MEDC43

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

**M.Ed. Degree Fourth Semester Examination, May 2023**

**(For the candidates admitted during the academic year 2021-2022)**

**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. The ability to imagine what life is like for another person

a) Sympathy b) Empathy c) Self-awareness d) Consideration

1. One among the following statement does not concurrent with the concept of lifelong learning

a) Knowledge can be acquired anywhere

b) Learning is unavoidable and happens all the time

c) Learning opportunities cease with educational institutions

d) Learning is done for personal and professional growth

1. A thinking process where we use our knowledge, skills, and understanding to manage an unfamiliar situation is

a) Identifying problem b) Problem solving

c) Report writing d) Sorting out problems

1. Reducing mind chatter is a dimension of

a) Negotiation skills b) Empathy

c) Effective Communication d) Self-awareness

1. The barrier to communication that arises due to certain factors like faulty equipment, noise, closed doors and cabins is

a) Physical barrier b) Material barrier c) Personal barrier d) Semantic barrier

1. A lack of eye contact, poor body posture and an inability to say ‘no’ are often displayed by

a) Active communicators b) Passive communicators

c) Passive communicators d) Assertive communicators

1. It is not mentioned as one of the ten core life skills as recommended by WHO

a) Empathy b) Sympathy c) Decision Making d) Coping with stress

1. Choose the one that is worsening the negotiation

a) Understand the situation completely

b) Establish why the other party should consider your request

c) Proper planning before the negotiation

d) Feeling anxious

1. Interpersonal skills shall not be improved by

a) Prioritizing your needs and wish b) Acknowledging others’ expertise

c) Cultivating a positive outlook d) Practicing active listening

1. One among the following is not a common coping strategy

a) Lower the expectations b) Blaming others

c) Maintain emotional composure d) Take responsibility for the situation

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

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

1. Differentiate livelihood skills from survival skills.
2. Mention the factors affecting interpersonal relationship in a workplace.
3. How can you get away from avoidable emotions?
4. How will you set goals in your life?
5. What is mindfulness?

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

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

1. Suggest any two means to inculcate morals and values among the school children.
2. Why do people learn negotiation skills? Outline its importance for teachers.
3. Do you notice value erosion among young children? Propose a remedy to it.
4. How will you develop critical thinking skills of school students through reading newspapers?
5. What are the elements of communication cycle? Elaborate their role and significance.
6. ‘Learning throughout life has become the order of the day’ – Justify this statement.
7. Elaborate the role of life skills education for personal and physical enhancement.

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

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

1. a) Critically evaluate the approaches and methods of learning life skills education.

(or)

b) As a teacher, how will you identify the stress signals of the school children? Detail the coping strategies to be advocated to them.

1. a) What is time management? Suggest any two strategies of developing time management skills among the students.

(or)

## b) Do you think that the young generation is taking a balanced diet? If not so, what are the reasons for their poor eating habits? Suggest an awareness task to make them realize the importance of health and nutrition.