



MACHAKOS UNIVERSITY COLLEGE

(A Constituent College of Kenyatta University)
University Examinations for 2015/2016 Academic Year

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

DEPARTMENT OF SOCIAL SCIENCES

FIRST SEMESTER EXAMINATION FOR CERTIFICATE IN ELECTRONICS AND
ELECTRONICS ENGINEERING

UCU0101: LIFE SKILLS

DATE: 2/8/2016

TIME: 11:00 – 1:00 PM

INSTRUCTIONS.

Answer Question One and any other TWO questions.

1.
 - (a) Identify THREE categories of lifeskills. (6 marks)
 - (b) State FOUR emotional changes of an adolescent girl. (4 marks)
 - (c) State TWO factors that destroy self-esteem (2 marks)
 - (d) Explain FOUR core values an individual should learn to practice in a social setting (8 marks)
 - (e) Life skills are beneficial to the society in many ways. Explain how the following are experienced in the community. (6 marks)
 - i. Health benefits.
 - ii. Social benefits.
 - iii. Economic benefits.
 - (f) Define the term life skills. (2 marks)
 - (g) Provide TWO importance of life skills. (2 marks)

2. (a) Explain the FOUR self-concept elements. (8 marks)
- (b) Design a time schedule for college scholar that you would use to guide to keep away from procrastination. (12 marks)
3. (a) List THREE basic considerations in time management. (6 marks)
- (b) State FOUR ways of avoiding conflicts. (8 marks)
- (c) Explain THREE time robber suffered in your class. (6 marks)
4. (a) Explain FOUR changes observed physically in an adolescent boy. (8 marks)
- (b) State THREE causes of conflicts in a society. (6 marks)
- (c) State THREE importance of good time management. (6 marks)
5. (a) Describe THREE time management skills one should develop. (12 marks)
- (b) Explain FOUR roles played by effective life skills practice. (8 marks)