

QP Code: D 123594		Total Pages: 1	Name:
		Register No.	
SECOND SEMESTER (CUFYUGP) DEGREE EXAMINATION, APRIL 2025			
BACHELOR OF SOCIAL WORK			
BSW2FM106 Life Skill Education for Personal Well Being			
2024 Admission onwards			
Maximum Time :1.5 Hours		Maximum Marks :50	
Section A			
All Questions can be answered. Each Question carries 2 marks (Ceiling : 16 Marks)			
Write short notes on:			
1	Self awareness.		
2	Emotions.		
3	WHO definition of life skills.		
4	Stress.		
5	Creative thinking.		
6	Empathy.		
7	Resilience.		
8	Divergent thinking.		
9	Problem solving.		
10	Conflict.		
Section B			
All Questions can be answered. Each Question carries 6 marks (Ceiling : 24 Marks)			
11	What is life skills education? Highlight its importance.		
12	Discuss the objectives and intervention areas of life skills.		
13	Illustrate how self-reflection practices help in building self awareness.		
14	Briefly explain how to evaluate evidences and arguments.		
15	Explain emotional regulation techniques and how can they be practiced.		
Section C			
Answer any ONE. Each Question carries 10 marks (1x10=10 Marks)			
16	Explain the decision making models highlighting various criteria of decision making.		
17	Elaborate on the strategies for maintaining and enhancing healthy interpersonal relationships.		