



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 WOMEN'S UNIVERSITY OF SCIENCE AND TECHNOLOGY
UNIVERSITY EXAMINATION, 2024/2025 ACADEMIC YEAR
FIRST YEAR, SECOND SEMESTER EXAMINATION
FOR THE CERTIFICATE IN BANKING AND FINANCE

Date: 16th April, 2024
Time: 2.30pm-4.30pm

CCU 002 - LIFE SKILLS

INSTRUCTIONS TO CANDIDATES

ANSWER QUESTION ONE (COMPULSORY) AND ANY OTHER TWO QUESTIONS

QUESTION ONE (30 MARKS)

- a) Highlight situations that require effective decision making for students (6 marks)
- b) Evaluate the three causes of stress that makes one feel threatened (6 marks)
- c) Describe modern life skills you can master which could help you manage many life hurdles (6 marks)
- d) Explain mental health management techniques the youth can employ to combat mental health (6 marks)
- e) State and Explain attributes the youth can cultivate in their relations to have high esteem (6 marks)

QUESTION TWO (20 MARKS)

- a) Explain briefly benefits of life skills education to the youth (7 marks)
- b) Discuss dimensions of emotional intelligence that helps you to cope with environmental demands (6 marks)
- c) Define empathy and provide its significance to people in present day society (7 marks)

QUESTION THREE (20 MARKS)

- a) Examine three causes of conflict in present day societies (7 marks)
- b) Describe five steps you could adopt to strengthen your assertive behavior (6 marks)
- c) Analyze factors that enhances negotiation (7 marks)

QUESTION FOUR (20 MARKS)

- a) Explain the consequences of not making effective decisions (7 marks)
- b) Evaluate the significance of creative thinking in decision making (7 marks)
- c) List three problem solving skills the youth can cultivate to solve problems (6 marks)

QUESTION FIVE (20 MARKS)

- a) Examine ways of dealing with conflict in present day society (7 marks)
- b) Analyze strategies you can employ to cope with emotions (7 marks)
- c) Describe ways through which people misuse leisure today (6 marks)