

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

M. Ed. Degree Fourth Semester Examination, September 2020
(For the candidates admitted for the academic year 2018-2020)

Elective course: LIFE SKILLS EDUCATION: ISSUES AND PRACTICES

Course code:M4EC1827

Time: 3 Hours

Maximum Marks: 70

SECTION A (10 x 1 = 10 marks)

Answer ALL the questions by selecting the appropriate answers.

1. Abilities for adaptive and positive behavior that enable humans to deal effectively with the demands and challenges of life .
 - a) Life skills
 - b) Vocational skills
 - c) Literacy skills
 - d) None of the above
2. The skill which is as an outcome of cognitive processes is
 - a) Time management
 - b) Decision making
 - c) Self image
 - d) Self awareness
3. The ability to express ourselves both verbally and non-verbally is
 - a) Communication
 - b) Creative thinking
 - c) Decision making
 - d) Problem solving
4. The skill that helps to see in others perception
 - a) Empathy
 - b) Sympathy
 - c) Affection
 - d) Self awareness
5. The ways in which we learn to deal with various stressors is
 - a) Decision making
 - b) Coping skills
 - c) Self control
 - d) Critical thinking
6. The first step in problem solving is
 - a) Find the problem
 - b) Define the problem
 - c) Question the problem
 - d) Analyse the problem
7. Deficiencies, excesses or imbalances in a person's intake of energy and/or nutrients is known as
 - a) Under nutrition
 - b) Nutrition
 - c) Malnutrition
 - d) Balanced nutrition
8. The diet which contains the required essential nutrients in the right proportions is
 - a) Nutrients
 - b) Nutrition
 - c) Balanced diet
 - d) Balanced nutrition
9. SQ3R was introduced by
 - a) Vygotsky
 - b) Piaget
 - c) Francis P. Robinson
 - d) John Dewey
10. Positive or negative perception of a person about himself is known as
 - a) Self image
 - b) Self control
 - c) Self esteem
 - d) Self confidence

SECTION B (5x3 = 15 marks)
Answer all the FIVE questions in about 100 words each.

11. Define life skills education and bring out its concepts.
12. Briefly write on importance of negotiation skills.
13. Explicate any three characteristics of a creative person.
14. State the importance of time management.
15. Write any three advantages of sleep hygiene.

SECTION C (5 x 5 = 25marks)
Answer any FIVE questions in about 200 words each.

16. Write on the role of teachers in promoting life skills education.
17. Present the strategies to enhance interpersonal skills.
18. "In order to effectively manage and run a successful organization, problem solving skill is vital"- Criticize.
19. Bring out few memory techniques that would help a child in the preparation of examinations.
20. Enlist the causes of eating behavioural disorder and suggest few remedial measures to overcome it.
21. Expound your thoughts on concept and importance of goal setting.
22. Illustrate the importance of coping with emotions.

SECTION D (2x 10 = 20 marks)
Answer BOTH the questions in about 500 words each.

23. (a) Examine the importance of ten core life skills prescribed and say how they are helpful in the development of an exemplary personality.
(Or)
(b) Elucidate the barriers of effective communication and suggest some means for enhancing the communication skills.
24. (a) Examine the problems and issues faced by a higher secondary students during their course of study. As a teacher suggest remedial measures to overcome such issues with the help of stress coping strategies.
(Or)
(b) Portray your views on the life style enhancement activities. Explain any four of them prescribed in your syllabus.

