



MACHAKOS UNIVERSITY

University Examinations 2018/2019

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

DEPARTMENT OF SOCIAL SCIENCES

SECOND YEAR FIRST SEMESTER EXAMINATION FOR
CERTIFICATE ELECTRICAL ELECTRONICS ENGINEERING

EPC 211: LIFE SKILLS

DATE: 2/5/2019

TIME: 2:00 – 4:00 PM

INSTRUCTIONS

Answer question one and any other two.

1.
 - a) Life skills categories are three based. Explain these three with examples. (12 marks)
 - b) Provide five importance of time management. (5 marks)
 - c) State four causes of conflicts in the community you live in. (8 marks)
 - d) Identify five sources of stress at work place. (5 marks)
2.
 - a) What are some of sources of procrastination in an academic institution? (10 marks)
 - b) Give five reasons why an individual is supposed to manage time. (10 marks)
3.
 - a) Identify ten components you would include in designing a time work plan for your new semester in college. (10 marks)
 - b) Explain two ways one can apply in efforts to solve a conflict. (10 marks)
4.
 - a) Identify eight objectives of life skills. (8 marks)
 - b) Describe what entails effective use of leisure time. (12 marks)
5.
 - a) Plot a 3 day time schedule for a new University student. (10 marks)
 - b) Provide two ways of coping with stress at work place. (10 marks)