



Kasarani Campus  
Off Thika Road  
Tel. 2042692 / 3  
P.O. Box 49274, 00100  
NAIROBI  
Westlands Campus  
Pamstech House  
Woodvale Grove  
Tel. 4442212  
Fax: 4444175

**KIRIRI WOMENS' UNIVERSITY OF SCIENCE AND TECHNOLOGY**  
**UNIVERSITY EXAMINATION, 2022/2023 ACADEMIC YEAR**  
**FOR THE CERTIFICATE IN HOSPITALITY MANAGEMENT**  
**CHM 102-LIFE SKILLS**

Date: 13<sup>th</sup> December 2022  
Time: 11:30am-1:30pm

**INSTRUCTIONS TO CANDIDATES**

**ANSWER QUESTION ONE (COMPULSORY) AND ANY OTHER TWO QUESTIONS**

**QUESTION ONE (30 MARKS)**

- Explain** how you apply various aspect of self-awareness in your daily life. **(6 Marks)**
- You have just been sacked from Jumiyaa Company, a place you have been working in for the past five years, analyze practical ways that can help you cope up with life. **(6 Marks)**
- Depression is a common challenge today. With relevant examples, demonstrate how you can help your fellow students to overcome it. **(6 Marks)**
- Early pregnancy can interfere with life goals of a student; Jane a victim of pregnancy is seeking your help. **Highlight** to hers kills that she can employ to protect herself from early pregnancy. **(6 Marks)**
- As a member of drugs University committee, **explain** your convictionswhy drugs are risky to your family life. **(6 Marks)**

**QUESTION TWO (20 MARKS)**

- Explain** why life skills education is necessary in modern life. **(10 Marks)**
- The social challenges today risk the boy child responsibility. **Discuss** some measures that can be employed to alleviate this situation. **(10 Marks)**

**QUESTION THREE (20 MARKS)**

- Explain** how you can use assertive skills in the place of work as a way to prevent stress. **(10 Marks)**
- Demonstrate** ways that can be used to solve conflictsbetween students and University management. **(10 Marks)**

**QUESTION FOUR (20 MARKS)**

- Explain** how you can apply categories of life skills in your daily programs. **(10 Marks)**
- Poor control of emotions can be detrimental to life, **Discuss** how the youths can control the sexual feelings. **(10 Marks)**

**QUESTION FIVE (20 MARKS)**

- HIV/AIDS is still a threat to the world. **Explain** preventive measures Kiriri University students can apply to protect themselves from the infection. **(10 Marks)**
- Emotional anger has contributed to family life challenges. **Examine** values that can help toward its management. **(10 Marks)**