



MACHAKOS UNIVERSITY

University Examinations 2018/2019

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

DEPARTMENT OF SOCIAL SCIENCES

FIRST YEAR SECOND SEMESTER EXAMINATION FOR

DIPLOMA IN AUTOMOTIVE ENGINEERING

DIPLOMA IN MECHANICAL ENGINEERING

DIPLOMA IN ELECTRICAL ENGINEERING

DIPLOMA IN BUILDING TECHNOLOGY

DIPLOMA IN INFORMATION SCIENCE

DIPLOMA IN CIVIL ENGINEERING

DIPLOMA IN FASHION DESIGN

LIFE SKILLS

DATE: 24/4/2019

TIME: 8:30 – 11:30 AM

INSTRUCTIONS

Answer any five questions, Question One is compulsory.

1. a) Effective life skills is principle based. Describe any three of these principles. (6 marks)
- b) List six objectives of life skills education (6 marks)
- c) Highlight six causes of conflicts. (6 marks)
- d) Define the term life skills. (2 marks)
2. a) Describe the three categories of life skills. (12 marks)
- b) Account four causes of stress at work place. (8 marks)
3. a) Describe the following aspects in time management.
 - i) Planning for time. (6 marks)
 - ii) Goal setting. (6 marks)

- b) Identify four common signs of STDs. (8 marks)
4. a) Time robbers are multiple in college life among students. Highlight any five time robbers experienced in Machakos University. (10 marks)
- b) Provide ways in which conflict can be achieved through the following responses:
- i) Escape (5 marks)
- ii) Work it out. (5 marks)
5. a) Mention five reasons for time management. (5 marks)
- b) Describe five types of relationships. (10 marks)
6. Prepare a time schedule applicable in College life lasting for 7 days. (20 marks)
7. Compile a detailed speech on STDs that can be delivered to your youth in creating of awareness on STDs. (20 marks)