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KIRIRI WOMENS' UNIVERSITY OF SCIENCE AND TECHNOLOGY
UNIVERSITY EXAMINATION, 2023/2024 ACADEMIC YEAR
FOR THE CERTIFICATE IN HUMAN RESOURCE MANAGEMENT
CHR 102: LIFE SKILLS

Date: 18TH APRIL 2023
Time: 2:30PM-4:30PM

INSTRUCTIONS TO CANDIDATES

ANSWER QUESTION ONE (COMPULSORY) AND ANY OTHER TWO QUESTIONS

QUESTION ONE (30 MARKS)

- Marriage life is becoming a challenge today. **Explain** the factors you would take into account during courtship for harmonized life. (6 Marks)
- Analyze** different creative skills you can employ as a means to prepare for your future family life. (6 Marks)
- Mental health challenges are on the rise today, **demonstrate** practical mechanism that students can put into practice. (6 Marks)
- Discuss** the practical ways that you can use to protect your family against drugs and substance abuse. (6 Marks)
- Bungoma county is rated as leading in women violence. **Explain** factors that contribute to this challenge. (6 Marks)

QUESTION TWO (20 MARKS)

- Discuss** how you can use self-awareness dimensions to improve your general life. (7 Marks)
- Explain** various types of intelligence for human life. (7 Marks)
- Explain** how the learning institutions can instill empathy skill among the youths. (6 Marks)

QUESTION THREE (20 MARKS)

- Discuss** the practices that can hinder students' personal growth and development. (7 Marks)
- Explain** the modes that can be used to resolve conflicts among the communities. (7 Marks)
- Explain** the procedures you would put in place to improve the family team work. (6 Marks)

QUESTION FOUR (20 MARKS)

- Explain** the benefits of emotions in human life. (7 Marks)
- Discuss** how the youths can develop responsible sexual habits. (7 Marks)
- Demonstrate** how you can apply critical thinking for a holistic development. (6 Marks)

QUESTION FIVE (20 MARKS)

- HIV/AIDS is still a threat to the world, **Explain** ways that can help you protect yourself against this pandemic. (7 Marks)
- Emotional anger has contributed to family life challenges, **Examine** values that can help towards its management. (7 Marks)
- Explain** how to help your children to lead a future balanced life. (6 Marks)