

Qn.Code: MEDC43(2)

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

(AUTONOMOUS)

**M.Ed. Degree Fourth Semester Examination, April 2025**

**(For the candidates admitted during the academic year 2023-2024)**

**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. 'Learning to know, Learning to be, Learning to live together and Learning to do' was proposed in
  - a) UNICEF's report (1996)
  - b) UNESCO's report (1996)
  - c) UNO's report (1996)
  - d) USA's report (1996)
2. Among the following, identify the option which is not mentioned in the Ten Core Life skills of UNO.
  - a) Self-awareness
  - b) Empathy
  - c) Critical thinking
  - d) Time management
3. Influencing others to see things differently and change their minds is
  - a) Adaptability
  - b) Compromising
  - c) Persuasion
  - d) Empathy
4. Communicators who keep communication balanced are
  - a) Passive communicators
  - b) Aggressive communicators
  - c) Passive-Aggressive communicators
  - d) Assertive communicators
5. The attitude which can hinder creativity is
  - a) Perfectionism
  - b) Enthusiasm
  - c) Open-mindedness
  - d) Confronting challenges
6. The model that is based on a sequence of steps that are logically set to lead to a decision is
  - a) Rational
  - b) Bounded-rational
  - c) Vroom-Yetton decision-making
  - d) Intuitive decision-making
7. The goals that focus on achieving a specific result or end state is
  - a) Process-oriented
  - b) Outcome-oriented
  - c) Performance-oriented
  - d) Personal-oriented
8. Using memory aids like acronyms, rhymes, or vivid imagery to create memorable associations is
  - a) Chunking
  - b) Dual-coding
  - c) Mnemonics
  - d) Encoding
9. The primary structural and functional components of every living cell which should be in healthy diet are

- a) Proteins    b) Carbohydrates    c) Minerals    d) Vitamins
10. To wake up to the inner workings of our mental, emotional, and physical processes are the goal of
- a) Yoga    b) Meditation    c) Mindfulness    d) Stress management

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

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

11. Differentiate livelihood skills from survival skills.
12. Define: Empathy
13. List out the characteristics of a creative person.
14. Mention the significance of goal setting.
15. How can recreational activities enhance the life style of a person?

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

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

16. As a teacher, how will you impart life skill education among adolescent students?
17. What do you mean by learning throughout life?
18. Draw the communication cycle and explain its components.
19. Why does a teacher need social and negotiation skills?
20. What are the obstacles in the process of problem-solving faced by teenagers in the present scenario?
21. How will you prepare your students for examination?
22. Evaluate the role of nutrition and health in the successful life of a person.

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

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

23. a) Analyse the factors affecting interpersonal relationship.
- (or)
- b) What are all the stress signals that you experienced and which strategies did you follow to cope up with them?
24. a) Detail the importance of time management for teachers. Suggest any two techniques to be on time in completing tasks.
- (or)
- b) What are the signs of poor sleep hygiene? How do you practice good sleep hygiene to enhance personal effectiveness?