



Mavinay

**Avinashilingam Institute for Home Science and Higher Education for Women**  
(Deemed to be University under Category 'A' by MHRD, Estd. w/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 - November 2022**  
**SEMESTER III**

Class : II B.Ed.  
Branch: Education

Time: 2 Hrs.  
Max. Marks: 60

**21BEDL2B - 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  
CO5: Develop Self-awareness and Positive Thinking among students

**PART - A**

**6 x 1 = 6**

**Choose the correct answer**

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

**PART – B**

3 x 6 = 18

**Answer ALL 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 ALL 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

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