



Kasarani Campus
Off Thika Road
P. O. Box 49274, 00101
NAIROBI
Westlands Campus
Pamstech House
Woodvale Grove
Tel. 4442212
Fax: 4444175

KIRIRI WOMENS' UNIVERSITY OF SCIENCE AND TECHNOLOGY
UNIVERSITY EXAMINATION, 2023/2024 ACADEMIC YEAR
FIRST YEAR, FIRST SEMESTER EXAMINATION
FOR THE CERIFICATE IN BUSINESS MANAGEMENT
CBM 013-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)

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

QUESTION TWO (20 MARKS)

- Explain how you can use leisure time to supplement your income. (7 marks)
- Demonstrate areas in which you can apply negations skills in life. (7 marks)
- Discuss how you can use life skill to prepare the future life of your child. (6 marks)

QUESTION THREE (20 MARKS)

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

QUESTION FOUR (20 MARKS)

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

QUESTION FIVE (20 MARKS)

- Demonstrate how you would manage your own stress as way of preventing depression (7 marks)
- Young and promising youth have found themselves not achieving their dreams. Discuss practices that are destructive to self-improvement and development. (7 marks)
- Explain to your siblings how they can promote their personal human development (6 marks)