



The Co-operative University of Kenya

END OF SEMESTER EXAMINATIONS DECEMBER-2019

**EXAMINATION FOR THE DEGREE OF BACHELOR OF CO-OPERATIVE
BUSINESS/COMMERCE
(YR IV SEM II)**

UNIT CODE: BUCU 2103

UNIT TITLE: LIFE SKILLS

DATE: 9th DECEMBER 2019

TIME: 9:00 AM – 11:00 AM

INSTRUCTIONS:

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

QUESTION ONE

- (a) Explain FIVE theories of motivation. (10 Marks)
- (b) Discuss FIVE reasons why erroneous judgement affects life skills of a person. (10 Marks)
- (c) Describe how one can be identifies as emotionally troubled. (10 Marks)

QUESTION TWO

- (a) Using FIVE examples, discuss how unresolved conflict can cause more harm to an individual's life. (10 Marks)
- (b) Using Abraham Maslow's theory of needs, explain how needs affects the well-being of an individual's life. (10 Marks)

QUESTION THREE

- (a) Discuss any FIVE strategies the government of Kenya has adopted to minimize the spread of HIV/AIDS infection among the citizens. (10 Marks)
- (b) Discuss the relevance of personality in our life style. (10 Marks)

QUESTION FOUR

- (a) With relevant examples discuss FOUR stages of moral conscience with relevant examples. (10 Marks)
- (b) As a student of Life Skills explain the origin of low self – esteem. (10 Marks)

QUESTION FIVE

- (a) Discuss the Decision – Making Process. (10 Marks)
- (b) Explain ways Parents and teachers can help children or learners develop high self – esteem. (10 Marks)