

Avinashilingam Institute for Home Science And Higher Education for Women
Coimbatore – 641 043.
Continuous Internal Assessment Test I - October 2020
SEMESTER III

Class : II B.Ed.

Time: 2 Hrs.
 Max. Marks: 30

18BEDL2B Discipline Specific Elective(DSE) -II 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)

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|---|--------------------------|--------|--------|
| 1. Those competencies that assist people in functioning well in the environments in which they live | | CO 1 | K1 |
| a. Life skills | b. Life skills education | | |
| c. Soft skills | d. Personal skills | | |
| 2. Life skills are the abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life is according to | | CO1 | K1 |
| a. UNICEF | b. UNEDP | c. WHO | d. IMF |
| 3. Recognition of 'self' and identifying our strengths and weaknesses, desires and dislikes. | | CO1 | K2 |
| a. Self-awareness | b. Empathy | | |
| c. Critical thinking | d. Creative thinking | | |
| 4. This drives people to keep going even in the face of set-backs, to take up opportunities, and to show commitment to what they want to achieve. | | CO4 | K2 |
| a. Self-awareness | b. Self empathy | | |
| c. Self-esteem | d. Self-motivation | | |
| 5. The Negative effect of Psychological Stress is | | CO4 | K2 |
| a. Bodily exhaustion | b. Ability gets reduced | | |
| c. Cannot analyze correctly | d. Frustration | | |
| 6. Ineffective time management is the key source of | | CO4 | K2 |
| a. Confusion | b. Stress | | |
| c. Depression | d. Procrastination | | |

PART – B

2 x 6= 12

Answer any two questions
(2 out of 4 Questions)

Answer should not exceed 400 words

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|--|--|-----|----|
| 7. Define life skill based education. Bring out the need and importance of life skill based education. | | CO1 | K2 |
| 8. What do you mean by SWOT analysis and explain the benefit of SWOT analysis | | CO2 | K3 |
| 9. Define Self-esteem. List out some ways to improve your self-esteem. | | CO4 | K3 |
| 10. Explain the various techniques and strategies for self-motivation | | CO4 | K2 |

PART – C

1 x 12 = 12

Answer any one question
(1 out of 2 Questions)

Answer should not exceed 800 words

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|---|--|-----|----|
| 11. Explain the various dimensions of life skill based education. | | CO1 | K2 |
| 12. Explain some time management and stress management tips. | | CO3 | K2 |
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