



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 WOMENS' UNIVERSITY OF SCIENCE AND TECHNOLOGY
UNIVERSITY EXAMINATION, 2020/2021 ACADEMIC YEAR
CERTIFICATE IN HUMAN RESOURCE MANAGEMENT

CBM 013 – LIFE SKILLS

Date: 15th December, 2020.
Time: 3.00Pm – 5.00Pm

INSTRUCTIONS TO CANDIDATES

ANSWER QUESTION ONE (COMPULSORY) AND ANY OTHER TWO QUESTIONS

QUESTION ONE (30 MARKS)

- a) Most students find it difficult to cope in a university environment, explain how they can use life skills to improve their living standard. (10 Marks)
- b) Explain how you would protect yourself and family against HIV/AIDS. (10 Marks)
- c) Explain the causes of stress and how you can manage it. (10 Marks)

QUESTION TWO (20 MARKS)

- a) Women are very crucial to the development of a country; discuss ways in which they can be empowered for economical and human growth. (10 Marks)
- b) Discuss how the government can ensure the basic rights of children. (10 Marks)

QUESTION THREE (20 MARKS)

- a) Explain what you understand by drugs to the new students joining university, and how they can protect themselves against drug abuse. (10 Marks)
- b) Explain how family and social environment can contribute to the formation of one's personality. (10 Marks)

QUESTION FOUR (20 MARKS)

- a) Lack of preparation in marriage can be source of stress to life, discuss the essential properties you would consider before marriage. (10 Marks)
- b) Suicide and murder are becoming common in our country; show with relevant examples the causes and how we can overcome them. (10 Marks)

QUESTION FIVE (20 MARKS)

- a) Your parents would like to know more about self awareness components with relevant examples explain and show its importance. (10 Marks)
- b) Show some skills on how you would manage your life as newly employed person in accompany (10 Marks)