



## 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

### Master's Degree Examination – May 2025

#### II Semester

Class : I P.G.  
Major : IDRM/FSN/FSMD/HD/Textiles/Biotextiles/M.C.A./IT

Time: 3 Hours  
Max. Marks: 100

#### 23MSW101 Basic Life Skills

##### Course Outcomes:

CO1: Define and identify different life skills required in personal and professional life.

CO2: Develop awareness of the self and apply well –defined techniques to cope with emotions and stress.

CO3: Use appropriate thinking and problem solving techniques to solve new problems.

CO4: Understand the basics of team work

CO5: Understand the basics of leadership

#### Part A

10 x 1 = 10

#### Choose the Correct Answer

- Which of the following is a core life skill identified by WHO?  
a. Public speaking    b. Decision making    c. Physical strength    d. Typing skills CO1K1
- Critical thinking is a life skill that helps individuals to CO1K2  
a. Follow instructions without questioning  
b. Avoid challenges and conflicts  
c. Depend on others for solutions  
d. Analyse problems and make informed decisions
- Stress can be categorized into CO2K1  
a. Acute and chronic stress    b. Emotional and physical stress  
c. Good and bad stress    d. Daily and monthly stress
- Which of the following is an effective way to manage emotions? CO2K2  
a. Ignoring emotional triggers  
b. Suppressing feelings  
c. Practicing mindfulness and self-awareness  
d. Reacting immediately without thinking
- Mind mapping is a technique used for CO3K1  
a. Visualizing and organizing ideas    b. Memorizing historical dates  
c. Avoiding problem solving    d. Increasing stress levels
- Why is decision-making considered an essential life skill? CO3K2  
a. It forces people to make quick decisions  
b. It eliminates the need for problem-solving  
c. It increases stress and anxiety  
d. It helps individuals make informed choices
- Which of the following is a characteristic of effective teamwork? CO4K1  
a. Lack of trust    b. Clear communication  
c. Independent work without collaboration    d. Avoiding feedback
- Why is conflict resolution important in group dynamics? CO4K2  
a. It increases misunderstandings  
b. It prevents collaboration  
c. It promotes a healthy and productive environment  
d. It encourages team members to avoid discussions

9. Which leadership style focuses on rewards and punishments? CO5K2  
 a. Transactional leadership      b. Transformational leadership  
 c. Servant leadership              d. Charismatic leadership
10. Transformational leaders focus CO5K1  
 a. Maintaining strict rules              b. Avoiding responsibilities  
 c. Working alone without a team      d. Inspiring and motivating change

**Part B                      5 x 6 = 30**

**Answer ALL questions**

**Each answer should not exceed 400 words or two pages**

- 11.a. Explain the significance of Life Skills. CO1K2  
 (or)
- 11.b. Distinguish between IQ, EQ, and SQ. CO1K4
- 12.a. Sketch the 4a techniques for stress management? CO2K3  
 (or)
- 12.b. How do you identify emotional expressions? CO2K2
- 13.a. List the benefits of Six Thinking Hats technique. CO3K2  
 (or)
- 13.b. Explain the importance of Analytical Thinking. CO3K2
- 14.a. Illuminate the difference between group vs teams. CO4K4  
 (or)
- 14.b. Examine the factors that affect team dynamics. CO4K4
- 15.a. Highlight the 4 C's of leadership framework. CO5K3  
 (or)
- 15.b. Trace the difference between transactional leader and transformational leader. CO5K4

**Part C                      5 x 12 = 60**

**Answer ALL questions**

**Each answer should not exceed 800 words or four pages**

- 16.a. Discuss the different Life Skills required for professionals. CO1K2  
 (or)
- 16.b. Analyse the role of life skills in personality development. CO1K4
- 17.a. Describe the concept of Stress and its reasons and effects of stress. CO2K2  
 (or)
- 17.b. Explain the relaxation techniques to cope with negative emotions. CO2K4
- 18.a. Elaborate the various steps in problem solving. CO3K4  
 (or)
- 18.b. Enumerate on Logical Thinking and explain its types and main steps. CO3K4
- 19.a. Describe the causes and effects of group conflict. Explain the strategies to manage group conflict. CO4K2  
 (or)
- 19.b. Explain the various stages of group development. CO4K2
- 20.a. Discuss the different types of Leadership styles. CO5K5  
 (or)
- 20.b. Analyse the Qualities of Effective Leader. CO5K4

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