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

Date: 14<sup>TH</sup> 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. (6 Marks)
- 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. (6 Marks)

**QUESTION FOUR (20 MARKS)**

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

**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)