



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 – 641 043, Tamil Nadu, India

Continuous Internal Assessment Test I – August 2025
III Semester

Class: II UG

Time: 2 Hours

Major: Biochemistry & Biotechnology, Commerce(CA &PA),

Max. Marks: 60

Computer Applications, Computer Science, Business Administration

25BPSVB01 LIFE COACHING SKILLS

Course Outcomes:

CO1: Understand the meaning of Life skills.

CO2: Apply and analyze 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

6 x 1 = 6

Choose the correct answer

1. Which of the following is an example of a communication skill? CO1K2
A. Critical thinking B. Eye contact during conversation
C. Solving puzzles D. Memorizing phone numbers
2. The Situation-Thoughts-Consequences (STC) framework helps in: CO2K2
A. Physical fitness B. Decision making and behavior understanding
C. Entertainment D. Multitasking
3. Which skill is directly related to giving and receiving comments for improvement? CO2K1
A. Mind Skills B. Feedback Skills
C. Listening Skills D. Performance Coaching
4. Which of the following is essential for developing relationship skills? CO3K2
A. Ignoring others B. Passive communication
C. Listening and understanding D. Multitasking
5. Which of these is the best example of a realistic goal? CO2K3
A. Becoming a superhero
B. Scoring 100% in all exams without studying
C. Learning 5 languages in a week
D. Improving your public speaking over the semester
6. Which of the following is NOT a component of action skills? CO1K1
A. Planning B. Delaying decisions
C. Taking responsibility D. Acting on goals

Part B

3 x 6 = 18

Answer ALL questions

Each answer should not exceed 400 words or two pages

7. a) Expound on the importance of communication skills in daily life. CO1K2
(or)
b) What are decision-making skills? Illustrate the steps involved in decision-making. CO1K2
8. a) Describe the components of Situation-Thoughts-Consequences (STC) framework with an example. CO2K3
(or)
b) Explain the role of feedback in achieving goals with a suitable example. CO2K3
9. a) What are relationship skills? Mention any two essential relationship skills. CO3K2
(or)
b) What are the characteristics of a healthy relationship? CO3K2

Part C

3 x 12 = 36

Answer ALL questions

Each answer should not exceed 800 words or four pages

10. a) Elaborate on decision-making skills. Explain the steps involved and give examples of how students can use decision-making in daily situations. CO1K4
(or)
b) Define life skills. Explain in detail about various life skills with suitable real-life examples. CO1K2
11. a) Define SMART goals. Explain each component in detail and provide an example each. CO2K2
(or)
b) Elaborate on Situation-Thoughts-Consequences (STC) framework and its applications. CO2K3
12. a) How to choose and start a relationship? What are the steps involved in choosing a partner? CO2K3