

II. Write short notes on **any five**: (5x1=5)

1. Define life skill.
2. What is interpersonal relationship?
3. What are barriers of communication?
4. State two ways to prevent stress.
5. Mention two roles of teacher in life skill education
6. What are the key areas for self-awareness

### PART : B – DESCRIPTIVE

Answer **any five**: (5x5=25)

1. What is life skill education? Enumerate its objectives.
2. Discuss the strategies for improving problem solving skills.
3. What is critical thinking? Mention the steps to improve critical thinking.
4. Discuss the key emotional management skills.
5. There is a lady in your neighborhood who repeatedly litters the park in front of your house. As a result, the grass and the plant in the park are getting harmed. You do not want to get into any conflicting situation with her. What kind of choices can you make to improve the situation emphatically?
6. Your younger brother attended a birthday party of his friend. His best friend was wearing an expensive branded watch. He really liked it and after coming home demanded the same from your parents. What are the possible options and what decision will you take?
7. Write on the role of community members in teaching life skill education.

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**2024**

( FYUGP )

( 1st Semester )

EDUCATION

Paper Code : EDN/SEC-1

( **Life Skill Education** )

Full Marks : 37.5

Pass Marks : 40%

*Time: 2 Hours*

*The figures in the margin indicate full marks for the questions.*

### PART : A – OBJECTIVE

I. Choose the appropriate option: (½x15=7½)

1. A behaviour change or behaviour development approach designed to address balance of three areas: knowledge, attitude and skills
 

a) UNESCO	b) UNICEF
c) WHO	d) IMF
2. Life skills help people to establish productive ..... relationships.
 

a) Personal	b) Social
c) Cultural	d) Interpersonal

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3. Self-awareness skills do not include the ability to:
- a) Recognise the weak and strong sides of one's own behaviour
  - b) Recognise the weak and strong sides of one's own abilities
  - c) Recognize emotions of others
  - d) Recognise things which cannot be changed, and accept them
4. The ability to imagine what life is like for another person
- a) Self-awareness
  - b) Empathy
  - c) Critical thinking
  - d) Creative thinking
5. .... means that we are able to express ourselves, both verbally and nonverbally, so that our ideas are effectively transmitted to others.
- a) Interpersonal relationship skills
  - b) Effective communication
  - c) Critical thinking
  - d) Decision making
6. .... is a process that chooses a preferred option or a course of actions from among a set of alternatives on the basis of given criteria or strategies
- a) decision making
  - b) problem solving
  - c) conflict management
  - d) reasoning
7. .... is a process in which the individual generates an original, unusual and productive solution to a problem.
- a) critical thinking
  - b) divergent thinking
  - c) creative thinking
  - d) abstract thinking
8. Verbal communication is further divided in to written communication and ..... communication.
- a) space
  - b) oral
  - c) non-verbal
  - d) gesture

( Continued )

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9. Analysing peer and media influence belongs to ..... skill.
- a) Critical thinking
  - b) Time Management skills
  - c) Stress management
  - d) Self-monitoring skill
10. Active listening is an example for ..... ability.
- a) Social
  - b) Cultural
  - c) Personal
  - d) Inter-personal
11. The term self-esteem comes from a ..... word.
- a) Latin
  - b) French
  - c) Greek
  - d) Portuguese
12. .... is the term used to describe distress, fatigue and feelings of not being able to cope.
- a) Tension
  - b) Stress
  - c) Strain
  - d) Depression
13. In ..... method of Life Skills Education, teacher need to watch and listen carefully to the learners as they carry out life skills activities during the lesson or as they go about their day to day activities.
- a) Integrated method
  - b) Observation method
  - c) Project method
  - d) Traditional method
14. Ability to deal effectively with the emotional side of life.
- a) EQ
  - b) IQ
  - c) SQ
  - d) PQ
15. The abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life.
- a) Life skills
  - b) Job skills
  - c) Personal skills
  - d) Functioning skills

( Turn Over )