

**MACHAKOS UNIVERSITY**  
**SCHOOL OF HUMANITIES AND SOCIAL SCIENCES**  
**DIPLOMA ENGINEERING AND LIBRARY SCIENCE**

**life skills**

Instructions: Answer any five questions, Qu is compulsory.

- 1 a). Effective life skills is principle based. Describe any three of these principles. (6 Mks)
- b). List six objectives of life skills education (6 Mks)
- c). Highlight six causes of conflicts. (6 Mks)
- d). Define the term life skills. (2 Mks)
- 2 a). Describe the three categories of life skills. (12 Mks)
- b). Account four causes of stress at work place. (8 Mks)
- 3 a). Describe the following aspects in time management.
- i. Planning for time. (6 Mks)
- ii. Goal setting. (6 Mks)
- b). Identify four common signs of STDs. (8 Mks)
- 4 a). Time robbers are multiple in college life among students. Highlight any five time robbers experienced in Machakos University. (10 Mks)
- b). Provide ways in which conflict can be achieved through the following responses:
- i. Escape (5 Mks)
- ii. Work it out. (5 Mks)
- 5 a). Mention five reasons for time management. (5 Mks)
- b). Describe five types of relationships. (10 Mks)
6. Prepare a time schedule applicable in College life lasting for 7 days. (20 Mks)
7. Compile a detailed speech on STDs that can be delivered to your youth in creating of awareness on STDs. (20 Mks)