



MACHAKOS UNIVERSITY

University Examinations 2018/2019

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

DEPARTMENT OF SOCIAL SCIENCES

FIRST YEAR SECOND SEMESTER EXAMINATION FOR
DIPLOMA IN PROCUREMENT SUPPLY CHAIN MANAGEMENT

DIPLOMA IN HUMAN RESOURCE MANAGEMENT

DIPLOMA IN BUSINESS MANAGEMENT

LIFE SKILLS

DATE: 24/4/2019

TIME: 8:30 – 11:30 AM

INSTRUCTIONS

Attempt ANY five questions.

1. a) What are life skills? (2 marks)
- b) Briefly explain the essential tools adopted for understanding a person's strengths and weaknesses. (14 marks)
- c) Distinguish empathy from sympathy. (4 marks)
2. a) Discuss how life skills can help young people make better choices concerning hiv/aids. (10 marks)
- b) Describe five reasons why life skills are essential in life of a human being. (10 marks)
3. Explain ways of dealing with emotions (20 marks)
4. Explain five skills of knowing and living with others (20 marks)
5. Explain the skills of making effective decisions (20 marks)
6. Explain the process of decision making (20 marks)