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KIRIRI WOMENS' UNIVERSITY OF SCIENCE AND TECHNOLOGY
UNIVERSITY EXAMINATION, 2022/2023 ACADEMIC YEAR
FOR THE CERTIFICATE IN HOSPITALITY MANAGEMENT
CBM 013/CHR 102/CHM 102 LIFE SKILLS

Date: April, 2022.
Time: 11.00 am-

INSTRUCTIONS TO CANDIDATES

ANSWER QUESTION ONE (COMPULSORY) AND ANY OTHER TWO QUESTIONS

QUESTION ONE (30 MARKS)

- a) Explain life challenges faced by many Kenyans today (6 Marks)
- b) Explain the steps you would take towards solving a problem. (6Marks)
- c) Mental health challenges are on the rise today, Specify ways in which they can be controlled. (6Marks)
- d) Analyze some practical measures the youth can apply to alleviate unemployment. (6Marks)
- e) Drugs have destroyed lives of many, as a member of drugs committee, Demonstrate different ways on drug abuse reduction. (6Marks)

QUESTION TWO (20 MARKS)

- a) Women are very crucial to the development of a country, Analyze ways in which they can be empowered for economic growth. (10Marks)
- b) Lack of assertiveness has contributed to early pregnancy and school drop outs. Explain how you can protect yourself from these challenges. (10Marks)

QUESTION THREE (20MARKS)

- a) Examine how you would use your leisure time for a holistic personal growth. (10Marks)
- b) Explain various elements of self-awareness. (10Marks)

QUESTION FOUR (20MARKS)

- a) Evaluate practical ways of time management to a youth. (10Marks)
- b) Friends are key to life, Explain six values for effective relationship. (10Marks)

QUESTION FIVE (20MARKS)

- a) Discuss the importance of child rights and protection. (10Marks)
- b) Explain various coping mechanism for HIV/AIDS client. (10Marks)