplify about cropping an image in photoshop. (CO3, K2)

Or

- (b) Enlist the basics of photoshop. (CO3, K2)

14. (a) Outline the operations of internet connection and browsers. (CO4, K2)

Or

- (b) Distinguish between web browser and web server. (CO4, K2)

15. (a) Compare Twitter and Instagram. (CO5, K5)

Or

(b) Evaluate the merits and demerits of Social Media.
(CO5, K5)

Part C (5 × 8 = 40)

Answer **all** the questions not more than 1000 words each.

16. (a) Explain the block diagram of computer system.
(CO1, K3)

Or

(b) Illustrate the basic operations of computer.
(CO1, K3)

17. (a) Examine the process of creating and editing slides.
(CO2, K4)

Or

(b) Interpret the process of documentation. (CO2, K4)

18. (a) Examine different tools on the toolbox. (CO3, K2)

Or

(b) Interpret the operation of working with layers.
(CO3, K2)

19. (a) Illustrate about opening a website, Net Browsing, features of Email.
(CO4, K2)

Or

(b) Explain about internet protocol. (CO4, K2)

20. (a) Explain the usage of Social Media at National and International Level.
(CO5, K5)

Or

(b) Justify Social Media an effective tool in communication.
(CO5, K5)