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KIRIRI WOMEN'S UNIVERSITY OF SCIENCE AND TECHNOLOGY
UNIVERSITY EXAMINATION, 2023/2024 ACADEMIC YEAR
FIRST YEAR, FIRST SEMESTER EXAMINATION
FOR THE CERTIFICATE IN COMMUNITY DEVELOPMENT AND SOCIAL WORK
CDS 102: LIFE SKILLS

Date: 14TH AUGUST 2023

Time: 2:30PM-4:30PM

INSTRUCTIONS TO CANDIDATES

ANSWER QUESTION ONE (COMPULSORY) AND ANY OTHER TWO QUESTIONS

QUESTION ONE (30 MARKS)

- a) Emotions are integral part of human life, **explain** ways in which one can misuse emotions. (6 Marks)
- b) There more challenges on mental health, especially in post covid pandemic, **discuss** positive values that you can adopt in such situations. (6 Marks)
- c) **Analyze** skills you can employ to protect yourself against drug and substance abuse influence. (6 Marks)
- d) **Explain** how you can train your family to attain holistic growth. (6 Marks)
- e) **Demonstrate** creative skills that you can apply after graduation to help you cope with life. (6 Marks)

QUESTION TWO (20 MARKS)

- a) **Explain** how you can use leisure time to supplement your income. (7 Marks)
- b) **Demonstrate** areas in which you can apply negotiations skills in life. (7 Marks)
- c) Discuss how you can use life skill to prepare the future life of your child. (6 Marks)

QUESTION THREE (20 MARKS)

- a) **Explain** the risks factors that, expose the youth to HIV infections. (7 Marks)
- b) **Discuss** values that are necessary for conflict management. (7 Marks)
- c) **Explain** how you can enhance your self-esteem. (6 Marks)

QUESTION FOUR (20 MARKS)

- a) **Explain** factors you can take into account during dating and courtship to minimize marital conflicts. (7 Marks)
- b) **Analyze** signs that will make you recommend your friend for counselling. (7 Marks)
- c) **Explain** how you can contribute to a gender balanced society. (6 Marks)

QUESTION FIVE (20 MARKS)

- a) **Demonstrate** how you would manage your own stress as way of preventing depression. (7 Marks)

- b) Young and promising youth have found themselves not achieving their dreams. **Discuss** practices that are destructive to self-improvement and development. (7 Marks)
- c) **Explain** to your siblings how they can promote their personal human development. (6 Marks)