LIFE SKILLS EXAMINATION

SECTION A (30mks)

ANSWER ALL QUESTIONS IN THIS SECTION

1. Differentiate between self-awareness and self-esteem. (2mks)

2. Identify three ways that one can use to boost his/her positive self-image (3mks)

3. As a student who is faced with financial challenges, what three approaches can you use in order to cope with those challenges? (3mks)

4. Give four reasons why life skills is taught at the university (4mks)

5. Suggest four ways that a stressed student can use to reduce stress levels at the university (4mks)

6. Give four roles that parents and teachers play in developing self awareness to the youths. (4mks)

8. Differentiate the two types of leisure (2mks)

9. Give four cognitive symptoms of stress overload (4mks)

10. Differentiate between physical and socio-economic vulnerability (4mks)

SECTION B: (40mks)

ANSWER ANY TWO (2) QUESTIONS FROM THIS SECTION

1. (a) Drug use is a common phenomena among the youths. Explain five types of drug use by the youths. (10mks)

(b)There is a claim in an organization that, majority of its workers are addicted to drugs, explain five symptoms that can be used to identify the addicts (10mks)

2. (a) Outline five care and support programmes that can be given to people living with HIV/AIDS in order to give them a positive living. (10mks)

(b) A good relationship is build on a strong foundation, explain five pillars of a good relationship (10mks)

3 (a) Explain five ways in which social media contributes to time wastage (10mks)

(b) Explain any five effects of gender stereotypes (10mks)

4(a) Explain five benefits that accrue to a student who is able to think critically before taking an action (10mks)

(b). Develop a time management chart that demonstrate appropriate use of time and leisure management. (10mks)