



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, 2023/2024 ACADEMIC YEAR
FIRST YEAR, FIRST SEMESTER EXAMINATION
FOR THE CERTIFICATE IN COMMUNITY DEVELOPMENT AND SOCIAL WORK
CDS 102: LIFE SKILLS

Date: 11TH DECEMBER 2023
Time: 2:30PM-4:30PM

INSTRUCTIONS TO CANDIDATES

ANSWER QUESTION ONE (COMPULSORY) AND ANY OTHER TWO QUESTIONS

QUESTION ONE (30 MARKS)

- a) Discuss 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) Discuss 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 contemporary society. (7 Marks)

QUESTION THREE (20 MARKS)

- a) Examine three causes of conflict in contemporary 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) Demonstrate 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) Demonstrate ways of dealing with conflict in contemporary 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)