



QP CODE: 22100141



22100141

Reg No :

Name :

**UNDER GRADUATE (CBCS) REGULAR / REAPPEARANCE EXAMINATIONS,
JANUARY 2022**

Fifth Semester

(Offered by the Board of Studies in Psychology)

OPEN COURSE - PY5OPT02 - LIFE SKILLS DEVELOPMENT

2017 Admission Onwards

BDDF3755

Time: 3 Hours

Max. Marks : 80

Part A

*Answer any **ten** questions.*

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

1. Any two barriers in communication.
2. Effective verbal communication.
3. How are meanings conveyed through nodding?
4. Self talk skills
5. Steps involved in delivering a presentation well.
6. Use of body language to improve presentation.
7. Meditation
8. Skills assessed in a group discussion.
9. How do you indicate willingness to listen?
10. What happens if one cannot communicate assertively?
11. Tips for managing anger.
12. Critical thinking

(10×2=20)

Part B

*Answer any **six** questions.*

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

13. Components of vocal communication.





14. Skills to develop self awareness.
15. Benefits of audio visual aids in presentation.
16. Using self talk to manage presentation anxiety.
17. How can friendships be initiated?
18. Intimacy building takes effort. Discuss.
19. How is a leader different from his/her followers?
20. Stages of creative thinking.
21. Steps involved in problem solving.

(6×5=30)

Part C

*Answer any **two** questions.*

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

22. Define life skills. Evaluate the ten core life skills.
23. Explain how group discussions can be performed well?
24. Analyse the ways in which a person develops attitudes towards building one's relationships.
25. Describe the nature of decision making ability of individuals.

(2×15=30)

