



MAASAI MARA UNIVERSITY

**REGULAR UNIVERSITY EXAMINATIONS
2023/2024 ACADEMIC YEAR
FIRST YEAR FIRST TRIMESTER**

**SCHOOL OF PURE, APPLIED AND HEALTH SCIENCES
BACHELOR OF SCIENCE IN FOODS, NUTRITION, AND
DIETETICS**

**COURSE CODE: FND 1212
COURSE TITLE: LIFE SKILLS**

DATE: 14/5/24

TIME: 0830-1030HRS

INSTRUCTION TO CANDIDATES

Section A: Multiple Choice Questions. Answer ALL Questions

Section B: Short Answer Questions. Answer ALL Questions

Section C: Long Answer Questions. Answer Question ONE and any other ONE question.

This paper consists of 6 printed pages. Please turn over.

FND 1212: Life Skills

SECTION A: MULTIPLE CHOICE QUESTIONS (20 MARKS) SELECT THE CORRECT ANSWER.

1. Life skills address a balance of three areas: knowledge, _____ and skills.
 - A. Aptitude
 - B. Confidence
 - C. Attitude
 - D. Abilities
2. _____ is an individual's ability to appreciate the strengths and weaknesses of one's own character.
 - A. self-efficacy
 - B. self esteem
 - C. self-awareness
 - D. self-regulation
3. _____ is the way an individual feel about her/himself and believes others to feel.
 - A. self-efficacy
 - B. self esteem
 - C. self-awareness
 - D. self-regulation
4. Self-awareness skills does not include the ability to:
 - A. Recognize the weak and strong sides of one's own behavior.
 - B. Recognize the weak and strong sides of one's own abilities.
 - C. Recognize emotions of others.
 - D. Recognize things which cannot be changed, and accept them
5. _____ is the ability to understand, consider and appreciate other peoples' circumstances, problems and feelings (step in one's shoes).
 - A. Empathy
 - B. Coping
 - C. Interpersonal skill
 - D. Sympathy
6. One of the following is not an ability in resisting peer pressure:
 - A. Maintain your own beliefs about when to become sexually active.
 - B. Refuse alcohol or drugs, even if others do not.
 - C. Decide to remain faithful to one partner, no matter what others say.
 - D. Denying the mistake of yours to peers
7. One among the example is not critical thinking abilities
 - A. Assess a potential partner.
 - B. Assess and judge a risky situation.
 - C. Monitoring an exam.
 - D. Assess one's own skills and behaviors.

FND 1212: Life Skills

8. A behavior change or behavior development approach designed to address a balance of three areas: knowledge, attitude and skills
- A. Life skills
 - B. Job skills
 - C. Personal skills
 - D. Functioning skills
9. The ability to imagine what life is like for another person
- A. Self-awareness
 - B. Empathy
 - C. Critical thinking
 - D. Creative thinking
10. Recognition of 'self' and identifying our strengths and weaknesses, desires and dislikes.
- A. Self-awareness
 - B. Empathy
 - C. Critical thinking
 - D. Creative thinking
11. _____ means that we are able to express ourselves, both verbally and nonverbally, so that our ideas are effectively transmitted to others.
- A. Interpersonal relationship skills
 - B. Effective communication
 - C. Critical thinking
 - D. Decision making
12. The goal of the _____ approach is to promote healthy, sociable behavior
- A. Life skills
 - B. Job skills
 - C. Personal skills
 - D. Functioning skills
13. The act of choosing between two or more courses of action.
- A. Self-awareness
 - B. Empathy
 - C. Critical thinking
 - D. Decision making
14. _____ are ways in which we learn to deal with various stressors.
- A. Coping skills
 - B. Empathy
 - C. Critical thinking
 - D. Decision making
15. _____ is the ability to identify, cope with and find solutions to difficult or challenging situations.
- A. Problem solving

FND 1212: Life Skills

- B. Coping skill
- C. Critical thinking
- D. Decision making

16. _____ simply means everyone is in agreement or they can live with the agreement.

- A. Consensus
- B. Conflict
- C. Solution
- D. Happiness

17. One among is a step in solving the problem

- A. Analyze solution
- B. Getting feedback
- C. Evaluating the final solution
- D. Generate potential solutions

18. A / an _____ is a tendency on the part of an individual to respond to a new problem in the same manner that he or she has used earlier to solve a problem.

- A. Mental set
- B. Aptitude
- C. Skill
- D. Ability

19. A specific step-by-step procedure is followed for solving certain types of problems.

- A. Heuristics
- B. Means-end-analysis
- C. Algorithms
- D. Syllogism

20. The individual is free to go for any kind of possible rules or ideas to reach the solution

- A. Heuristics
- B. Means-end-analysis
- C. Algorithms
- D. Syllogism

SECTION B: SHORT ANSWER QUESTIONS (40 MARKS). ANSWER ALL QUESTIONS.

1. Define the following. **1 mark each.**
 - a) Skills
 - b) Communication
 - c) Self-Awareness
 - d) Empathy
 - e) Critical thinking
2. Describe Creative Thinking. **5 marks**
3. Explain the 6 steps followed in problem solving. **(6 marks)**
4. Define stress and explain the 3 steps for stress management. **4 marks**
5. Emotional intelligence is the ability to identify and manage one's own emotions, as well as the emotions of others. Explain this as one of the self-management skills. **5 marks.**
6. Explain the difference between interests and abilities in a table format. **5 marks.**
7. Explain the reasons why people take drugs of abuse. **4 marks.**
8. State the risk and protective factors for drug abuse and addiction in a table format. **6 marks.**

SECTION C: LONG ANSWER QUESTIONS (40 MARKS). QUESTION ONE IS COMPULSORY, THEN CHOOSE EITHER QUESTION 2 OR 3.

1. Discuss the steps and importance of goals and setting of SMART goals. **20 marks.**
2. HIV/AIDS and addiction are intertwined epidemics. Discuss. **20 marks.**
3. By giving suitable examples, discuss the specific effects of abused substances. **20 marks.**