



Avinashilingam Institute for Home Science and Higher Education for Women

Deemed to be University Estd. u/s 3 of UGC Act 1956, Category 'A' by MHRD (now MoE)

Re-accredited with 'A++' Grade by NAAC. CGPA 3.65/4, Category I by UGC

Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment Test I – February 2025

Semester-II

Class : I PG

Branch :FSN/Textiles/Bio Textiles/IDRM/MCA/MSC., IT/

Time : 2 Hours

Max.Marks : 60

M.Sc., Computer Science

23MSWI01- Basic Life Skills

Course Outcomes:

1. To understand about the life skills
2. To acquire knowledge about emotions and handling of emotions
3. To gain knowledge about problem solving
4. Understand stress management techniques

Part A

6 x 1 =6

Choose the Correct Answer

1. Which organization identified life skills?
 - a) UNESCO
 - b) WHO
 - c) UNICEF
 - d) FAO
2. Which of the following is NOT considered a life skill for professionals?
 - a) Positive thinking
 - b) Attention to detail
 - c) Learning skills
 - d) Memorization
3. What does IQ stand for?
 - a) Intelligence Quotient
 - b) Innovation Quotient
 - c) Interactive Quotient
 - d) Initiative Quotient
4. Which of the following is NOT a stress management approach?
 - a) Action-oriented
 - b) Emotion-oriented
 - c) Risk-oriented
 - d) Acceptance-oriented
5. PATH method is used for managing:
 - a) Leadership skills
 - b) Group dynamics
 - c) Emotions
 - d) Research skills
6. Which problem-solving technique uses visual diagrams to structure information?
 - a) Six Thinking Hats
 - b) Mind Mapping
 - c) Forced Connections
 - d) Logical Thinking

PART - B

3 x 6 = 18

Answer All questions

Each answer should not exceed 400 words or two pages

7.a. Explain the significance of life skills for professionals. (OR)

7.b. Write about the importance of positive thinking.

8.a. Write about the effects of stress.(OR)

8.b. How to support others who are experiencing stress?

9.a. How do you manage stress in high-pressure situations? (OR)

9.b. Explain about the mind mapping in problem solving technique.

Part C

3 x 12 = 36

Answer All questions

Each answer should not exceed 800 words or four pages

10.a. Discuss about the life skills contribution to overall success.(OR)

10.b. Elaborate your strengths, weaknesses, opportunities, and threats.

11.a. Explain stress management in detail. Discuss the reasons, effects, and various approaches used to handle stress. (OR)

11.b. Explain about the Personality Development.

12.a. Elaborate on different problem-solving techniques with suitable examples. (OR)

12.b. How to identify your personal stress triggers, what strategies work best for you to manage stress in different situations.

No. of Copies-50

Name of the Staff In charge: Dr.S.Suganya