



Name: _____

Avinashilingam Institute for Home Science and Higher Education for Women

(Deemed to be University Estd. u/s 3 of UGC Act 1956, Category A by MHRD)
Re-accredited with 'A+' Grade by NAAC. Recognised by UGC Under Section 12B
Coimbatore - 641 043, Tamil Nadu, India

Bachelor of Education Degree Examination - January 2022 III Semester

Class: II B. Ed.

Time : 3 Hours
Max. Marks : 100

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

10 x 1 = 10

Choose the Correct Answer

1. Life skill education is needed to
a. promote cultural integration
b. adopt one's own culture
c. enhance vocational efficiency
d. face the challenges
CO1 K1
2. Which is a term used to describe a set of basic skills acquired through learning?
a. Life skills
b. Vocational skills
c. Literary skills
d. None of the above
CO1 K3
3. 'SWOT' analysis stands for
a. Strength, Wealthy, Occasional, Treatment
b. Strength, Weaknesses, Opportunity, Threat
c. Strength, Weaknesses, Opportunity, Treat
d. Strength, Weakness, Optimistic, Threat
CO2 K2
4. Which of the following is related to motivation?
a. Ability to understand cultural norms and values
b. Our ability to adapt to our own environment
c. An internal state that guides our behaviour to attain the goal
d. Our ability to understand and perceive emotions
CO2 K4
5. _____ thinking helps with stress management and can improve your health.
a. Analytical
b. Positive
c. Negative
d. Critical
CO3 K1
6. _____ is a positive psychology researcher.
a. Fredrickson
b. Amrish vaish
c. Johnson
d. H.Miller
CO3 K2
7. Which of the following is not a function of Management?
a. Organizing
b. Planning
c. Controlling
d. Co-operation
CO4 K3
8. _____ is the ability to control one's emotion, thoughts, behaviour effectively in different situation.
a. Stress
b. Self-awareness
c. Self-management
d. Self-motivation
CO4 K4
9. Which of the following concept that describes the beliefs of an individual or culture?
a. Values
b. Behaviour
c. Attitude
d. Personality
CO4 K2
10. In following which is the term defined as 'knowledge about a wide range of subject'
a. General awareness
b. General studies
c. Current affairs
d. General knowledge
CO4 K5

Part B

5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages

11. a. Explain life skill based education and its benefits at young age. CO1 K3
(or)
11. b. Write a short note on dimension of life skill based education. CO1 K1
12. a. Differentiate between Self-awareness and Self-motivation. CO2 K3
(or)
12. b. State the importance of self-esteem. CO2 K1
13. a. Explain how positive thinking builds your skills and improves your work. CO3 K4
(or)
13. b. Describe the importance of positive lifestyle. CO3 K2
14. a. Summarize the human skills in stress management. CO4 K5
(or)
14. b. How will you manage your examination fear? CO4 K4
15. a. Explain the importance of empowerment. CO3 K2
(or)
15. b. Differentiate between personal and professional values. CO4 K4

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

16. a. Explain the importance of life skill education for teachers and how can they make their teaching effective with the help of life skills. CO1 K5
(or)
16. b. Illustrate how do life skills helps in developing a balanced personality. CO1 K3
17. a. Explain self-analysis through SWOT. CO2 K1
(or)
17. b. Delineate the techniques and strategies for self-motivation. CO2 K2
18. a. Summarize the goals and techniques for positive thinking. CO3 K3
(or)
18. b. Appraise the traits of the positive thinkers. CO3 K4
19. a. Explain the components of different managerial skills. CO4 K3
(or)
19. b. Evaluate the importance of conflict and crisis management. CO4 K5
20. a. Write a short essay on human values Suggest methods to cultivate values among students. CO3 K5
(or)
20. b. Enumerate the difference between general knowledge and current affairs. CO4 K4
