



MACHAKOS UNIVERSITY

University Examinations 2016/2017

SCHOOL OF HUMANITIES AND SOCIAL SCIENCE

DEPARTMENT OF SOCIAL SCIENCES

SECOND YEAR SECOND SEMESTER EXAMINATION FOR DIPLOMA IN
ELECTRICAL ELECTRONICS ENGINEERING
EPC 211: LIFE SKILLS

DATE: 2/6/2017

TIME: 8:30 – 10:30 AM

INSTRUCTIONS

Answer Question One and Any Other Two Questions

1.
 - a) Identify THREE categories of life skills. (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)
2.
 - a) Provide two importance of life skills (2 marks)
 - b) Design a time schedule for college scholar that you would use as a guide to keep away from procrastination (12 marks)

- c) Explain the self-concept four elements (8 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 robbers 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
- 5. a) Describe three time management skills one should develop (12 marks)
- b) List down four roles played by effective life skills practice (8 marks)