



*Rambaliga*

**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 an 'A++' Grade by NAAC CGPA 3.65/4, Category I by UGC  
Coimbatore-641043, Tamil Nadu, India

**Continuous Internal Assessment II – October 2025**  
**Semester III**

**Class: II UG**

**Time: 2 Hours**

**Major: Biochemistry & Biotechnology, Commerce, Commerce (CA & PA), Max. Marks: 60**  
**Computer Applications, Computer Science, Business Administration**

**23BPSVB1-LIFE COACHING SKILLS**

**Course Outcomes:**

- CO1: Understand the meaning of Life skills.
- CO2: Apply and analyse various skills associated with goal setting.
- CO3: Recognize the importance of relationship skills.
- CO4: Delineate the occupational and presentation skills.
- CO5: Evaluate the significance of Health-enhancing behaviours.

**Part A**

**Choose the correct answer**

**6 x 1 = 6**

1. Cognitive restructuring helps with shyness by  
a. Focus on past experiences that caused shyness  
b. Provide medication to reduce anxiety  
c. Changing negative thought patterns and behaviours  
d. Encourage the person to accept their shyness without trying to change  
CO3 K3
2. The communication style characterised by a failure to express one's own needs and feelings  
a. Aggressive    b. Assertive    c. Passive    d. Passive-aggressive  
CO3 K2
3. Performance coaching helps an individual to concentrate on  
a. Maintaining effective relationships  
b. Improving their skills  
c. Getting freedom while in work  
d. Maintaining work balance  
CO4 K3
4. The strategy that helps to control anxiety before a presentation  
a. Speaking without pausing    b. Holding breathe for long as possible  
c. Avoiding eye contact    d. Progressive muscle Relaxation  
CO4 K4
5. The type of stress that leads to positive response  
a. Acute stress    b. Chronic stress    c. Eustress    d. Distress  
CO5 K2
6. Body Mass Index (BMI) is a screening tool that measures body fat based on  
a. Waist to hip ratio    b. Body composition and muscle mass  
c. Blood pressure and heart rate    d. Height and weight  
CO5 K3

**Part B**

**Answer ALL questions**

**3 x 6 = 18**

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

- 7.a. Define Self- disclosure and its importance.  
(Or)  
CO3 K3
- 7.b. Explain the assertiveness skill with its characteristics.  
CO3 K2
- 8.a. Write a short note on Pomodoro technique and its benefits.  
(Or)  
CO4 K3
- 8.b. Define creative self talk and explain the strategies to improve self talk skills.  
CO4 K4
- 9.a. What are the basic skills of health?  
CO5 K2

**Part C**

**3 x 12 = 36**

**Answer ALL questions**

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

- 10.a. Elaborate the anger management techniques with illustrations. CO3 K3  
(Or)
- 10.b. Give a detailed case of an individual coming out of shyness and the strategies that he/ she can use to manage shyness. CO3 K2
- 11.a. Highlight the important things to be considered while we prepare content for Presentation? CO4 K3  
(Or)
- 11.b. Elucidate the GROW model on Career Performance Coaching. CO4 K4
- 12.a. Enumerate on the management strategies of stress. CO5 K2  
(Or)
- 12.b. Design a healthy lifestyle pattern of a person who want to manage his weight. CO5 K3

**Copies:55+ 107**

=162

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**Ms. SubhashiniS & Ms. Vandhana Sri S**