



MURANG'A UNIVERSITY COLLEGE

(A CONSTITUENT COLLEGE OF JOMO K
ENYATTA UNIVERSITY OF AGRICULTURE AND TECHNOLOGY)
DEPARTMENT OF LIBERAL STUDIES

END OF STAGE EXAM FOR THE DIPLOMA IN APPLIED BIOLOGY

2014/2015 ACADEMIC YEAR:
END OF STAGE EXAMINATIONS
LS 1102: LIFE SKILLS
MAIN EXAM

July 2015
TIME: 2 HOURS

INSTRUCTIONS

ANSWER ALL THE QUESTIONS

QUESTION ONE

- (i) Define the term life skills (4marks)
- (ii) Outline and briefly explain three categories of life skills (8marks)
- (iii) What are the benefits of life skills education? (8marks)

QUESTION TWO

- (i) Which values are associated with empathy? (10 marks)
- (ii) Discuss situations that require empathy (10 marks)

QUESTION THREE

- (i) What are the effects of low self esteem? (8marks)
- (ii) How can you help a friend overcome low self esteem? (12 marks)

QUESTION FOUR

- (i) Name the types of stress (4marks)
- (ii) Discuss the major causes of stress (16 marks)

QUESTION FIVE

- (i) How do you cope with stress? (8marks)
- (ii) What are the functions of emotions? (12 marks)