

**DEPARTMENT OF SOCIOLOGY AND SOCIAL WORK
CENTRAL UNIVERSITY OF JAMMU
END SEMESTER EXAMINATION**

Course No.: PGSSW31001T

Maximum Marks: 100

Course Title: Life Skill Education (IDC)

Time: 3 hrs

Section A contains 10 MCQs and all are compulsory $10 \times 1.5 = 15$.

Section B contains 10 short answer questions of 8 marks each with internal choice. Any 5 should be attempted. $5 \times 8 = 40$

Section C contains 5 long answer questions of 15 marks each. Any 3 should be attempted. $3 \times 15 = 45$

SECTION A

1. UNESCO came up with four pillars of Education in its report titled
 - (a) Learning: The treasures within
 - (b) Learning: the hidden treasures
 - (c) Learning: The treasures in
 - (d) None of these

2. Life skill are
 - a) Genetic
 - b) Inherited
 - c) Learned
 - d) None of these

3. Incubation is phase of
 - a) Critical thinking
 - b) Creative thinking
 - c) Both of these
 - d) None of these

4. Problem solving is a
 - (a) Soft skill
 - (b) Life skill
 - (c) None of these
 - (d) Both of these

5. Drug Addiction means
 - a) Abuse of Drugs for pleasure
 - b) Physical dependence on drugs
 - c) Both of these
 - d) None of these

6. Self esteem represents persons
 - a) Belief in ones abilities
 - b) Confidence in ones worth
 - c) Self respect
 - d) All of these

7. Communication is a
(a) Two way process
(b) Shared Information
(c) Both of these
(d) None of these
8. Altruism includes
(a) Doing good to others
(b) Preventing harm to others
(c) Both of these
(d) None of these
9. Emotions are
(a) Logical response to external event
(b) Instant response to external event
(c) Both of these
(d) None of these
10. GAS model of Stress has following stages
(a) Alarm, Resistance and Exhaustion
(b) Alarm, Exhaustion and Resistance
(c) Resistance, Exhaustion and Alarm
(d) Resistance, Alarm and Exhaustion

Section B

UNIT I

Q.1 Write a short note on the concept of life skills? Explain any one important Generic Life skill.

OR

Q.2 Explain the pillar of Education, "Learning to live together".

UNIT II

Q.3 what is problem Solving? What are the factors that influence the problem solving?

OR

Q.4 what is Decision Making? Explain anyone model of Decision-making.

UNIT III

Q.5 How is the concept of planning for personal growth important for an individual.

OR

Q.6 Write a short note on substance abuse as a problem in the present times.

UNIT IV

Q.7 What do you mean by the term interpersonal relationships. Which are the factors that influence the interpersonal relationships.

OR

Q.8 Why is effective communication an important life skill? Give examples in support of your argument.

UNIT V

Q.9 write a short note on stress and stressors? Give examples in support of your answer.

OR

Q.10 Explain Emotion focused coping strategies and problem focused coping strategies.

Section C

Q.1 what do you mean by the term life skill? Explain the importance of life skill education for behavioral modification of an individual.

Q.2 Explain the term Creative thinking and discuss various stages of creative thinking.

Q.3 Describe the various measures and strategies that can be adopted for tackling the problem of substance abuse in the society.

Q.4 Effective communication is one of the important life Skill. Do you agree or not. Give relevant examples in support of your argument.

Q.5 What do you mean by term stress. Describe General Adaptation Syndrome model of stress as given by Hans Selye.