



THE CO-OPERATIVE UNIVERSITY OF KENYA

END OF SEMESTER EXAMINATION DECEMBER -2022

**EXAMINATION FOR THE DEGREE OF BACHELOR OF CO-OPERATIVE COMMUNITY
DEVELOPMENT**

UNIT CODE: BUCU 1102

UNIT TITLE: LIFE SKILLS

DATE: FRIDAY 16TH DECEMBER, 2022

TIME: 9:00 AM – 11:00 AM

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INSTRUCTIONS:

- **Answer question ONE (compulsory) and any other TWO questions**

QUESTION ONE

- (a) Explain the following terms as used in life skills (10marks)
- Gender stereotypes
 - Life skills
 - Self esteem
 - Active leisure
 - Hazard
- (b) Name any four agents can be used to propagate gender discrimination in a given community (4marks)
- (c) Identify two major diseases that a stressed student is likely to suffer. (2marks)
- (d) Give any three negative effects of misusing leisure. (3marks)
- (e) Name four foundations required for a healthy relationship in the family to exist. (4 marks)
- (f) Give four roles that parents play in developing self-awareness to their children. (4 marks)
- (g) Give three care and support programmes that can be given to people living with HIV/AIDS in our communities. (3marks)

SECTION B: ANSWER ANY TWO QUESTIONS

QUESTION TWO

- (a) Explain five ways that Co-operative University may use to eliminate gender discrimination among the students. (10 marks)
- (b) Explain any five causes of stress that are within a person. (10marks)

QUESTION THREE

- (a) Explain any five skills that would assist a student to live with other students harmoniously (10 Marks)
- (b) Economic challenges are common phenomena in the country today. Explain five ways that can be used to reduce these challenges. (10 marks)

QUESTION FOUR

- (a) Explain five ways one may use to manage his time effectively. (10marks)
- (b) Explain five ways that can be used to eliminate gender discrimination in a learning institution (10 marks)

QUESTION FIVE

- (a) Explain five ways that students can use to strengthen their relationships in the University (10marks)
- (b) Discuss five types of drugs that are commonly used by youths. (10marks)