

Qn.Code: MEDC43

## **N.V.K.S.D. COLLEGE OF EDUCATION**

(AUTONOMOUS)

**M.Ed. Degree Fourth Semester Examination, June 2024**

**(For the candidates admitted during the academic year 2022-2023)**

### **Elective course: LIFE SKILLS EDUCATION: ISSUES AND PRACTICES**

**Course code: MED4EC004**

**Time: 3 Hours**

**Maximum Marks: 70**

#### **SECTION A (10 x 1 = 10 marks)**

**Answer ALL the questions by selecting the appropriate answers.**

1. "Life skills education is a behavioural change approach designed to address balance of knowledge, attitude and skills" said by  
a) UNESCO      b) UNICEF      c) WHO      d) UNGASS
2. Ten Core Life Skills as laid by WHO does not include  
a) Self-awareness      b) Empathy      c) Lateral Thinking      d) Decision-making
3. The term 'Empathy' was coined by  
a) Edward Titchener      b) Daniel Goleman  
c) Crisp Turnet      d) Stephen M. Corey
4. A key element of interpersonal skill is  
a) Reciprocity      b) Tolerance  
c) Healthy distance      d) Effective communication
5. The third stage of creative thinking is  
a) Incubation      b) Insight      c) Elaboration      d) Imagination
6. The technique not used typically in anger management is  
a) Deep breathing      b) Mindfulness meditation  
c) Physical exercise      d) Suppressing all feelings
7. The goal often used as physiological improvement is  
a) Provisional      b) Foundational      c) Long-term      d) Capstone
8. The technique of Time Management is  
a) Know your target      b) Know your deadline  
c) Know your reaching goal      d) Know your circumstances
9. Cleanliness, physical exercise, rest and sleep are a part of  
a) Moral Hygiene      b) Social hygiene  
c) Personal hygiene      d) Sleep hygiene

10. The concept 'Mindfulness' is derived from  
a) Hinduism      b) Sikhism      c) Jainism      d) Buddhism

**SECTION B (5 x 3 = 15 marks)**

**Answer all the FIVE questions in about 100 words each.**

11. Describe the important components of life skills.  
12. What are negotiation skills?  
13. List out the stress coping strategies.  
14. How do you inculcate ethical values among students?  
15. What is meant by behavioural disorder?

**SECTION C (5 x 5 = 25 marks)**

**Answer any FIVE questions in about 200 words each.**

16. Examine the challenges of maintaining self-awareness in a high stress environment and suggest strategies to overcome these challenges.  
17. How can life skills education help the students for balanced life?  
18. Explain the role of teachers in life skills education.  
19. Discuss the ways to develop empathy among students.  
20. Mention the steps of critical thinking.  
21. Explain in detail about the techniques for better time management.  
22. How to reduce stress through mindfulness?

**SECTION D (2 x 10 = 20 marks)**

**Answer BOTH the questions in about 500 words each.**

23. a) Discuss the strategies to enhance interpersonal skills among students.

(or)

b) Describe any two models of decision making process.

24. a) What is goal setting? How do you help students to set and reach their goals? Illustrate with suitable example.

(or)

b) Bring out the life style enhancement practices and explain it in detail.