



**Avinashilingam Institute for Home Science and Higher Education for Women**  
(Deemed to be University under Category 'A' by MHRD, Estd. u/s 3 of UGC Act 1956)  
Re-accredited with A+ Grade by NAAC. Recognised by UGC Under Section 12B  
Coimbatore - 641 043, Tamil Nadu, India

**Continuous Internal Assessment Test I - September 2021**  
**SEMESTER III**

Class : II B.Ed. ( All Major)  
Branch: Education

Time: 2 Hrs.  
Max. Marks: 60

**18BEDL2B - Life Skills for Student Teachers**

**Course Outcomes:**

- CO1: Develop life skills education among students  
CO2: Integrating life skills and values in school Curriculum  
CO3: Identify the components of different Managerial skills  
CO4: Apply the strategies for self-motivation

**PART – A**

**6 x 1 = 6**

**Answer all questions**  
**(Multiple choice questions)**

1. The abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands and challenges of everyday life  
a. Life skills  
b. Job skills  
c. Personal skills  
d. Functioning skills  
CO 1 K4
2. Recognition of 'self' and identifying our strengths and weaknesses, desires and dislikes  
a. Self-awareness  
b. Empathy  
c. Critical Thinking  
d. Creative Thinking  
CO1 K2
3. The ability to imagine what life is like for another person  
a. Self-concept  
b. Empathy  
c. Self-motivation  
d. Critical Thinking  
CO2 K6
4. Self-management skills includes self-awareness, self-evaluation and also  
a. Self-esteem  
b. Pity  
c. Despise  
d. Resentment  
CO2 K1
5. Which of the following are some outward signs of positive self-esteem?  
a. Hatred  
b. Pity  
c. Confidence  
d. Blaming behavior  
CO3 K5
6. The act of choosing between two or more courses of action  
a. Self-awareness  
b. Sympathy  
c. Problem solving  
d. Decision making  
CO3 K3

**PART – B**

**3 x 6 = 18**

**Answer the following questions**

**Answer should not exceed 400 words or two pages**

- |       |   |     |    |
|-------|---|-----|----|
| 7. a. | Delineate Life skill Education with illustration.                   | CO1 | K1 |
|       | (or)  |     |    |
| 7. b. | Why Life skill based education is important for teachers?           | CO2 | K5 |
| 8. a. | Explicate the process of SWOT analysis.                             | CO3 | K6 |
|       | (or)  |     |    |
| 8. b. | 'People are not born completely self-aware'- Justify the statement. | CO3 | K4 |
| 9. a. | Mention the traits of positive thinkers.                            | CO4 | K3 |
|       | (or)  |     |    |
| 9. b. | State the goals of positive thinking.                               | CO4 | K2 |

**PART – C**

**3 x 12 = 36**

**Answer the following questions**

**Answer should not exceed 800 words or four pages**

- |        |   |     |    |
|--------|---|-----|----|
| 10. a. | Describe the dimensions of Life skills based education.                 | CO1 | K1 |
|        | (or)  |     |    |
| 10. b. | Enlighten the need of Life skills based education for teachers.         | CO2 | K2 |
| 11. a. | Explore the techniques to enhance the Self-esteem.                      | CO3 | K3 |
|        | (or)  |     |    |
| 11. b. | Elucidate the strategies to acquire Self-motivation.                    | CO4 | K5 |
| 12. a. | Expound the strategies to promote positive thinking.                    | CO3 | K6 |
|        | (or)  |     |    |
| 12. b. | 'Positive thinking is an optimistic attitude' – validate the statement. | CO2 | K4 |

**Staff In-charge: Dr. S. VIDHYA, Ph.D.**