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KIRIRI WOMENS' UNIVERSITY OF SCIENCE AND TECHNOLOGY
UNIVERSITY EXAMINATION, 2022/2023 ACADEMIC YEAR
FOR THE CERTIFICATE IN COMMUNITY DEVELOPMENT AND SOCIAL
WORK
CDS 102-LIFE SKILLS

Date: 13th December 2022
Time: 2:30pm-4:30pm

INSTRUCTIONS TO CANDIDATES

ANSWER QUESTION ONE (COMPULSORY) AND ANY OTHER TWO QUESTIONS

QUESTION ONE (30 MARKS)

- a) **Explain** how you apply various aspect of self-awareness in your daily life. **(6 Marks)**
- b) You have just been sacked from Jumiya Company, a place you have been working in for the past five years, analyze practical ways that can help you cope up with life. **(6 Marks)**
- c) Depression is a common challenge today. With relevant examples, demonstrate how you can help your fellow students to overcome it. **(6 Marks)**
- d) Early pregnancy can interfere with life goals of a student; Jane a victim of pregnancy is seeking your help. **Highlight** to hers kills that she can employ to protect herself from early pregnancy. **(6 Marks)**
- e) As a member of drugs University committee, **explain** your convictions why drugs are risky to your family life. **(6 Marks)**

QUESTION TWO (20 MARKS)

- a) **Explain** why life skills education is necessary in modern life. **(10 Marks)**
- b) The social challenges today risk the boy child responsibility. **Discuss** some measures that can be employed to alleviate this situation. **(10 Marks)**

QUESTION THREE (20 MARKS)

- a) **Explain** how you can use assertive skills in the place of work as a way to prevent stress. **(10 Marks)**
- b) **Demonstrate** ways that can be used to solve conflicts between students and University management. **(10 Marks)**

QUESTION FOUR (20 MARKS)

- a) **Explain** how you can apply categories of life skills in your daily programs. **(10 Marks)**
- b) Poor control of emotions can be detrimental to life, **Discuss** how the youths can control the sexual feelings. **(10 Marks)**

QUESTION FIVE (20 MARKS)

- a) HIV/AIDS is still a threat to the world. **Explain** preventive measures Kiriri University students can apply to protect themselves from the infection. **(10 Marks)**
- b) Emotional anger has contributed to family life challenges. **Examine** values that can help toward its management. **(10 Marks)**