



QP CODE: 21101690

Reg No :
Name :

UNDER GRADUATE (CBCS) SPECIAL SUPPLEMENTARY EXAMINATION, JULY 2021

Fifth Semester

(Offered by the Board of Studies in Psychology)

OPEN COURSE - PY5OPT02 - LIFE SKILLS DEVELOPMENT

2018 Admission Only

40D39DAE

Time: 3 Hours

Max. Marks : 80

Part A

*Answer any **ten** questions.*

*Each question carries **2** marks.*

1. Written communication
2. Pitch variations
3. Gestures
4. Visual images skills
5. Preparing for an effective presentation.
6. Effective use of language in presentation
7. Delivering a seminar
8. Types of interview
9. Skills involved in assertiveness.
10. Coping with stress
11. Components of attitude
12. Importance of distinguishing facts from opinions

(10×2=20)

Part B

*Answer any **six** questions.*

*Each question carries **5** marks.*

13. Ten core life skills





14. Suggest ways to increase self awareness
15. Rules that help deal with presentation anxiety
16. Skills assessed in a group discussion
17. Skills that are necessary for choosing and starting a relationship.
18. Mind skills that help overcome shyness.
19. Skills involved in building intimacy.
20. Critical thinking skills.
21. Skills that nurture problem solving capacity.

(6×5=30)

Part C

*Answer any **two** questions.*

*Each question carries **15** marks.*

22. Explain how communication can be made effective.
23. Explain with examples how relaxation techniques help in reducing anxiety and stress.
24. How important is listening skill for a leader? What are the important leadership skills?
25. What is decision making? Explain the processes involved in decision making.

(2×15=30)

