

23BHDVB2 - Life Skills Education

CO1-Identify the concept of life skills and the ten core life skills needed for a healthy life

CO2-Understand the importance of life skills to enhance adaptive and positive behavior

CO3 -Apply life skills in self-development and improve quality of life

CO4 -Distinguish between life skills in acquiring coping and self-management skills

CO5 -Internalize life skills towards realizing abilities to accept, respond, explore, and translate

I. Chose the Correct Answers

(6x1=6)

1. Which of the following is NOT a component of life skills education? (CO₃K₂)
a. decision making b. self-awareness c. memorization d. critical thinking
2. Which organization defined life skills as “the abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands and challenges of everyday life” (CO₄K₄)
a. UNICEF b. UNESCO c. WHO d. NCERT
3. Teamwork and conflict resolution are part of which life skill category? (CO₂K₁)
a. social skills b. cognitive skills c. emotional skills d. physical skills
4. Which life skill helps individuals cope with emotional challenges and stress in life? (CO₂K₃)
a. cognitive skills b. Coping with stress and emotions c. social skills d. decision-making skills
5. ‘Laissez-faire’ is otherwise known as ----- (CO₁K₄)
a. authoritarian b free rain c. democratic d. participative
6. Anger management skill is an example of managing -----(CO₄K₃)
a. anxiety b. anger c. feeling d. stress

II. Answer all questions. The answer should not exceed 200 words or one page 3x6=18

7. a. Discuss the meaning and concept of life skills with examples. (Or) (CO₁K₄)
b. Explain the importance of thinking skills in life skills education. Give examples (CO₃K₄)
8. a. List out ten core life skills and discuss (Or) (CO₂K₂)
b. Explain how mothering skills help an individual to face society confidently. (CO₂K₁)
- 9.a. Discuss the need for listening skills in life skills education. (CO₁K₂)
b. Explain the concept and meaning of core life skills with suitable examples. (CO₄K₃)

III. Answer All the Questions. Each Answer should not exceed 800 words 3 x12=36

- 10.a. Discuss the importance of life skills in human development. Explain how these skills contribute to different areas of personal and social life (Or) (CO₂K₃)
b. What are social skills? Explain their importance in daily life with suitable examples. How can social skills be developed and applied in real-life situations? (CO₁K₄)
- 11.a. Explain the various categories of life skills, providing relevant examples. Discuss their importance in daily life. (CO₃K₃) (Or)
b. Why is life skills education important for working in media, in the present-day context? (CO₂K₁)
- 12 a. Based on the story of Riya, discuss the life skills that helped her handle the difficult situation effectively.
Riya was a 19-year-old college student who had just moved to a new city for her studies. Excited and full of dreams, she was determined to excel. However, life soon took an unexpected turn. Within the first few weeks, Riya started feeling isolated. She missed her family, struggled with studies, and found it hard to make friends. Her grades began to drop, and she started feeling anxious and sad. The pressure became overwhelming, and she even thought of quitting her course. (Or) (CO₃K₄)
b. Based on the given story of Aarav, explain how he overcame and faced the challenges using adequate life skills. Describe each skill concerning the situation. (CO₃K₃)

Aarav, a bright 17-year-old student, loved science and innovation. When his school announced a national-level science fair, Aarav eagerly registered. The competition theme was “Sustainable Solutions for the Future.” Though passionate, Aarav faced a major challenge: *he had no clear idea what project to make, how to begin, or how to make his idea stand out.*