

Reg. No.:



Name:

University of Kerala

U9338

Second Semester FYUGP Degree Examination, April 2025

Multi-Disciplinary course

PSYCHOLOGY

UK2MDCPSY106 - LIFE SKILLS DEVELOPMENT

Academic Level: 100-199

Time: 1 Hour 30 Minutes(90 Mins.)

Max. Marks: 42

**Part A. 6 Marks.Time:6 Minutes.(Cognitive Level:Remember(RE)/Understand(UN)) Objective Type. 1 Mark
Each.Answer all questions**

Qn No.	Question	CL	CO
1	What is critical thinking in decision-making? Options : A)The ability to recall facts B)The ability to analyze information and make logical judgments C)The ability to memorize decisions D)The ability to follow instructions without question	RE	1
2	... is a cognitive stress management technique from the following: Options : A) Exercise B) Avoidance C) Reframing negative thoughts D) Isolating oneself	RE	1
3	Which among the following is an example of a decision-making process? Options : A)Choosing between two job offers by evaluating their pros and cons B)Selecting a random answer without thinking C)Avoiding a decision altogether D)Relying on others to make choices	UN	1
4	Why is empathy important in interpersonal relationships?	UN	1

Qn No.	Question	CL	CO
	Options : A) It fosters understanding and strengthens relationships B)It prevents conflict resolution C)It is only useful in professional settings D)It increases stress		
5	Self-confidence helps build ... Options : A)Belief in oneself B)Physical strength C)Silence in groups D)Memory power	UN	1
6	What is the SMART goal-setting framework? Options : A)Simple, Measurable, Accountable, Realistic, Timely B)Specific, Measurable, Achievable, Relevant, Time-bound C)Systematic, Meaningful, Adaptable, Resourceful, Timid D)Strong, Motivational, Active, Real, Time-based	UN	1

Part B.8 Marks.Time:24 Minutes.(Cognitive Level:Understand(UN)/Apply(AP))Short Answer. 2 marks each.Answer all questions

Qn No.	Question	CL	CO
7	Explain how maintaining eye contact improves active listening.	UN	1
8	Explain two ways problem-solving skills help a team work better.	UN	1
9	Demonstrate two ways how self-awareness helps in reducing stress.	AP	3
10	What is a simple technique to manage stage fright before a presentation?	AP	3

Part C. 28 Marks.Time:60 Minutes (Cognitive Level:Apply(AP)/Analyse(AN)/Evaluate(EV)/Create(CR)) Long Answer.7 marks each.Answer all 4 Questions choosing among options * within each question

Qn No.	Question	CL	CO
11	<p>A) Demonstrate how life skills can be applied to manage deadline pressure in an office job.</p> <p>OR</p> <p>B) How do active listening skills help to manage a challenging interpersonal situation (e.g., a disagreement with a friend or colleague). What steps would you take to ensure effective communication?</p>	AP	4, 4
12	<p>A) Classify decisions into individual and group decisions and analyze their applications in a workplace setting.</p> <p>OR</p> <p>B) How can the practices of mindfulness and journaling help individuals become more aware of their emotions and manage them in challenging situations?</p>	AN	5, 5
13	<p>A) Validate the importance of structured problem-solving in handling workplace challenges.</p> <p>OR</p> <p>B) Evaluate various conflict resolution strategies. Evaluate in which situations is each strategy most appropriate?</p>	EV	5, 5
14	<p>A) Formulate a detailed plan to teach problem-solving skills to college students using hands-on learning activities.</p> <p>OR</p> <p>B) Develop a daily self-care routine for university students to improve emotional well-being and reduce burnout.</p>	CR	5, 5