

N.V.K.S.D. COLLEGE OF EDUCATION, ATTOOR
(AUTONOMOUS)

M.Ed. Degree Fourth Semester Examination, May 2019
(For the candidates admitted for the academic year 2017-2019)

Elective Courses - LIFE SKILLS EDUCATION
Course code: M4EC1724

Time: 3 hours

Max. Marks: 70

SECTION A (10 x 1 = 10 marks)

Answer ALL the questions by selecting the appropriate answers.

1. The ability to understand and share the feelings of another one is
a) Empathy b) Sympathy c) Sensitivity d) Sensibility
2. The skill which links creative thinking and positive thinking is
a) Problem solving b) Creative thinking
c) Critical thinking d) Self thinking
3. Interpersonal relationships are based on
a) Communication b) Trust
c) Both a) and b) d) None of the Above
4. The ways in which we learn to deal with various stressors is
a) Decision making b) Coping skills
c) Self control d) Critical thinking
5. An avoidable emotion present in the following list is
a) Empathy b) Embarrassment
c) Peace d) Tolerance
6. The result of frequent heightened emotions is
a) Depression b) Anxiety c) Stress d) Ache
7. The first step in problem solving is
a) Find the problem b) Question the problem
c) Define the problem d) Analyse the problem
8. Life skills education is an approach that functions as an instrument of
a) Enlightenment b) Knowledge
c) Empowerment d) Skills

9. A Stress hormone is
a) Thyroxine b) Testosterone
c) Adrenaline d) Estradiol
10. Self-awareness is the recognition of
a) Soul b) Mind c) Consciousness d) Self

SECTION B (5 x 3 = 15 marks)

Answer ALL questions in about 100 words each.

11. Define life skills.
12. Write down the components of communication.
13. What are the steps of decision making?
14. Give some memory techniques for your students.
15. What do you mean by sleep hygiene?

SECTION C (5 x 5 = 25 marks)

Answer any FIVE questions in about 200 words each.

16. List out the role of teacher in life skills education.
17. Suggest the ways to develop empathy among your students.
18. Suggest strategies to enhance the interpersonal skills among students?
19. As a teacher, how can you develop critical thinking among your students?
20. Explain the steps in problem solving.
21. List the important coping strategies used by adolescents.
22. Narrate the role of yoga and meditation in life style enhancement.

SECTION D (2x 10 = 20 marks)

Answer BOTH the questions in about 500 words.

23. a) Explain the different types of behavioral disorders and its remedies.

(Or)
b) Explain the ten core life skills.
24. a) What do you mean by time management? Mention its techniques and importance.

(Or)
b) Define communication. Mention its styles and means for improvement.