



MACHAKOS UNIVERSITY

**SCHOOL OF BUSINESS & ECONOMICS
TIVET DIPLOMA EXAMINATION FOR PROCUREMENT SUPPLY CHAIN
MANAGEMENT/BUSINESS MANAGEMENT AND HUMAN RESOURCE
MANAGEMENT**

LIFE SKILLS

DATE: April, 2019

TIME:

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)