



## M.S.W. IV Semester Degree Examination, Sept./Oct. - 2024

### SOCIAL WORK

#### Life Skill Education

#### (NEP)

Time : 1 Hour

Maximum Marks : 30

#### SECTION - A

Answer **all** the following questions. Each question carry **one** mark.

**1x5=5**

1. (a) List out the life skills.
- (b) Name any one problem solving skill.
- (c) How can individuals develop their soft skills ?
- (d) Facial expression is \_\_\_\_\_ type of communication.
- (e) Name one key component of effective communication.

#### SECTION - B

Answer **any five** of the following questions. Each question carries **equal** marks.

**2x5=10**

2. Explain the importance of goal setting.
3. Describe two benefits of practicing mindfulness.
4. What is conflict resolution and why it is important ?
5. How can effective communication skills impact your personal and professional life ?
6. List two ways to improve time management skills.
7. Write the importance of life skill education in institutional setting.
8. Define problem solving and explain its steps.
9. List out the models of decision making explain in brief.



**SECTION - C**

Answer **any three** of the following questions. Each question carries **equal** marks.

**5x3=15**

10. Discuss the importance of Life skills for social workers.
11. What is Imitation ? Explain its characteristics.
12. What is meant by Stress ? Explain the causes of it.
13. Explain the process of decision making in brief.
14. Write a note on coping skills.

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