

QP CODE: 25009183



Reg No :

Name :

**UNDER GRADUATE (CBCS) SPECIAL REAPPEARANCE EXAMINATIONS,
FEBRUARY 2025**

Fifth Semester

(Offered by the Board of Studies in Psychology)

OPEN COURSE - PY5OPT02 - LIFE SKILLS DEVELOPMENT

2022 Admission Only

19072E1B

Time: 3 Hours

Max. Marks : 80

Part A

*Answer any **ten** questions.*

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

1. Empathy.
2. Any two barriers in communication.
3. Vocal communication.
4. Rules skills.
5. Preparing for an effective presentation.
6. Audio visual aids used in presentation.
7. Delivering a seminar.
8. Any two relaxation techniques.
9. Benefits of healthy relationships.
10. Choosing and starting a new relationship is a social skill. Why?
11. Skills for managing anger.
12. Decision making skill.

(10×2=20)

Part B

*Answer any **six** questions.*

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

13. Need to manage time.





14. Skills to develop self awareness.
15. Using self talk to manage presentation anxiety.
16. Skills to perform well at a group discussion.
17. Intimacy building skills.
18. Stress responses made by the body.
19. Attitude formation.
20. Critical thinking skills.
21. Being a problem solver.

(6×5=30)

Part C

*Answer any **two** questions.*

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

22. Define communication. Explain the skills related to verbal and nonverbal communication.
23. What is meant by interview? How can one prepare adequately for an interview?
24. How important is listening skill for a leader? What are the important leadership skills?
25. Explain the stages of creativity. What are the ways in which creativity can be enhanced?

(2×15=30)

